

# Pure Facts

Newsletter of the Feingold® Association of the United States



November, 2006

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

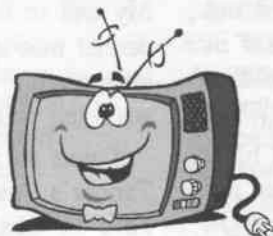
Vol. 30, No. 9

## Junk food is facing challenges

The obesity epidemic has spurred interest in restricting advertising of junk food to children. This concept is being discussed in Great Britain and Australia as well as the United States.

Britain's Food Standards Agency, the government's food watchdog, supported by a coalition of 50 health and consumer groups, has been pushing to have junk food ads banned from TV until after 9 pm. (The Food Standards Agency is an independent government department established by Parliament to protect the public's health and consumer interests regarding food. Ofcom is the government agency that oversees the UK's communications industries.) Ofcom's response has been lukewarm, according to critics, who believe the food, soft drink and advertising industries have too much influence.

Mary Creagh, a member of Parliament, is working to ban the marketing of foods that are considered to be harmful to the health or well-being of children. And the multinational Kellogg Company is facing a class action suit in Massachusetts for advertising that is alleged to cause parents to buy unhealthy food for their children.



In an effort to head off an all-out restriction, the industry coalition in Britain has proposed that they will stop using some licensed cartoon characters and celebrities to promote junk food. They would stop using collectible toys, and limit the amount of time devoted to ads on children's programs.

With 14% of British children considered to be clinically obese, the prime minister is suggesting the food industry see if it can police itself, and if after a year it appears it cannot, he would consider legislation.

## Other ADHD Triggers

In addition to food additives, there are many other things that can bring about what is currently being called ADHD.

Researchers at the Cincinnati Children's Hospital Medical Center have analyzed data from a study of over 4,000 children and found that those whose mothers smoked during pregnancy were 2.5 times more likely to be labeled ADHD than children whose mothers did not smoke. They also found that children with high levels of lead in their blood were four times more likely to be ADHD than those with low levels.

Six years ago the National Academy of Sciences wrote about the role of toxic chemicals in contributing to developmental and neurological disorders in children. They estimated that 25 percent of these disorders are the result of a combination of environmental factors and genetics. Nearly forty years ago Dr. Feingold wrote that a combination of genetic predisposition, prenatal exposures, birth trauma, and substances to which an infant is exposed after birth all combine to set a child up to be sensitive to other chemicals, including food additives. The additives do not "cause" the behavior or learning problems, but they trigger them in susceptible people.

## Internet marketing

TV ads are only one way companies market products to children. The Internet is a growing resource for reaching them. A recent study conducted by the Kaiser Foundation has found that 85 percent of the major food brands that advertise to children via TV also have web sites designed to appeal to children, some designed for children as young as 6. In some cases the companies conduct online contests and encourage the child to involve his friend. By combining games with

*Continued on page 3*

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.

## Letter from one mom to another

Sheri Youngquist's friend has been e-mailing her about her frustrations with her three little boys and all their meltdowns. Sheri has been encouraging her to try Feingold.

Dear Sharon,

As you describe your home I'm reminded of how it is at my home on the crazy days -- the days when we have diet infractions.

Remember how much I talked about the Feingold Program before you moved? I'm worse than ever now! I've recently presented workshops to the local MOPs (Mothers of Pre-schoolers) group and last week for the Mothers of Multiples Club. Next Thursday I will be talking to the Teaching Special Hearts Group, and LINKS has me coming on the 20th.

Did I send you a copy of *Why Can't My Child Behave?* If so please read it and consider that your precious boys' meltdowns could definitely be related to food. Testosterone is great stuff; we have lots of it around here. It gives them bursts of energy and over-the-top ideas (climbing on the roof, building ramps for their bikes, etc.) but it does not lead to constant angry outbursts and crying. That's something else. I was beyond exhaustion and frustration and could not keep from having my own meltdowns/outbursts in response to their behavior. And then I tried Feingold.

