

# Pure Facts

Newsletter of the Feingold® Association of the United States



June, 2006

[www.feingold.org](http://www.feingold.org)

Vol. 30, No. 5

## Soft Drinks in Schools

The recent announcement about changes in soft drinks and other beverages that will be sold in schools is a real coup for the industry.

The former president and many others have bought into the notion that diet soda is somehow healthy, and that drinking it will not lead to obesity. Instead of losing their army of adolescent customers, the soda giants will be selling artificially sweetened beverages, and gain the added benefit of being perceived as socially responsible.



On May 3 the William J. Clinton Foundation announced an agreement with the three industry leaders (Cadbury Schweppes, Coca-Cola and PepsiCo) to sell only water, unsweetened juice and low-fat milks in elementary and middle schools. Soft drinks would be sold in high schools, but they would be limited to diet soda.

Things were going from bad to worse for the soft drink industry. They have watched their business shrink as schools around the country are being pressured into ditching vending machines. What's more, states are preparing legislation to curb vending machine junk food in schools.

The industry's earlier claims that their products were not to blame, and that children drank very little of them, were resounding failures. Their public relations arm, the National Soft Drink Association, even changed its name to the American Beverage Association, but that did nothing to spare these sweetened beverages from a tidal wave of criticism.

The industry was not so worried about the loss of business in elementary and middle schools because most of their revenue comes from high schools. This is an age where brand loyalty is formed and the reasoning is that when an adolescent consumes your product you have found a customer for life.

## TeenScreen

Helping to prevent suicide in young people, or cash windfall for Big Pharma?

TeenScreen is a program developed at Columbia University. When students were tested according to the program's criteria, one-third of them were deemed to have mental health problems.

In 2003 the New Freedoms Commission on Mental Health recommended that TeenScreen be used to provide a mental health check-up for all children in the United States prior to graduation from high school. Those who met the criteria based on a brief computerized test would be recommended for "treatment" (i.e., medication). The nationwide program would be based on one developed in Texas that provides doctors with specific instructions concerning which drugs would be used. (The list contains the newest and most expensive medicines.)

TeenScreen claims it will reduce suicide rates, but these rates have been dropping. "Suicide among American youngsters and teens fell about 25 percent in the last decade. The suicide rate for ages 10 to 19 fell from 6.2 deaths per 100,000 people in 1992 to 4.6 per 100,000 in 2001 according to the Centers for Disease Control."

[www.psychsearch.net](http://www.psychsearch.net)

*Continued on page 4*

*Continued on page 6*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

*Happy Father's Day!*

## A Feingold Family

My mother told me that if such a diet existed in the late '50s I would have been a sure candidate. It must have been because of my many trips to the emergency room.

**M**y son, Shane, was my emergency room child. The Kaiser orthopedics greeted him with "Hi Shane, what's broken this time, and how did you do it?"

But it was our daughter who was our first Feingolder. Four-year-old Amy was so overly loving to the other children in her preschool class that the teacher and I were at wits end. She was a live wire, had trouble sleeping, was labeled a slow learner, and could not sit still in class during quiet time.

Her school career had barely begun, and she had already experienced failure.

With only a thirty minute verbal discussion and written questionnaire, Amy was diagnosed as being a slow learner with hyperactive tendencies. The pediatrician handed me a prescription for Ritalin and told me "Your daughter may be a bit lethargic." She acted shocked when I hesitated to accept the prescription without a discussion. I took the prescription, walked out the door and threw it in the trash. To drug my bubbly little girl into stunned passivity was not an acceptable solution.

I worked at the preschool Amy attended and I often found her in the corner, where she had been sent for causing a disturbance. The tears welled up in her eyes. In her trembling little voice she said, "Mommy, I'm trying to be good. I'm sorry I'm so bad." My heart wrenched with pain.

When I discovered the diet in a magazine article in 1976 I immediately got Dr. Feingold's book and stayed up all night reading it. It sounded too good to be true because



A family celebration at Amy's wedding

it was relatively easy to follow. Simply by eliminating artificial flavors, colors and preservatives one would naturally be eating healthier, so I decided to give it a try with Amy. That decision forever changed my life and my daughter's.

