

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Chemicals in our environment can affect behavior, learning and health

Scientists who work at the Environmental Protection Agency (EPA) are protesting the agency's pressure for them to short-cut safety testing in order to approve more synthetic chemicals and increase their allowed uses.

Organizations representing nine thousand EPA scientists sent a letter of protest to the head of the agency. They objected to the pressure the EPA and pesticide industry officials are placing on them to skip some of the necessary testing and allow the continued use of the pesticides that may be harming people, particularly children and infants. The letter of protest accuses the EPA of "coddling" pesticide companies and compromising the integrity of the agency.

Behavior disorders, developmental delays, damage to the nervous system, and motor dysfunction are among the effects children can suffer



**The effects of pesticide exposure on children, infants and the unborn are especially troubling**

from exposure to pesticides, particularly a class of chemicals known as "organophosphates" according to a report published last year in the *Journal of the American Medical Association* (Vol. 294, No. 4). Created from phosphoric acid, organophosphates are the most widely used group of pesticides and are considered highly toxic to humans and animals. They are believed to affect the neurotransmitter levels in the brain, thus bringing about changes in behavior, according to information published in the *American Journal of Industrial Medicine*.

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## New natural food dyes

Innovative companies are finding new ways to obtain natural colorings from foods. These dyes have many of the advantages of synthetic colorings, but without the harmful down side.

There is a growing awareness around the world that synthetic dyes are undesirable and potentially harmful, and this has spurred a dramatic increase in the demand for natural alternatives. Scientists in the World Health Organization and the European Commission are reducing the amount of dye that may be added to foods, while here in the United States it is still a Wild West of intensely dyed



products. The U.S. Food and Drug Administration's web site still denies that food dyes are linked to behavior problems. It is interesting to note that this page was written by the major food/chemical/pharmaceutical industry lobby, a group that calls itself the "International Life Sciences Institute." Previously, the group called itself the "Nutrition Foundation."

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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.

## He Was Different

From the day of his birth Logan was different. He did not sleep for the first 36 hours of his life...and then for only short periods of time.

He did not like to be touched, but he had to be as I was breastfeeding him; but no one else was tolerated. Logan was beautiful to look at, but he would not look you in the eye. As he grew he was very active, but only in solitary activities. He would rock and make strange sounds for hours at a time, or sit and watch the Smurf's cartoon and then echo back, word for word, the entire episode all week long, with voice changes for each character.

Our pediatrician told me there was nothing wrong...I was just an over-reactive mother who should be "tougher" with the non-sleeping issues and let him cry it out each night. The doc didn't seem to understand that is exactly what my son did...only it wasn't typical crying, but night-terror type where he wasn't even awake or aware of his surroundings.

I knew I would never institutionalize my son!

I finally took him to a child development center associated with a local university. It was devastating to hear that my young son not only had an IQ of only 37 but also had "autism." The child had taught himself to read at age 3 and would memorize entire books and even the TV Guide! But this didn't matter, according to the evaluators, because he could not repeat anything back when he was asked. Interestingly, he would point out if I skipped a word when I read to him. The doctors said there was no hope that he would live a normal life or be able to care for himself, and that I should put him in an institution or at the very least in the new "autism school" in the city.

This all took place 26 years ago. As a nurse I realized that the medical community would not voluntarily offer me any other options for treating Logan. But I also knew I would never institutionalize my son. I did visit the so-called school and saw that every child was treated the same. All of them wore helmets and were being "educated" with behavioral modification techniques that, in my opinion, bordered on abuse.



One day my mother brought me an article about another young boy with autism, but he was doing well because of something called the Feingold Diet. I had never heard of Dr. Feingold or his diet, but soon discovered that he had written a book about it. I bought the book and read it in one sitting. What Dr. Feingold discussed wasn't rocket science or anything really earth shattering...just a new look at food additives and how some individuals might react differently than the norm.

I had nothing to lose, so I set out to see what effect this diet would have on a child who was 4-years-old and had yet to answer a question except by echoing what you asked, who had never looked anyone directly in the eyes, and had never gone through the night without waking me numerous times with night terrors.