I challenge you to consider it. We started it in the summer, but if it had been school time, I would have taken a solid week off from home schooling, parked my kids in front of educational videos (they rarely fight when they are tuned out — don't worry, it's just for the week), voraciously read my book and consumed the website [www.feingold.org](http://www.feingold.org), cleaned out my cabinets of the "bad" stuff, joined the Association, shopped and stocked my cabinets with foods that do not trigger the out-of-control behavior.

We've been doing this for 1.5 years and I would NEVER want to go back to our old life. Then again, you would think that since I'm such an advocate and believer that I would be vigilant about what my little boys (especially Tanner) get into their system. But there we were at the dentist last Monday and I decided that since they're all big now, I'd just sit in the waiting room and re-read my Feingold book in preparation for my presentation to the MOPs group. (The irony is palpable...)

For some reason I was thinking that the doctor remembered about Tanner's "allergies." Unfortunately, when we got home he started having meltdowns so I asked him what the doctor used on his teeth. He said it was bright blue. Oh no!!! Well, it gave me the opportunity to get some handwriting samples. One hour after the BLUE my third grader's handwriting looks like a pre-schooler's.



I later found that the preparation the dentist used didn't have dye, but contained cherry flavoring (synthetic, of course!) and it was not listed on the packaging. (Tanner's recollection of the substance being blue was inaccurate, but not surprising when his mind is spinning from a reaction.) My call to the manufacturer went unreturned and even the dentist met up with a roadblock when he tried to get more information. They said "tell us what he's allergic to and we'll tell you if it's in there."

I was so thankful to have connected the additives with Tanner's "psychosis" for the following three days. I was able to deal with him in a more understanding and compassionate way. I was able to minimize the academics required of him for those three days and also keep him and his brothers apart whenever possible because blow-ups are inevitable when he's experiencing a reaction.

I remember about a month or two after starting Feingold, I took all three little ones to Trader Joe's to shop. It was actually pleasant!! As we stood in line they didn't whine and cry about what I wasn't buying them, didn't fight with each other or play tag. Instead, I challenged them to play the "animal game" where one describes an animal and the others try to guess which one he's describing. Then they decided they'd have a contest to see who could stand on one leg the longest. They were still as can be with huge smiles on their faces. As you can imagine, it was the most beautiful sight!!

Okay, I've droned on enough. I just want to encourage you, not make you feel like "it's all my fault because of what I'm feeding them!" It's the FDA that should feel guilty for approving all these chemicals to be added to our foods, not us moms. These things were not in the diets of our grandparents, and much less was in the diets of our parents than is in our's. Our generation has been eating these things and now we are feeding even more of them to our kids. It's all we know.

## The "dangerous" world of the dentist's office

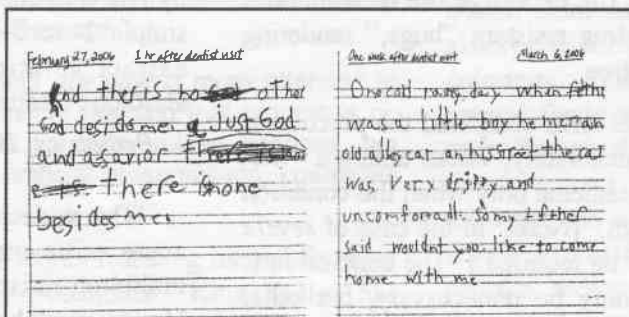
Don't ever leave your kids alone when you're at the dentist's office!

**P**ediatric dentistry is a strange paradox. The office is filled with people who care about our children, the food they eat and keeping them healthy. But the office is also filled with synthetic colors, flavors and fragrances that are used in everything from dental preparations to toothbrushes, to dental floss, and even latex gloves.