**She became an expert label reader.**

Amy continued to be an active child with exuberant amounts of energy, but she could now control her compulsiveness. She could be calm when she needed to concentrate, allowing the sad lonely little girl to finally find a way out of being sent to the corner. Amy could now work in a group of her peers and succeed. She was happy again, learning quickly how to adjust to new situations, making friends, and not taking drugs to accomplish any of it.

She became an expert label reader, teaching these skills to family, friends and teachers, and had no trouble refusing brightly colored candy. If it was awkward to refuse, Amy would politely say thank you, bring it home and trade for an acceptable snack.

Seven years after Amy began the diet my husband and I began using it for Shane who was in kindergarten. He was having trouble controlling his temper and got into fights constantly. In less than a week his impulsiveness was under control.

Next, I tried using the Feingold diet for myself. I found I had more patience with my three children and within three weeks, my frequent headaches disappeared. My husband tells his colleagues at work about the diet and how it has helped our family.

[Editor's note: The Association encourages the whole family to use the Program because: it's easier that way, it supports the "target" member, and because other family members generally benefit from it.]

Update: Today, Amy is married, has a Masters degree, and teaches 7th and 8th grade English. Shane is an art student, building eight foot sculptures, and has received scholarships to attend the School of the Art Institute of Chicago. A sampling of his art can be found at [www.shaneswindler.com](http://www.shaneswindler.com).

*Marsha Swindler*

## The DSM - some editorial comments

The tool that was designed to assist professionals seems to have taken on a life of its own.

When doctors evaluate a patient's symptoms and determine a diagnosis, including ADHD, the resource they use is the DSM, which stands for the *Diagnostic and Statistical Manual for Mental Disorders*, published by the American Psychiatric Association.

The DSM was initially created to enable doctors to use the same terminology and provide a way to categorize treatment for coverage by insurance companies. But this book has gone from being a guide that enables professionals to speak the same language, to an excuse for finding disorders and prescribing more drugs to more people.

"Over the last 50 years in the DSM, you'll find a tremendous increase in the number of mental disorders, to a point where anything a person does that's imperfect, illogical or a little bit unusual or unhealthy can qualify as a psychological disorder."

James Maddux, professor of psychology at George Mason University

### Money, drugs and the DSM

A new study published in the journal *Psychotherapy and Psychosomatics* has found that the majority of doctors who created this manual had undisclosed financial links to drug companies. Critics claim that the DSM has tweaked symptoms to favor those that are most responsive to drugs.

Don't want to do your math homework? The DSM calls this "developmental-arithmetic disorder."

Don't want to take your drugs? Then you must have "noncompliance-with-treatment-disorder."

### "Disease Mongering"

Many doctors and other health care professionals have become highly critical of the blatant industry efforts to sell more drugs. AstraZeneca Pharmaceutical's product, Atacand, is designed to treat people with hypertension, which is considered a risk for heart disease. AstraZeneca claims the drug should be prescribed to those who are at risk for hypertension — in other words, for people who are at risk of being at risk.



### ADHD and the DSM

The first edition of the DSM, published in 1952, listed 60 disorders; the most recent edition contains 256. The diagnosis of ADD (attention deficit disorder) was added in 1980, and in 1987 ADHD was added. Currently, the favored term for the whole spectrum of symptoms is ADHD.

The criteria for deciding that a child has ADHD is that he exhibits six or more characteristics. But some of these behaviors are so similar it would be easy to reach the magic number of six. In the Feingold Association's book, *Behavior, Learning and Health, the Dietary Connection*, editor Shula Edelkind paraphrases some of the DSM symptoms of ADD:

- Trouble organizing things
- Loses things
- Forgetful

This list of three symptoms, all of which say pretty much the same thing, represents half of the characteristics needed to label a child with ADD.