Ten days later I woke at 7 a.m. in a panic — I had slept through the night without waking to care for Logan. I ran into his room and found him sleeping peacefully and soundly. He woke an hour later on his own.

Two weeks after having my son on the Feingold Diet I went to pick him up at the church day care center. The teacher approached with excitement to ask me what I had done to my son, because he had actually answered her when she asked him a simple question and he was looking everyone directly in the eye when they spoke to him. He was a different child, not the one who turned his back to face the wall during the Christmas program rather than look into all the parents' eyes looking at him as he sang the songs along with the rest of his class.

He had never made eye contact.

At his next autism check-up at the child development center the doctors came out to the waiting room and asked me to bring back the correct child. I told them "he" was the right child, whereupon they told me that he couldn't be because his IQ was now 90 and he was interacting in an "almost" normal way. Six months later at his next visit his IQ was over 120 and the doctors were astonished. Yet when I told them what had made the difference, the Feingold Diet, I was told that was impossible because that man was a "quack" and not allowed to even publish materials in the medical journals! *[Editor's note: This is another myth; Dr. Feingold published articles in many scientific journals.]*

*Continued on page 3*

## He was different, from page 2

The primary doctor following Logan wanted to run some genetic tests on the family because he knew of 3 other young boys who had "outgrown" their autism too. All the tests showed nothing, and yet they refused to listen to what I knew had occurred. So, I never took my son back there again. He didn't need to be a guinea pig for closed minded medical science, especially since there was other evidence that supported the results we were experiencing. (I later learned that those other 3 young boys who had "outgrown" autism turned out to be children treated naturally with Dr. Feingold's diet.)

### Smelly Hotels

When you select a hotel for your vacation travel you may want to ask about the practice of spraying scents into the hotel lobbies.

Omni, Westin, Sheraton and Four Points are using them, although the chains claim the perfumes will not bother sensitive people. (We find this questionable.) Many Las Vegas hotels use scents and the Cirque de Soleil theatre coordinates them with some of the scenes in the show.



Logan with his fiancée, Amanda

Logan is now 26 years old. He is a big guy who is a computer whiz, car expert, and all around nice person to know. I never told the school system about his "autism" diagnosis; they didn't need to know and he didn't need to be labeled. Did he have any problems? Yes. He never really learned to wait his turn to answer a question. He would call his teachers on not remembering what they had told the classes months earlier — word for word, and it took some time to learn how to play and interact socially in an appropriate manner. All of these are minor issues compared to the fact that he set up computer systems for the school district while in grade school. I was told more than once he was "light years" ahead of what teachers felt they could teach him

because he remembered nearly everything he heard, saw or read. Pretty good for the 4-year-old with a 37 IQ who I should have put away somewhere.

I understand that autism has many causes and foods are not the problem for everyone. There are some people who improve drastically with auditory treatments. Apparently sounds cause them pain, and when they are taught to filter out certain sounds they can lead normal lives again. My message is that there are numerous treatment options available, so do not settle for a "no hope for a cure" for a child's autism. Look outside the box, do your own literature review, ask questions, and above all do not give up hope!

Mary Beth Rosenstiel, MS, RN

## Have fun in the sun and stay cool this summer

For those who are sensitive to chlorine or just want an alternative for their swimming pool there is a good answer - salt water pool systems.

Lorraine Cordo, a Feingold mom who lives in sunny Arizona, says these systems are very easy to maintain and cost less in the long run than traditional chlorine systems. She loves the idea of never having to



add chlorine to the pool again, no more red eyes, itchy skin, dry hair, green hair, or bleached bathing suits. Also, there are no more chlorine reactions or asthmatic attacks!

Check out these web sites for more information:

[www.ecomatic.com](http://www.ecomatic.com)

[www.aquajoy.com/au](http://www.aquajoy.com/au)

[www.clear-water.com/au](http://www.clear-water.com/au)



Aware that children, infants and the unborn are the most vulnerable to potential damage from environmental chemicals, Congress told the Environmental Protection Agency (EPA) last year to create a rule that permanently bans the testing of such chemicals on children and pregnant women.