We can practically guarantee that if the dentist doesn't forget about at least one of these booby traps, the hygienist will. And expecting a child to be able to identify the contraband before it goes into his mouth is unrealistic. We all know how hard it is to speak when you have a mouth full of cotton or someone's fingers. Sensitive adults need to anticipate a mess-up and that someone will forget to read your chart.

This is why the dentist's office is considered one of the three most hazardous places for Feingold kids. The other two are vacation Bible school (Chips Ahoy and Kool-Aid), and the school cafeteria.

Sheri notes that after he learned about Tanner's success on Feingold, her own dentist asked for more information. He has a teenage son on Ritalin and the idea of an alternative was very appealing to him. She writes, "It's a familiar story that I read on the BB (member's bulletin board) regarding



Here are samples of Tanner's work. The paper on the left was done on February 27, one hour after the dentist's visit; the paper on the right dates from March 6, one week later.

dentists vs. M.D.s. Dentists seem to be more open to the idea of Feingold. I gave my pediatrician the *Pure Facts* article about Tanner along with a doctor's packet about a year ago. The last time I checked with him he told me that he still hadn't 'had time to read it.'"

### Junk food, from page 1

advertising, the child has a much longer, more intense exposure to the products. Internet advertising is not subject to the established advertising codes; it is also much more difficult to limit exposure since it isn't limited by geography.

The UK's International Obesity Task Force recently held a conference in Sydney, Australia, where participants discussed the issues. One of the representatives noted, "New forms of advertising are increasingly being employed which bypass parental control and target children directly."

Members of the Task Force included Australian doctors and health educators. The president of the Australian Medical Association (AMA) recommended that junk food be subject to the same type of regulation as tobacco, saying that obesity "is a condition that brings with it the tragedy of significant illness early in life for those afflicted,

including heart disease, stroke, diabetes and all its complications, as well as obesity-related cancers." The AMA is calling on the Australian government to ban junk food advertising to children and to remove junk food from schools.

Restrictions on junk food advertising would benefit Feingold families because these foods typically contain the synthetic additives we eliminate.

Back in the US the *New England Journal of Medicine* has published an article exploring the options to reducing junk food for children, suggesting similarities with tobacco law suits. The authors write "Crafting a regulatory strategy that within the strictures of the Constitution responds to evolving knowledge about obesity and its prevention may be the single most important challenge for public health law in the 21st century." *New England Journal of Medicine* 354:2601-2610, 2006

Even if parents regain control over the messages that come into their home via TV and Internet advertising, they will still face serious challenges unless public schools do some house-cleaning. Printed educational materials, TV broadcasts, and vending machines located in schools are all methods companies have used in the past to advertise their products to children. But in many schools, the worst junk of all is found in the cafeteria breakfast and lunch programs, and rather than just being advertised to children, they are being served to them every day. Fortunately, there is a growing awareness that junk food is found not only in the hallways of schools, but on the cafeteria trays as well.

Parents have another challenge; they will also need to take a close look at the games they buy for holiday gifts. Now, **Monopoly** has jumped into the arena with a new version of this classic game that includes ads from corporations on their tokens.

## Ear Infections

The millions of prescriptions written each year might not be necessary.

Ear infections were once rare, but today they have increased to the point where it is estimated that 93% of all children in the United States will have had at least one episode of acute otitis media (AOM) by the time they are seven years old. In most cases physicians write a prescription for antibiotics or a pain medicine that contains antibiotics, but critics have long said that these drugs do not improve the outcome. The excessive use of antibiotics has led to the creation of drug resistant "bugs," rendering most of these drugs ineffective.

Numerous clinical studies have compared the practice of beginning on antibiotics immediately, versus taking a "wait and see" approach, using medicine only when the condition does not improve on its own. [Note: In the case of severe otitis media, medicine may be required.] The conclusion is that antibiotics may not only be unnecessary, but other approaches are more effective.

A study published in *Pediatrics* in 2003 notes that because antibiotics don't seem to improve the outcome, the main focus should be on treating any pain the child may experience from earaches. The authors suggest that naturopathic herbal extract medications may be useful since they are well tolerated, easy to administer, less expensive than antibiotics, and have no documented side effects. Another study found homeopathic treatment to be more effective than conventional.