Four of the six characteristics needed for an ADHD diagnosis are also variations on the same theme:

- Talks too much
- Blurts out answers
- Can't wait his turn
- Interrupts others

For people who don't neatly fit into the categories of ADHD-attentional, ADHD-hyperactive, or ADHD-combined, there is another diagnosis called "ADHD-not otherwise specified."

The 27 page book (referred to as the bluebook) is available on our web site ([www.feingold.org](http://www.feingold.org)) and can be ordered from our New York office.

You know that public skepticism has reached new heights when a topic appears in the Sunday comics. The April 16 "Opus" strip featured a dad trying to get little Auggie to take pills for his "ADHD, OCD, BADD, Sloppy Homework Disorder, Adolescent Obnoxious Disorder, Hugging Deficit Disorder, Clarinet Lesson Panic Disorder, Anti-Broccoli Barfing Hysteria Disorder, Bad Grades, Bad Pants, General Disorder and Zits."

### "Tonsil Disorder?"

University of Michigan researchers have found that some children with symptoms of ADHD have shown dramatic improvement once they had their tonsils and adenoids removed. The surgery enabled them to get a good night's sleep, which in turn improved their behavior and performance in school.

The study appears in the April issue of *Pediatrics*.



Although the program is promoted as free, the initiative is being supported by taxpayer dollars.

### Stigma

One major concern for parents is that their child will be tested, found to have a mental disorder, and this will go on to his school records. There is no guarantee that these records will be kept confidential.

Dr. Karen Effren, a pediatrician who is critical of TeenScreen believes "Universal mental health screening and the drugging of children...needs to be stopped so that many thousands if not millions of children will be saved from receiving stigmatizing diagnoses that would follow them for the rest of their lives. America's school children should not be medicated by expensive, ineffective, and dangerous medications based on vague and dubious diagnoses."

There is no evidence to indicate that TeenScreen is effective.

The *Minnesota Daily* published an editorial in February, titled "Marketing depression and turning a profit." They write: "In the past year the Bush administration-sponsored TeenScreen has been under much scrutiny and [the object of] lawsuits because of its testing and diagnosing of students without seeking parental permission. Moreover, the test has a disorder label for the most ordinary of behaviors, having technical terms for simple laziness and arguing with parents, both qualities that most children and young adults have experienced at some point."

### TeenScreen Question Sampler

Have you often felt very nervous when you've had to do things in front of people?

Have you often worried a lot before you were going to play a sport or game or do some other activity?

Have you thought seriously about killing yourself?

Have you often thought about killing yourself?

Have you ever tried to kill yourself?

Have you tried to kill yourself in the last year?

Are you still thinking about killing yourself?

### Parental consent

A federal law, known as the Protection of Pupil Rights Act states that no screening can take place without written parental consent, but TeenScreen has a creative way to get around it. They call it "passive consent." This means that a parent must return a form to the school if they DO NOT want their child to be screened. If the form gets lost on its way home, or the parent doesn't return it or the child loses it on the way back to school, this is taken to mean that the parent has given consent.

Children as young as 9 years old are rewarded with video store coupons and pizza parties for bringing back the parental consent form.

*Business Week* magazine quotes Dr. Jon McClellan of the University of Washington: "These young kids are started out on two or three medicines when there isn't even any evidence that any of them work in children."

Antidepressants now carry a black box warning that one of their side effects for children and teens is suicidal thinking.

### More depressing information about anti-depressants

Studies comparing the older antidepressants with the newer, more expensive ones have shown very little difference between the two types; both have limited benefits and many unwanted side effects.

Zyprexa, the most expensive of the new antipsychotics, costs an average of about \$400 per month, bringing in enormous profits for its manufacturer, Eli Lilly.

A common side effect from antipsychotic drugs is weight gain, which can lead to insulin resistance and diabetes. A study from the Johns Hopkins Children's Center found that children taking these

drugs had a greater risk of developing type-2 diabetes and heart disease. They are also at greater risk of suffering a stroke.

The manufacturer of Zyprexa, Eli Lilly, has also seen an increase in the sale of their drugs for treating diabetes.