### **EPA seeks to test chemicals on children**

While pesticide exposure is harmful for people of any age, "protective mechanisms that are available to the adult, such as DNA repair, immune system detoxification enzymes, liver metabolism and the blood/brain barrier, are not fully functional in the fetus or newborn" according to endocrinologist Retha Newbold.

Now, the EPA is proposing new rulings that claim to offer such protection while critics say they are filled with loopholes that will have the opposite effect. The Organic Consumers Association lists some of the exceptions the EPA wrote into the ruling:

- Children who "cannot be reasonably consulted" such as those that are mentally handicapped or orphaned newborns may be tested on. With permission from the institution or guardian in charge of the individual, the child may be exposed to chemicals for the sake of research.
- Parental consent forms are not necessary for testing on children who have been neglected or abused.
- Chemical studies on children outside the U.S. are acceptable.

California Senator Barbara Boxer charged "The administration plan is inconsistent with the law passed by Congress with bipartisan support. The loopholes which allow continued testing on pregnant women, infants and children are contrary to law and widely accepted ethical guidelines, including the Nuremberg code. The fact that EPA allows pesticide testing of any kind on the most vulnerable, including abused and neglected children, is simply astonishing."

"EPA is giving its official blessing for pesticide companies to use pregnant women, infants and children as lab rats in flagrant violation of a new federal law cracking down on this repugnant practice."

*Erik Olson, attorney with the Natural Resources Defense Council*

Some of the pesticides in use are based on research used to develop nerve gas during World War II.



### **Pesticide deadline**

There has been particular pressure to complete testing since chemical manufacturers and the EPA are facing a deadline set ten years ago to determine safe limits for various pesticides including "organophosphates."

Why are the pesticide manufacturers so eager to have these chemicals tested on children? According the Dave Christenson of the American Federation of Government Employees, "The pesticide companies want to use this data and be able to sell their pesticides for a whole slew of uses that they're restricted from now." They are hopeful that human studies will be more favorable to their products than animal studies have been.

### **Method of testing**

Currently what are considered to be acceptable levels of pesticide exposure are based upon what can be tolerated by a healthy adult man. As with most synthetic chemicals, pesticides are tested individually, not in combinations as they may appear in real life. Scientists at the University of California, Berkeley tested pesticide blends that more accurately reflect human and animal exposure. They found that even at very low levels the mixture killed 35% of the frogs in the study. The study was published in the journal *Environmental Health Perspectives*.

### **Hormone disruption**

In a related paper, Professor Tyrone Hayes of the University of California demonstrated that the pesticide combinations were able to switch the testosterone in male frogs to estrogen. Instead of sperm the frogs produced eggs.

Other researchers have noted that heavy metals, pesticides and other environmental pollutants are especially hard on the reproductive systems of animals, and it appears they have a similar effect on humans.

The Chippewa Indian community in Canada has experienced a drastic change in the sex ratio of babies born there in recent years. Instead of a typical 50-50 ratio only about 30% of the babies are boys, and the numbers keep dropping, according to a report published in the journal *Environmental Health Perspectives*.

The Indian reserve is located just across from Port Huron, MI and is surrounded by petrochemical manufacturing plants spewing out a daily dose of chemicals that pollute the air for miles around.

One in four of the children has a behavior or learning disability, the rate of childhood asthma is nearly three times the national rate, and the rate of miscarriages is very high.

## My Family Farm

A business unlike any other

Members and friends who purchased our Goodie Baskets last winter enjoyed a snack called Captain's Catch Baked Cheese Crackers, a healthy taste-test winner. This is one of a line of natural snacks made by My Family Farm, a company with a unique mission. All of the net profits earned from the sale of their cookies and crackers go to charities designed to help in three areas: prevention of child abuse, educational and therapeutic activities, and wildlife preservation/environmental education. The company believes that earning financial support for public purpose missions is far better than simply asking the public for a donation.