"In primary care management of uncomplicated acute otitis media in childhood, an alternative treatment strategy based on the natural medicine, Otovowen, may substantially reduce the use of antibiotics without disadvantage to the clinical outcome."

*Int J Clin Pharmacol Ther.* 2004 Feb;42(2):110

As far back as 1997 the *Journal of the American Medical Association* carried articles urging doctors to discontinue the routine use of antibiotics for acute otitis media, saying that it did not offer any benefit.

William Shaw, Ph.D., director of the Great Plains Laboratory explained how antibiotics can cause many problems.

"In a healthy intestinal tract, beneficial bacteria, yeasts and fungi coexist. Their shared job is to digest food. When a child takes an antibiotic, the drug disrupts the population of normal digestive flora." The antibiotics allow the yeasts and other fungi to grow and the yeasts produce harmful by-products that get into the bloodstream. This leads to the production of digestive



"Otikon, an ear drop formulation of naturopathic origin, is as effective as anesthetic ear drops and was proven appropriate for the management of AOM-associated ear pain."

*Arch Pediatr Adolesc Med.* 2001 Jul;155(7):796-9.

"This study suggests that in cases of ear pain caused by AOM in children in which active treatment, besides a simple 2- to 3-day waiting period, is needed, an herbal extract solution may be beneficial. Concomitant antibiotic treatment is apparently not contributory."

*Pediatrics.* 2003 May;111(5 Pt 1):e574-9.

"The widespread use of antibiotics for treatment of acute otitis media has resulted in the emergence of multidrug-resistant pathogens that are difficult to treat. However, it has been shown that most children with nonsevere acute otitis media recover without antibiotics."

*Pediatrics.* 2005 Jun;115(6):1455-65

"The wait and see approach substantially reduced unnecessary use of antibiotics in children with acute otitis media seen in an emergency department and may be an alternative to routine use of antimicrobials for treatment of such children."

*JAMA.* 2006 Sep 13;296(10):1235-41.

"The response to treatment as measured by the primary outcomes criterion for patients receiving homeopathy was 82.6%, for conventional medicine it was 68%."

*J Altern Complement Med.* 2001 Apr;7(2):149-59.

enzymes that damage the intestinal wall, allowing undigested food to be absorbed into the bloodstream (known as "leaky gut"). Some of these molecules travel to the brain, where they can disrupt the areas that control speech and behavior.

Based on feedback from families using the Feingold Program, children with behavior and learning problems appear to be very susceptible to ear infections and most parents report that the removal of synthetic additives has either reduced or eliminated episodes of acute otitis media.



## It's getting easier to find healthy, natural foods.

Supermarkets around the country are hurrying to try to catch up with the phenomenal success of the nation's biggest natural market, Whole Foods.

California-based Safeway, the country's third largest chain, has renovated or replaced nearly 500 of its markets to create new "Lifestyle" stores, which include organic produce, displayed in rustic surroundings. They have also introduced a store brand of organic foods that go under the label "O". Many of the stores are in the West, but there are several opening in Chicago. (Safeway also owns these supermarket chains: Von's, Randall's, Tom Thumb and Genuardi's.)

*Natural Grocery Buyer* notes, "Consumers are paying more attention to their health. They want fresh food, and they're learning that organic is no longer the fringe category of wheat grass juice or bruised bananas, but 'real' food before antibiotics, hormones, artificial preservatives, chemicals and pesticides get in it or on it."

Elsewhere, chains are opening specialty stores featuring natural food, or are beefing up their offering of additive-free items. King Kullen has opened their third Wild By Nature store on Eastern Long Island. Marsh Supermarket in Indianapolis has eight O'Malia's stores to compete with the city's two branches of Wild Oats. The Texas chain, HEB, offers its popular Central Market, as well as several other upscale shops. Clemen's Market has three specialty stores in Pennsylvania and Delaware. Both Publix and Giant-Eagle are planning healthy spin-offs, while other markets are bringing in more of the natural products that are being sought by a growing number of shoppers.