Students can be screened for depression, placed on drugs that may trigger many side effects, including weight gain. To address the obesity they are then sold sodas sweetened with synthetic chemicals, which are promoted as a "healthy" options. What's more, some doctors have reported that depression is one of the side effects of the diet sodas.

## More Missteps in School Vending Machine Reform

The plan to change vending machine beverages, which will affect 35 million children in this country, has not considered all the ramifications.

- Not only are synthetic sweeteners risky by themselves, the combination of aspartame plus food dye has been shown to multiply the damage to nerve cells by sevenfold.
- Research at the University of Texas indicates that synthetic sweeteners actually stimulate appetite.
- The low fat milk being promoted is another bad decision. Most skim and reduced fat milks contain BHT hidden in the vitamin fortification.

Schools can earn even more money by supplying their own vending machines and stocking them with healthy drinks. This way they will be able to keep all of the profits instead of sharing them with the soda giants. There are healthy options for all types of foods including soft drinks that are delicious and are free of synthetic dyes, synthetic sweeteners, artificial flavors, and even caffeine. These refreshing drinks are made by blending fruit juice with carbonated water.

## Jamie's School Lunch Program

Nobody has done so much to transform the food being served to children as Britain's celebrity chef, Jamie Oliver. Now we can watch the shows that embarrassed the British government into reforming the dreadful food they have been serving — much like the food still being served in some U.S. schools.

Look for the show on cable television's The Learning Channel. See how Jamie taught children to enjoy real food, including vegetables and salads!

## Rudi's

One of the biggest challenges for the new member is finding suitable bread, especially if they live in an area that doesn't have stores offering natural foods.



Now, there is a large selection of Feingold-acceptable breads that are widely available in major supermarket chains across the country, as well as natural markets like Whole Foods and Wild Oats, and co-ops. The product research committee at FAUS is delighted to add these products to our list:

Rudi's Organic Bakery began in 1976 as a tiny shop in Boulder, Colorado where they sold breads, cookies, cakes, donuts and other baked goods. The shop quickly gained fans for its nutritious, preservative-free breads, rolls and buns. The breads were soon being offered in area supermarkets and today Rudi's baked goods — which include artisan, spelt, whole wheat and even a white sandwich bread — are distributed throughout the United States.

### Stage One:

RUDI'S ORGANIC BAKERY Spelt Hamburger Buns, Spelt Hot Dog Rolls, Whole Wheat Hamburger Buns

RUDI'S ORGANIC BAKERY Breads: 14 Grain, 7 Grain with Flax, Colorado Cracked Wheat, Country Morning White, Honey Sweet Whole Wheat, Jewish Light Rye, Multigrain Oat, Rocky Mountain Sourdough, Spelt, Spelt Ancient Grain, Wheat and Oat

RUDI'S ORGANIC BAKERY Right Choice Herb Bread (low carb)

RUDI'S ORGANIC BAKERY Tortillas: Spelt, Whole Spelt

### Stage Two:

RUDI'S ORGANIC BAKERY Bread: Apple n' Spice, Cinnamon Raisin

Rudi's embraced organic ingredients in the 1990s and is also certified as kosher. Today they are a part of the Charter Baking Company, which also owns Vermont Bread and The Baker (Adams Baking).

To learn if the breads are sold in your area check their web site: [www.rudisbakery.com](http://www.rudisbakery.com). Type in your state and click on the city nearest you to see if they are available.

Larger supermarket chains that carry Rudi's breads include *some* of these stores:

Dillon's  
Food Emporium  
Food Lion  
Fred Meyer  
Grand Union  
Hannaford  
Hy-Vee  
King Soopers  
Meijer  
Publix  
Raley's  
Sav-A-Center  
Shoprite  
Super Target

Now, the industry has won a reprieve; they will continue to sell soft drinks to adolescents, but will swap one sweetener for another. The good news is that unhealthy high fructose corn syrup is on its way out, but the bad news is that it is being replaced by the synthetic sweetener aspartame. No doubt other synthetic sweeteners will be used in future formulations.

This makes it even more important for the soda giants to defend the use of synthetic sweeteners, especially the notorious aspartame. These efforts are spearheaded by the public relations organization that promotes and defends synthetic sweeteners, the Calorie Control Council.