After he retired and sold his business Ray Faragher started My Family Farm, along with his wife Ruth. Their daughters Annie and Teri followed their parents examples of working for social change by becoming social workers, and today they head up the family-run enterprise.



Visit [www.myfamilyfarm.org](http://www.myfamilyfarm.org)

All of their cookies and crackers contain no: artificial colors, flavors or preservatives, as well as no trans-fats. They are certified organic and/or all natural and are kosher. These products have been researched and are acceptable for use on the Feingold Program:

### Stage One

MY FAMILY FARM Crackers:  
Field Friends Baked Wheat

MY FAMILY FARM Cookies:  
Wild Animal Vanilla, Brown Bear  
Chocolate Dipped Vanilla, Arctic  
Bear Lemon Iced

### Stage Two

MY FAMILY FARM Crackers:  
Surf Snacks Pizza, Captain's Catch  
Baked Cheese

## Nifty Places to Shop

in Newark, Delaware

**Herman's Quality Meat Shoppe**  
64 East Cleveland Ave  
(302) 731-5344  
Open Tues - Sat 9:30am - 6pm  
closed holidays

Tim, the owner, is a cancer survivor who was given 6 months to live and has been healthy for 13 years. He visits the farms where he buys his meats to see the living conditions of the animals and check out what they eat. It has been a favorite area shop for 60 years.

**Newark Natural Foods**  
280 East Main Street  
(302) 368-5894

Open to the public  
Mon - Sat 9am to 8pm, Sun 10 - 5  
closed holidays

Organic chicken and grass-fed organic beef are among the natural delights available at this cooperative. They stock all types of foods and grocery products, including both bulk and packaged products, and gluten-free items. The foods are natural and many are organic.

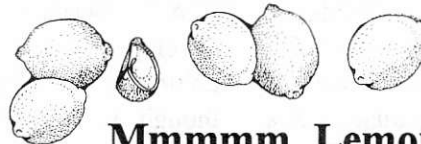
## Ice Cream Secrets

When we attempt to learn about the ingredients in a product we often run into difficulty. Although most food companies give the impression that they welcome input from consumers and are open about what goes into their food, the reality is sometimes quite different. Our Product Research committee has tried repeatedly to learn if the BASKIN-ROBBINS ice cream flavors that are in our *Foodlist* are still acceptable, but the company's customer service department has refused to allow us to speak with anyone on their staff. They don't even provide an e-mail option.

We have officially filed a complaint with Baskin-Robbins (now owned by Dunkin' Brands) and encourage you to telephone them and let them know how you feel about their policies. Call (781) 737-3291.

## Panera Bagel Product Alert!

In past issues of *Pure Facts* we have listed various Panera Bagels that appeared to be acceptable. Thanks to the detective work of one of our moms, we have learned that Panera's **Cinnamon Crunch Bagel** now contains artificial flavorings. At this point we do not know if any of the other bagel varieties have been changed, but advise members to skip them until we are more certain.



## Mmmmm, Lemonade!

Even if you run out of lemons you can stay cool and quenched this summer. **True Lemon** is a natural lemon juice substitute in a crystallized form so it keeps without any refrigeration. It can be used in recipes that call for lemon juice; try it in sauces and salad dressings and on meat and seafood. See their web site for recipe ideas: [www.truelemon.com](http://www.truelemon.com). A similar product, **True Lime**, is also available. Both are Stage One and sold nationwide and via mail order. True Lemon and True Lime contain corn syrup.

## Yellow Dye

Phloridzine oxidation product, also known as "POP," is not a household word, but it could be an important product for Feingold families and the millions of people who react to tartrazine, aka Yellow No. 5. When apples are pressed to make juice they create POP, a substance that produces a bright yellow coloring that can be used in both foods and cosmetics. What's more, it has natural antioxidant properties, so it may not need the chemical preservatives that are sometimes added to synthetic dyes. In France, the Institute for Agronomy Research and the cider company Val de Vire are continuing their research on the natural dye and working on developing ways it can be produced in large quantity.