The Rochester, NY based Wegman's, perhaps the standard for measuring today's supermarkets, is expanding down the East Coast, with their third Virginia store under construction in Woodbridge, south of Washington DC.



## Monkey Muffins

Did you ever think a chocolate chip muffin could be made with zucchini as its first ingredient?

Lisa Coates and Robin Rarrick are two moms who have found the secret to creating all natural, healthy muffins children love; and they are just as popular with grown-ups.

The three flavors – banana, chocolate chip and pumpkin – come in a tray of four little muffins that are free of trans-fats as well as unwanted additives.

Because they don't contain preservatives, the muffins need to be kept frozen or consumed quickly. (This doesn't seem to be a problem!) They are currently available in selected stores in the Northeast and by mail order.



For details on purchasing, check out their web site: [www.monkeymuffins.com](http://www.monkeymuffins.com).

## Natural colorings can be a problem for some

Most Feingold members are able to tolerate colorings made from natural sources. But for someone with extreme salicylate sensitivity, colorings derived from foods like paprika or grapes could trigger an adverse reaction.

Beatrice Trum Hunter, a member of the Feingold Association's advisory board, cautions that food labels do not always disclose the source of these colorings. She writes, "Colorants from natural foods are not necessarily benign, even though they may be preferable to the synthetics. Many people, for example, can react violently to extremely small quantities of sweet peppers, paprika, and/or chili peppers, even though these foods are well tolerated by others."

"When they are used as 'natural food colors' on labels, without any need for the manufacturer to list the sources, people with allergies and/or food sensitivities are not well served. A good rule of thumb: any food product that requires added color to heighten color, or replace color lost in processing, should be shunned."

## Tumeric: more than just mustard

Turmeric, the spice that gives mustard its characteristic deep yellow color, contains the active ingredient, curcumin, which has profound anti-inflammatory effects. For thousands of years turmeric has been used in traditional medicine in India and other Asian countries, and it is a major ingredient in curry. Researchers in Singapore have found that elderly Asians who consume curry have better cognitive performance than their counterparts who don't eat it.

Recently, curcumin has attracted the interest of Western researchers, and it is being studied as a possible treatment for many health problems including cancer, psoriasis, cataracts, atherosclerosis, diabetic nephropathy and Alzheimer's. The National Library of Medicine has well over 200 published papers on the use of curcumin.

## Diagnostic use of dyes increases health risk

Dyes are used in testing, including coronary angiography to diagnose heart disease. But having dyes injected into the blood vessels can be very hard on the kidneys.

The October issue of the *Journal of the American Society of Nephrology* reports on a study conducted at the VA Pittsburgh Healthcare System and the University of Pittsburgh School of Medicine. The researchers analyzed the data on 11,500 patients who had received injections of dye. The kidney function of the patients was evaluated both before and after the dye injections. A decrease in kidney function led to an increased risk of death in the 30 days following the test.

## Smelly stores & toys for big and little children

The use of synthetic fragrances in public places continues to escalate. *Forbes* magazine reports that scents are now being used in: Sony Style stores, Doubletree Hotels, Hard Rock Hotel in Orlando and the Westin Hotels and Resorts. LG Electronics offers scented cell phone keypads.

Synthetic fragrances are being added to more children's toys, not just Strawberry Shortcake dolls.

My Little Pony can be found in scented versions, and one company, Learning Curve Toys Intl., Inc., sells perfumed products that are intended to be used by infants. Sherberts Teething Blankie Monkey contains a "soothing baby-friendly scent" and their Scented Sherberts Frog has a "vanilla scent in his belly."

Most synthetic fragrances contain petroleum based chemicals – not very baby-friendly

## In the News

### Alzheimer's and Diet

A report in the September issue of the *American Journal of Medicine* shows that the incidence of Alzheimer's was 76 percent lower in adults who drink juice three or more times a week.