“It would be especially tragic if an attempt to improve the health of our children led to even greater exposure to this highly toxic product.”

*Ralph G. Walton, MD, Northeastern Ohio Universities College of Medicine*

### Diet drinks and cancer

The diet food industry was dealt a blow last year with the publication of a comprehensive study on the effects of aspartame (NutraSweet, Equal). Independent researchers in Italy found that animals consuming the daily equivalent of 3 cans of diet soda for a woman and 4 cans for a man resulted in cancer. Many people consume far larger amounts of aspartame since it is now found in thousands of products.

The history of the sweetener aspartame is a chronicle of illegal behavior and fraudulent studies. Initially, the FDA prevented its use and the soft drink industry opposed its approval.

## Red Flags and Science

A May 5th press release announced that the European Food Safety Authority confirmed the safety of aspartame. This defense of aspartame was based on a report that criticized a major study linking aspartame with cancer (the Ramazzini study conducted in Italy). This press release should be viewed with suspicion because:

1. A report that reviews a study is simply that ... a report.
2. If the criticism is valid, and if the Ramazzini study was poorly designed, that would prove only that the study was poorly designed. It would not prove that aspartame is safe.
3. A press release that cites a badly done study (National Cancer Institute study) to support its position is suspicious.
4. The argument that an additive is safe because it is legal or because it has been used for years is suspicious.
5. The recommendation that there should not be any more studies on the topic is more than suspicious; it's downright scary.

The press release contains all these red flags. Unfortunately, a publicity effort doesn't need to have the facts straight in order to accomplish its objective — in this case to try to assure the public that aspartame is safe.



Critics note that while the industry-funded studies show aspartame to be harmless, those conducted by independent researchers show serious side effects, including brain tumors.

### Aspartame fights back

In response to the 2005 Italian study linking aspartame to cancer, the synthetic sweetener industry issued a press release claiming “A huge federal study in people—not rats—takes the fizz out of arguments that the diet soda sweetener aspartame might raise the risk of cancer.”

One of the first rules in research is never to publicize your results until your work has been published in a professional journal. This study, by the National Cancer Institute, has many serious flaws, which may be the reason the researchers didn't attempt to get it published.

### Physicians respond

Dr. Kenneth Stoller commented “No one in their right mind...sends out a release on their data before the journal they want it published in has a chance to evaluate the study. Now no one will want it, and they probably knew they had a worthless piece of trash that couldn't get published...”

Dr. Russell Blaylock's response: “The recently released National Cancer Institute study that purports to clear aspartame as a carcinogen, is fatally flawed....The early release of this report represents bad science to say the least and appears to be an attempt to shore up a product that has been getting consistently bad reports from independent scientific researchers for the past decade. And these reports showing harm have been presented in peer-reviewed reputable journals from laboratories from all over the world.”



## PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*.

### Stage One

ALLERENERGY<sup>^</sup> Allergen-Free Chocolate Chip Nutrition Bar  
GHIRARDELLI Sweet Ground Chocolate & Cocoa  
GREAT VALUE (Wal-Mart) Peanut Butter Cups  
GURLEY'S GOLDEN RECIPE<sup>^</sup> Chopped Pecans, Jumbo Cashews, Natural Pistachios, Pecan Halves, Pepitas (pumpkin kernels), Raw Spanish Peanuts, Salted Peanuts, Spanish Peanuts, Sunflower Nutmeats, Sunflower Seeds, Walnuts  
HEARTLAND'S FINEST<sup>^</sup> Gluten Free: All Natural White Cheddar Macaroni & Cheese mix  
[www.heartlandsfinest.com](http://www.heartlandsfinest.com)  
HYLAND'S<sup>^</sup> Calms Forte 4 Kids, Complete Flu Care, Complete Flu Care 4 Kids - *These are homeopathic remedies.*  
KETTLE BAKES<sup>^</sup> Aged White Cheddar (CS), Lightly Salted  
KINNIKINNICK<sup>^</sup> Bread: Italian White Tapioca (CS), Sunflower Flax Rice, White Sandwich (CS)  
KINNIKINNICK<sup>^</sup> Pizza Crust 7 Inch, Tapioca Rice English Muffins (CS) [www.kinnikinnick.com](http://www.kinnikinnick.com)  
877-503-4466  
KITTY'S KICKER RUBS Herbs Des Amis, Home for the Holidays -- [www.kittyskickerrubs.com](http://www.kittyskickerrubs.com)  
KROGER Creamy Peanut Butter Cups  
LINETTE Creamy Peanut Butter Cups *This company makes their peanut butter cups under various labels. Many of them are included in this report.*  
NATURE'S ANSWER<sup>\*</sup> Herbal Supplement Mullein Leaf Tree Extract: Alcohol Free, Organic Alcohol  
NEWTREE<sup>^</sup> Belgian Tranquility Chocolate Bars, Regular and Mini [www.newtree.com](http://www.newtree.com)  
PEELU<sup>^</sup> Dental Chewing Gums: Cinnamon, Peppermint, Spearmint  
PEELU<sup>^</sup> Mint Free Toothpaste  
PLANTERS<sup>^</sup> Peanut Butter Cups  
PRESIDENT'S CHOICE<sup>^</sup> Peanut Butter Cups  
PURE FUN<sup>^</sup> Organic Cotton Candy: Canadian Maple, Licorice, Spicy Cinnamon  
SAFEWAY SELECT (Safeway) Peanut Butter Cups  
SISTER SCHUBERT'S Frozen Yeast Rolls: Cheddar, Cinnamon, Dinner, Parker House Style  
SISTER SCHUBERT'S Frozen: Angel Biscuits, Buttermilk Biscuits - *available in most states and by mail order from [www.ssrolls.com](http://www.ssrolls.com), or call (888) 55ROLLS*  
TRADER JOE'S (Trader Joe's) Creamy Peanut Butter Cups  
TRADITIONAL MEDICINALS<sup>^</sup> Herbal Tea: Organic Chamomile, Organic Spearmint  
VAN'S ALL NATURAL<sup>^</sup> Mini Waffles: Chocolate Chip, Homestyle

## For our Canadian members:

The products that have this symbol: <sup>^</sup> are available for our Canadian members.

### Stage Two

ALLERENERGY<sup>^</sup> Allergen-Free Nutrition Bar: Apple Cinnamon, Blueberry, Cherry Blossom  
BOAR'S HEAD Lemon Pepper<sup>TM</sup> Roasted Chicken Breast (CS, paprika)  
GHIRARDELLI Chocolate Mocha Hot Chocolate (coffee)  
GIRARDS Original French Dressing (cider vinegar)  
LIFEFORCE INTERNATIONAL Body Balance Whole Food Supplement (black cherries), True Greens Concentrated Dietary Supplement (bilberries, tomatoes, grapes) - *available via mail order and on the Internet*  
MRS MAY'S NATURALS<sup>^</sup> All Natural Coconut Almond - *sweetened nut snack* [www.mrsmays.com](http://www.mrsmays.com)  
NUTRILICIOUS<sup>\*</sup> Cookies: Chocolate Chip Fortified with Calcium (apples, raisins), Chocolate Crunch (CS, peaches, prunes), Flax Seed Oatmeal Raisin  
NUTRILICIOUS<sup>\*</sup> Donut Holes: Carrot Cake (apples), Cinnamon (apples), Sugar Free Glazed (apples)  
NUTRILICIOUS<sup>\*</sup> Gluten Free Wheat Free Donut: Cinnamon with Soy Yogurt Glaze (apples), Soy Glaze (apples) [www.nutrilicious.com](http://www.nutrilicious.com)  
1 (800) 835-8097  
PACIFIC FOODS<sup>\*</sup> All Natural Non-Dairy Beverage: Almond Low Fat Original, Almond Low Fat Vanilla  
PEDERSON'S NATURAL FARMS<sup>\*</sup> Breakfast Sausage (red peppers)  
PEELU<sup>^</sup> Fruit Dental Chewing Gum (oranges) (352) 367-8600  
PURE FUN<sup>^</sup> Organic Cotton Candy: Buble Gum (oranges), Root Beer (oil of wintergreen)  
SISTER SCHUBERT'S Frozen Yeast Rolls: Blueberry, Orange  
TOM'S OF MAINE<sup>^</sup> Natural Anticavity Grape Liquid Toothpaste for Children;  
TOM'S OF MAINE<sup>^</sup> Natural Anti-Plaque Tartar Control Plus Whitening Toothpaste: Apricot (tangerines), Cinnamon (cloves)  
TOM'S OF MAINE<sup>^</sup> Whole Care Gel Toothpaste: Cinnamon Clove (oranges), Orange Mango, Wintermint, (oranges, cloves, oil of wintergreen)  
TOM'S OF MAINE<sup>^</sup> Whole Care Toothpaste: Cinnamon Clove (oranges), Wintermint (oil of wintergreen)  
TURKEY HILL Fat Free Neapolitan Frozen Yogurt (CS, strawberries)  
UNICO<sup>^</sup> Garlic Pasta Sauce (tomatoes), Passata Tomato Sauce, Pizza Sauce (tomatoes), Red Wine Vinegar (SF), White Wine Vinegar (SF) *This product is available in Canada only*  
VAN'S ALL NATURAL<sup>^</sup> Gourmet Wheat Free Blueberry Waffles (peaches)