As companies seek to reduce the cost of producing natural colorings they are creating them in laboratories using various technological processes, including fermentation and the use of enzymes. Nevertheless the colorings are regarded as natural and should be well tolerated. Another new yellow dye, Betanin, is a form of beta-carotene that has the advantage of being allergen and gluten-free.

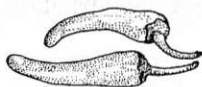
## Red dye

Tomat-O-Red® is the name given to a new dye that derives its red color from lycopene, extracted from tomatoes. It can also be produced from a fungus known as *Blakeslea trispora*. Lycopene has attracted a great deal of interest because it is a natural antioxidant. The Israeli manufacturer, LycoRed, Ltd., sees a bright future for this new dye as a replacement for carmine (cochineal extract), the major source for natural red dye. Because carmine is derived from an insect it is not acceptable to those following vegetarian or kosher diets. Another

problem with carmine is the fact that it can trigger allergic reactions in some people.

## Dragon Fruit

A tropical fruit called the pitaya (also known as dragon fruit and strawberry pear) is another new source for natural red dye.



## Red Chili Peppers

Researchers at New Mexico State University have been working for more than ten years to develop a new variety of chili pepper for use as a natural coloring. Peppers grown throughout the world are used to make paprika, which is the basis for many natural red food colorings. The advantages of this new variety, dubbed "NuMex Garnet," are that it produces more intense color, it can be mechanically harvested, and it does not have the heat typically found in chili peppers.

"From allergies and hyperactivity in children to asthmatic reactions, skin disorders, nausea and increased risk of cancer, consumer concerns persist regarding the detrimental linkages of synthetic food colours to human health."

*report on the status of food dyes in Australia and New Zealand*

## Kiwi Green

A German company has developed a natural brilliant green color they call "Kiwi Green" (even though it is actually derived from spinach and stinging nettle). Happily, it does not have the characteristic drab green shade consumers have obtained when they tried to create coloring from spinach. Kiwi Green does not have a noticeable taste, and unlike some natural dyes, it holds up well when exposed to heat and light.

## Red, Orange, Yellow and Violet

Chr. Hansen, a multinational company based in Denmark, has created a line of natural colorings that are designed for use in transparent beverages — colored, but clear enough that you can see through them. A drawback with some natural colorings is that they can make beverages cloudy. The new line, called ColorFruit, provides beautiful shades that are based on just two sources, natural carotene and anthocyanins (pigments found in plants). The carotene is derived from palm oil and the anthocyanins come from various fruits and vegetables. The new dyes have a taste that is close to neutral and does not need masking. They are stable in many types of beverages and, unlike some natural dyes, they hold up well when exposed to heat and light.

## Caramel Coloring

Although caramel coloring is not considered a synthetic dye, the manufacturing processes used to create it can leave residues of chemicals that may cause problems for some people. Now DD Williamson, the world's largest manufacturer of caramel coloring, offers sucrose-based and rice-based organic caramel colorings. We don't know if these will be better tolerated, but it is a positive sign. The company sees a huge growing market for natural colorings and organic foods around the world.

## Flower Power

Researchers at Jadavpur University in India have developed natural colors from flowers, including marigolds and hibiscus, which they say can be used in food. These colorings are replacing cancer-causing dyes that are intended for industrial use, but have long been added to some foods in India.



## PIC Report

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

Products with this symbol ^ are available in Canada.