The researchers attribute the protective effects to polyphenols, which are powerful antioxidants.

### Diet soda and alcohol don't mix

In case you needed another reason to stay away from diet drinks — when they are used with alcohol they appear to make you "tipsy" faster.

Australian researchers have found that when alcohol is mixed with diet drinks the alcohol enters the bloodstream more rapidly and the blood alcohol concentration is higher than when it is mixed with sugar sweetened drinks. Their research appears in the September 2006 issue of the *Journal of Medicine*.

Researchers at the Royal Adelaide Hospital in Australia tested eight healthy young men and found that the alcohol levels were 0.05 for the diet drink vs. 0.03 for the sugar sweetened one. Apparently sugar helps to slow down the action of the stomach emptying. Women were not included in the test, but it is believed that their blood alcohol levels would be even higher after consuming drinks made with diet beverages.

"Some research with artificial sweeteners shows that the brain 'thinks' there is a sugar load coming and prepares the body by releasing insulin. The result: fewer calories and faster absorption of alcohol. And when you drink on an empty stomach, the effect is even more pronounced."

Christine Gerbstadt, M.D., R.D.

### Aspartame Update

Politicians in both the US and the UK are taking on the aspartame industry.

New Mexico's State Senator Jerry Ortiz y Pino has written to the White House, asking the President to order the Food and Drug Administration to rescind the FDA approval of the synthetic sweetener aspartame. A precedent for this was President Nixon's 1969 order to rescind the approval of another artificial sweetener, cyclamate.

Last year a British member of Parliament, Roger Williams, called for the banning of aspartame in the United Kingdom. Williams, a science graduate of Cambridge University, said he was initially suspicious of the "internet conspiracy theories" on aspartame, but as he researched it what he found "truly horrified" him.

He charged, "The history of aspartame's approval is littered with examples showing that if key decision makers found against aspartame's safety, they were discredited or replaced with industry sympathizers, who were recompensed with lucrative jobs."

"Aspartame is comprised of two amino acids, aspartic acid and phenylalanine. Aspartic acid acts as an 'excitatory' neurotransmitter, or chemical messenger, in the brain, stimulating neurons to fire. Problems can arise when aspartic acid is out of balance with 'inhibitory' amino acids that calm things down. Phenylalanine also easily enters the brain, where it is transformed into neurotransmitters that can further interfere with normal brain function.

"This is a likely reason why aspartame lowers the threshold for seizures, mood disorders, and other nervous system problems. This altered brain chemistry may also be responsible for the addictive nature of aspartame. Some patients report that getting off diet soda takes more willpower than giving up cigarettes!"

Julian Whitaker, M.D.

## 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

BOBO'S\* Organic Oat Bar: Banana (CS), Chocolate, Coconut, Original [www.bobosoatbars.com](http://www.bobosoatbars.com)

BREADS FROM ANNA^ gluten-free mixes: Banana Bread, Pie Crust [www.glutenevolution.com](http://www.glutenevolution.com)

C&H Powdered Sugar

CHATHAM VILLAGE Traditional Herb Stuffing (CS) [www.mazaretti.com](http://www.mazaretti.com)

DISNEY Dip Sea Dooz, Fish Nuggets, Fish Tenders, Pirate Planks

DOMINO^ Dark Brown Sugar, Powdered Sugar

JOBY & MARTY'S AMAZING ALL NATURAL^ Pearlies:

Dark Chocolate, Marvelous Mint Filled Chocolate, Milk Chocolate, Peanut Butter Filled Milk Chocolate

LIFEWAY\* It's Pudding: Organic Chocolate Pudding, Organic Rice Pudding, Organic Tapioca, Organic Vanilla Pudding [www.lifeway.net](http://www.lifeway.net)