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

## Pretty colors and cancer

The creation of synthetic dye results in a stew of toxic chemicals; disposing of them can be a big problem.

Synthetic dyes were first manufactured in England and plants were established in the United States in the late 1800s. The chemistry used for creating dyes served as the basis for the development of other products including drugs, fibers and plastics. Today much of the dye used around the world comes from India.

Upstate New York and New England were especially attractive places for dye factories since the area was a major textile center. In 1917 the U.S. Color & Chemical Company of Boston opened a plant in Ashland, just 22 miles to the west. The site would later be occupied by the Nyanza Color & Chemical Company, until it was closed in 1978.

According to the US Environmental Protection Agency, the plants generated large volumes of industrial wastewater containing high levels of acids and numerous organic and inorganic chemicals, including mercury. Some of the wastes were partially treated and discharged into the Sudbury River through a small stream, referred to as Chemical Brook. Over 45,000 tons of chemical sludges along with spent solvents and other chemical wastes were buried on the 35 acre site. The groundwater and soil are contaminated, as are the nearby wetlands; and fish in the Sudbury River are contaminated with mercury.

The site is near junior and senior high schools, and 10,000 people live within a three mile area.

Waste ponds filled with toxic chemicals doubled as swimming pools for some of the area children in the 1960s and 70s. The football team had a tradition of celebrating a winning game by diving into the ponds. In the winter they served as skating rinks. The children came home covered in dye, but at that time few people considered it to be dangerous.



"People in the town will tell you they knew what color of dye was being made on almost any day of the week because the brook down the street would turn purple or red, or whatever color they were making dye for that day."

*Suzanne Condon, state assistant commissioner of public health*

On April 25 Massachusetts announced the results of a seven year study of the Nyanza site and concluded that people who grew up in Ashland and came in contact with the toxic wastes had a two to threefold increased risk of developing cancer. The study was prompted by young adults who developed rare cancers years after having been exposed to the chemicals.

Dyes created for use in food are expected to be purer than those used to dye fabric, but food dyes are still permitted to contain mercury, lead and arsenic as contaminants.

## Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Lorraine Cordo  
Markey Dokken  
Cindy Harrell  
Janice Shelton

*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the US.

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable U.S. brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69, plus s+h. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 554 East Main St., Suite 301, Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

[www.feingold.org](http://www.feingold.org)

© 2006 by the Feingold Association of the United States, Inc.

## Permission to reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in an Internet newsletter or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold® Association of the United States (800) 321-3287, [www.feingold.org](http://www.feingold.org)

*The next Pure Facts will be our combined July/August issue.*