### Stage One

365 ORGANIC (Whole Foods Market) Beef Flavor Broth, Chicken Broth, Chicken Broth Low Sodium, Vegetable Broth

BUBBIES^^ Beet Horseradish, Prepared Horseradish, Sauerkraut

'CAUSE YOU'RE SPECIAL Gluten Free Bread Mix:

Homestyle White, Traditional French Bread; Gluten Free Cake Mix: Golden Pound Cake; Gluten Free Cookie Mix: Chocolate Chip (CS), Classic Sugar; Gluten Free Muffin Mix: Lemon Poppy Seed, Classic Muffin & Quickbread, Sweet Corn

'CAUSE YOU'RE SPECIAL Gluten Free Mixes: Chocolate Fudge Brownie, Famous Pizza Crust, Hearty Biscuit, Hearty Pancake & Waffle, Homestyle Pie Crust - [www.causeyourespecial.com](http://www.causeyourespecial.com) - (866) 669-4328

CHERRYBROOK KITCHEN^^ Fudge Brownie Mix with Chocolate Chips (CS); Original Pancake Mix, Whole Grain Pancake Mix; Wheat-Free/Gluten-Free Chocolate Cake Mix; Wheat-Free/Gluten-Free Cookie Mix: Chocolate Chip (CS), Sugar  
[www.cherrybrookkitchen.com](http://www.cherrybrookkitchen.com)

HYLAND'S^^ (homeopathic remedies) Calms Forte 4 Kids, Complete Flu Care, Complete Flu Care 4 Kids

LIBERTY^ Canola Oil - available in Canada only

LIFE FORCE INTERNATIONAL^ Osteo Pro Care Vanilla Flavour Mineral Supplement (SB) sold only in Canada

MRS. MAY'S NATURALS^ All Natural Cashew Crunch, All Natural Pecan Crunch

PACIFIC FOODS\* All Natural Non-Dairy Beverage:

Hazelnut Original, Organic Oat Low Fat Original, Organic Oat Low Fat Vanilla, Rice Low Fat Plain, Rice Low Fat Vanilla

PERFECT SWEET^^ xylitol sweetener

PHILIPPINE BRAND^ (Costco) Mango Juice Nectar

THE SNACK FACTORY^ Pretzel Crisps: Original, Everything, Garlic

TOM'S OF MAINE^^ Natural Anti-Plaque Tartar Control

Plus Whitening Toothpaste: Fennel, Peppermint, Spearmint; Whole Care Toothpaste: Peppermint, Spearmint; Whole Care Gel Toothpaste: Peppermint, Spearmint; Natural Cleansing Mouthwash: Peppermint with Baking Soda

TOM'S OF MAINE^^ Natural Long Lasting Roll On Deodorant: Lavender, Lemongrass, Unscented; Natural Long Lasting Stick Deodorant: Lavender, Lemongrass, Unscented; Natural Moisturizing Bar Soap: Lavender; Natural Shave Cream: Mint

TURKEY HILL Vanilla Bean Frozen Yogurt (CS);

Double Decker Ice Cream Sandwich (CS)

UNICO^ Vegetable Oil - available in Canada only

## Product Alert!

GLUTEN FREE PANTRY^ Brownies are now listing vanillin on the new gable shape boxes.

DARE FOODS Vinta Crackers need to be removed from your foodlist & Shopping Guide as they now contain TBHQ.

### Note about your Foodlist:

There has been some misunderstanding about what vegetables are acceptable for use in the Stage One section of your *Foodlist & Shopping Guide*. ALL PLAIN Stage One vegetables are acceptable, as well as those brand name products we have listed.

### Stage Two

BUBBIES^^ Bread & Butter Pickle Chips (cucumbers, red peppers); Herring Fillets (wine); Pickled Green Tomatoes; Pure Kosher Dill Relish (cloves, cucumbers, chili peppers, pickles), Sweethot Mustard (cider vinegar)

CROFER'S ORGANIC^ (all products contain apple pectin) Conserve: Apricot, Black Currant, Blood Orange, Four Fruit (cherries, raspberries, red currants, strawberries), Mango, Morello Cherry, Peach Passion, Raspberry, Strawberry, Wild Blackberry, Wild Blueberry

Fruit Spread: Apricot (grapes), Black Currant (grapes), Raspberry (grapes), Strawberry (grapes), Wild Blackberry (grapes), Wild Blueberry (grapes); Jelly: Apple, Concord Grape, Pomegranate