MIRAMONTE Wild Alaskan Pink Salmon

MONKEY MUFFINS Banana, Chocolate Chip(CS), Pumpkin [www.monkeymuffins.com](http://www.monkeymuffins.com) (845) 348-4700

RAINFOREST^ Treasure Tea [www.amazonherb.net](http://www.amazonherb.net)

THUMANN'S Boneless Fully Cooked Smoked Ham - Water Added (CS,N), Easy Slice Spiral Cut Ham (CS,N), Filet of Turkey Lower Sodium (CS), Golden Roasted Filet of Turkey Caramel Color Coated (CS), Golden Roasted Filet of Turkey Hickory Smoked (CS), Golden Roasted Filet of Turkey Honey & Molasses Coated, Golden Roasted Filet of Turkey Lemon Pepper Coated (CS), Golden Roasted Filet of Turkey with Pastrami Seasoning (CS), Home Style Oven Roasted Fresh Ham, Home Style Roast Beef, Honey Cured Black Forest Brand Cooked Ham (CS,N), Italian Style Roast Beef (CS), Our Chef's Sliced Ham (CS,N), Our Short Cut Deluxe Cooked Ham (CS,N), Our Short Cut Deluxe Cooked Ham Lower Sodium (CS,N), Our Short Cut Deluxe Flat Smoked Ham (CS,N), Our Short Cut Deluxe Honey Cured Baked Ham with Natural Juices (CS,N) [www.thumanns.com](http://www.thumanns.com)

TRAPPEYS SUGARY SAM Golden Mashed Sweet Potatoes (CS)

TREE OF LIFE\* Organic Popcorn Buttered, Organic Popcorn Lightly Salted

VAN'S ALL NATURAL^ Original Gourmet Waffles, Oat 'N Honey Hearty Oats Waffles

WASHINGTON Chicken Breeding, Seafood Breeding (CS); Mixes: Buttermilk Biscuit (CS), Corn Bread (CS), Corn Muffin (CS)

YANKEE CLIPPER Wild Tongol Tuna in Spring Water, Wild Tongol Tuna in Spring Water No Salt Added

## Product Alert

KEEBLER Peanut Butter Sugar Wafers now contain TBHQ.

KELLOGG'S Eggo Nutri-Grain Waffles now contain TBHQ.

Please remove both of these products from your Foodlist & Shopping Guide.

### Stage Two

AMY'S\* Organic Soup: Chunky Vegetable (tomatoes), Corn Chowder (red peppers), Tuscan Beans & Rice (tomatoes) [www.amyskitchen.com](http://www.amyskitchen.com)

ANNIE'S NATURALS \* Organic Ketchup^ (cloves, tomatoes), Organic Mustard: Dijon (cloves), Honey (apple cider vinegar), Horseradish (apple cider vinegar, cloves), Yellow (paprika, cloves) [www.homegrownnaturals.com](http://www.homegrownnaturals.com)

BROWNWOOD FARMS\* Pumpkin Butter (apples, cider vinegar, cloves) [www.brownwoodfarms.com](http://www.brownwoodfarms.com)

CALI FINE FOODS^^ Gourmet Seasoning: Dill Delight (CS, bell peppers), Garlic Gusto (CS, bell peppers), Herb Medley (CS, bell peppers), Spicy Fiesta (CS, bell, chili & red peppers, cloves, paprika), Sweet & Spicy BBQ Mix (CS, bell, chili & red peppers, cloves, paprika) [www.califinefoods.com](http://www.califinefoods.com)

CELL TECH SUPER BLUE GREEN ALGAE^ SBG Anytime chewables (CS, oranges), Super Sun Smoothie (grapes), Natural Beauty Essentials (grapes), New Seasons Cleansing System (apples, barkberries, cloves), Vision (oranges), Vision Essentials (oranges) [www.celltech.com](http://www.celltech.com)