DR. FUHRMAN'S Date Nut Pop'Ems: Chocolate (almonds), Cinnamon (almonds), Original (almonds); Vegizest Soup Base & Vegetable Seasoning (tea)

DR. FUHRMAN'S Gentle Care Formula Multi-Vitamin/ Multi-Mineral Dietary Supplement (bilberries), Pixie-Vites Children's Multi-Vitamin (apples, bell peppers, cherries, grapes, oranges, peaches, plums, raspberries, strawberries, tomatoes)

[www.drfuhrman.com](http://www.drfuhrman.com) (800) 474-WELL

ENVIRONNE^ Fruit & Vegetable Wash (oranges, berries), Spot & Stain Remover (oranges)

[www.environne.com](http://www.environne.com)

KIRKMAN^ Super Cranberry Extract

[www.kirkmanlabs.com](http://www.kirkmanlabs.com) (800) 245-8282

LARABAR^^ Cinnamon Roll (almonds, raisins), Lemon Bar (almonds); MAYA: Chocolate (almonds), Chocolate Coffee, Chocolate Mint (almonds), Chocolate Orange (almonds) - [www.larabar.com](http://www.larabar.com)

NANA'S^^ Chocolate Mocha Temptations (coffee)

NANA'S^^ No Gluten Cookie Bars: Chocolate Munch (apples, grapes), Nana Banana (apples, grapes, strawberries); No Gluten Cookie: Ginger (apples, grapes), Lemon (apples, grapes)

[www.healthycrowd.com](http://www.healthycrowd.com)

NUTRILICIOUS Brooke's Magical Hemp Brownies (apples)

The Feingold® Association does 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.

## New FAUS President

Long time volunteer, Donna Curtis was elected President of the Feingold Association of the U.S. at our annual meeting held in June.

Donna first learned about the Feingold Program when her son, Tim, was in pre-school. His Jekyll-Hyde behavior rapidly changed to normal once the family began Feingold. Little sister, Kimberly, benefited from the natural food, and infractions brought night terrors.

Both Tim (once diagnosed with "ADD and MBD" — minimal brain dysfunction) and Kimberly went on to achieve impressive accomplishments in school, college, and in their many outside activities.

Donna has helped the Feingold Association for many years, first as the director of product research and then as our treasurer. Now she will serve as our president, as well as follow her new career as a high school math teacher in Carthage, IL.

## One pesticide to be zapped

A lawsuit filed by the United Farmworkers of America against the Environmental Protection Agency (EPA) has forced the agency to begin phasing out a highly toxic organophosphate pesticide that has contaminated food and poisoned farmworkers. The pesticide, azinphos-methyl (AZM), is used on a variety of food crops, including potatoes, cranberries, and peaches.

AZM is a potent neurotoxin derived from nerve agents used during World War II. In 2001, the EPA found that AZM posed unacceptable risks to farmworkers, but due to industry pressure, the agency kept it on the market. The EPA will phase out AZM over the next four years.

Information provided by Organic Consumers; for more information see [www.organicconsumers.org](http://www.organicconsumers.org)

**Q:** I have read critics of the Feingold Program claim that a child using Feingold will develop an unhealthy "fear of chemicals," and that their behavior would be regarded as peculiar by other children.

**A:** This is one of many claims that are made with no evidence to support it. Actually, it's the behavior of a chemically-sensitive child who *eats* synthetic additives that is likely to be peculiar! Some additional points to consider:



- At a time when a growing number of children must deal with diabetes or peanut allergies and the special diets involved, the child on the Feingold Program would hardly stand out as "different."
- The Feingold Program is liberal, as it includes sugary foods, junk foods and even fast foods. A typical lunch brought to school by a Feingold child might include a chicken or balogna sandwich, juice or milk, carrot sticks and a cookie.
- The children do not "fear" the chemicals added to foods; they are more likely to be disgusted at the companies that use such additives to make poor quality food appealing to those who don't know any better.

## Pure Facts

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*Contributing to this issue:*

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

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)

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