CHATHAM VILLAGE Cranberry & Herb Stuffing  
KIRKMAN^ CoQ10 Enzyme Chewable (raspberries), DMG with B12 & Folinic Acid Liquid (raspberries), TMG with Folinic Acid & Vitamin B12 (raspberries) [www.kirkmanlabs.com](http://www.kirkmanlabs.com)

NANA'S\* Cookie Bars: Apple & Oats (apples, grapes, raisins), Chocolate Chippy (apples, grapes), Fudgy Wudgy (apple, grapes), Lively Lemon (apples, grapes); No Gluten Cookie Bar: Berry Vanilla (apples, grapes, strawberry); No Gluten Cookie: Chocolate (apples, grapes), Chocolate Crunch (apples, grapes); No Wheat Cookies: Brownie Mint (apples, grapes), Chocolate Chip (apples, grapes), Oatmeal Raisin (apples, grapes); Original Vegan Cookies: Chocolate Chip (apples, grapes), Coconut Chip (apples, grapes), Cranberry Orange (apples, grapes), Double Chocolate (apples, grapes), Oatmeal Raisin (apples, grapes), Peanut Butter (apples, grapes), Sunflower (apples, grapes, raisins) [www.healthycrowd.com](http://www.healthycrowd.com)

THUMANN'S Golden Roasted Filet of Turkey Cajun Style (CS, chili peppers)

WASHINGTON Gingerbread Mix (cloves) [www.washingtonqualityfoods.com](http://www.washingtonqualityfoods.com)

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.

## Celebrate the holidays with natural Feingold goodies!

Our holiday fund raiser is underway. This year the Goodie Baskets will contain even more treats and some products that are brand new to Feingold.

The goodies include both full-size and snack-size packages of Feingold acceptable candies, cookies, gum, and munchies of all kinds.

For each \$50 donation FAUS will send a gift-wrapped basket to you or the person you select. If you want to use them as gifts we can enclose a card with your message.

## FDA strengthens Dexedrine warning

At the direction of the Food and Drug Administration, the British pharmaceutical company Glaxo SmithKline has sent a letter to physicians, warning them of new dangers of Dexedrine, a drug that has been used for behavior and learning problems for decades.

The adverse effects include:

- Sudden death from heart attacks, particularly in adults taking the drugs at usual doses
- Hypertension and other cardiovascular problems
- Psychosis in patients with pre-existing tendencies
- Bipolar illness in predisposed patients
- New psychotic or manic symptoms
- Aggression
- Long term growth suppression
- Seizures
- Blurred vision

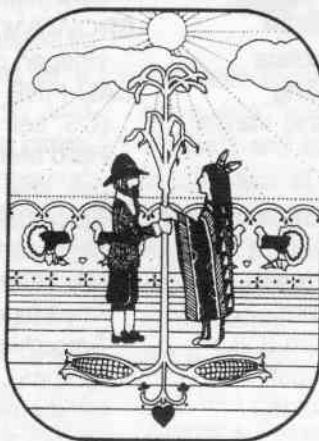
### *Moving?*

Please send us your new address. The post office will not forward your newsletters because they are sent via bulk rate mail.

Last year many of our members sent these Goodie Baskets to people on their gift list; others used them to show appreciation to their kids for following the Program.

You can sign up at our web site: [www.feingold.org](http://www.feingold.org) or call our New York office at (631) 369-9340 to order them.

The baskets will be shipped via Priority Mail so you can select the date you would like to have them arrive.



## Holiday plants to avoid

Holly and mistletoe berries are the most serious threats to curious toddlers and animals who may try to take a taste, so keep them up out of reach if you will be using them in your home during the holidays. Poinsettias are less dangerous, but can cause irritation and vomiting.

## Your family's Christmas letter

As you write to friends and family this season consider telling them about the Feingold Program and the help it has brought. In addition to our web site ([www.feingold.org](http://www.feingold.org)), you may also want to mention [www.School-Lunch.org](http://www.School-Lunch.org) for information on how to reform school food.

*The next Pure Facts will be our combined December/January issue.*

## Pure Facts

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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 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)

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