

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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EFAs and violent behaviors

People who commit violent acts might be suffering from a lack of essential nutrients, particularly those our brains require in order to function normally.

Researchers at the National Institutes on Alcohol Abuse and Alcoholism have been using omega-3 fatty acid supplements for people considered to be aggressive alcoholics. Their initial study found that supplementation with the essential fatty acids (EFAs) reduced the hostility and irritability of the subjects by one third. A newer, larger study is showing similarly impressive results and for some individuals the change has been dramatic. The lead researcher, Dr. Joseph Hibbeln, believes that the dramatic deterioration in the food we eat has had a direct effect on the rise in aggressive behavior.

Western countries have shifted away from traditional foods with beneficial fats, providing ample omega-3s, to highly processed products that are deficient in them.



The consumption of soy, corn and sunflower oils have gone from a tiny fraction of the diet to a huge amount today. Soy oil is now estimated to comprise 20% of the calories Americans consume, coming primarily from convenience and fried foods. These oils are high in omega-6 acids and devoid of omega-3s.

“Ancient diets contained a ratio of omega-6 to omega-3 fatty acids estimated to be roughly 1:1. Today that ratio is more in the order of 30:1.”

from *Smart Fats*

by Michael A. Schmidt

Dr. Hibbeln and his colleagues say that the rise in the use of omega-6 fatty acids in Western countries over the past 40 years corresponds with the rise in homicides in these countries. Some researchers suggest other factors that interfere with the brain's use of EFAs are the increase in trans fats and the decrease in minerals and vitamins in the Western diet.

The brain, which is composed of 60% fat, requires high quality fats and other nutrients in order for it to work well. An adequate supply of omega-3 fatty acids enable the brain's neurotransmitters to function well and allows the cells to communicate with each other. The brain needs these fats during the entire time it grows, from the earliest days in utero, during infancy, early childhood and in the teen years. Then in later years, the fats are vital to keep the brain functioning normally. Dr. Hibbeln believes that the low intake of omega-3s has resulted in a deficiency disease reminiscent of earlier

FAUS offers many services

Families new to the Feingold Association are provided with help of all kinds, in addition to their comprehensive membership package.

After you signed up with FAUS you received an e-mail message providing a brief Getting Started list of acceptable foods and suggestions on how to begin using the Program. Then with each issue of *Pure Facts* you receive a small card containing the user ID and password that enable you to enter FAUS's on-line message board. You will receive new cards several times a year as the user ID and password change. The message board provides links to shopping lists, menu ideas and recipes.

See page two of this newsletter for comments members have shared about the help they received from our Internet resources.

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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.

Our member's message board - always ready to help you

Experience, caring and lots of good information can be found on our Internet message board. Go to our home page and click on "Member Area" then "Members Message Board" and use the user ID and password on the little card you receive with each newsletter.

"The Board is like a huge FG support group that is available 24/7. I lived overseas when I started FG and logged on as soon as I got the password. From day one, the ladies and gentlemen of the bulletin board have provided support, humor, sympathy, lessons learned, and friendship. If I needed a substitute for an ingredient in a favorite recipe, the board came through.

"When my kids were reacting, my cyber-friends sympathized and made suggestions. When I didn't know why the diet was not working, the board looked at my food diary and gave me ideas of what to try next. When the candy holidays loomed they directed me to the Squirrel's Nest.

"When we needed to eliminate corn syrup, they offered success stories and alternative names for that tricky hidden substance. They offered recipes, alerted me to changes in food ingredients and celebrated with me when I saw success. I think every new FAUS member should log on as soon as they can find a computer."



"I am a 'lurker' and rarely post. However, I have found the message board to be an incredible source of encouragement and information. It is like a community, a village of people from all different walks of life with different challenges and opinions. It provides a place for all of these differences to come together and produce positive energy that we all use to benefit our children and our families. I love reading the posts and they make me feel that I am not alone in this but that I have a support group that is always there to help me make this diet work."

"My son had to eliminate some things in addition to FG, and reading about other people's special needs opened my eyes to possible food intolerances and the possibility of special needs. When I analyzed what my son was eating, I knew which products and ingredients were most likely issues for him based on other's experiences.

"Since he improved so much immediately without the Member's Board, I would have been content with FG, but he would not have reached his full potential. I am still figuring things out now. So far we have eliminated malted barley flour, anything malted, molasses, honey, cornstarch, peanut butter, sunflower oil, certain spices and now soy. With each thing we eliminate the situation improves more."



"It's the only place I can go where my family's 'strange' food intolerances are understood. I will admit, before FG I was a total skeptic. A few years before we went on FG a friend of mine witnessed one of my target's behavior - red ears, impulsive, etc. She told me of her nephew who had very similar symptoms and was transformed by FG. I looked into it and thought it was crazy - what diet would limit oranges, apples and tomatoes?"

A few years later, after almost poisoning myself with salicylates, and finally understanding what was going on with me and three of my four children, here we are! I find myself checking in several times a day."

"When I first started FG with my family, I'd browse the board to see what the thing was used for. I learned a LOT through reading the different posts. For example, I never even knew that you could substitute soy milk for cows milk in a recipe. I never knew the different names that corn sweeteners could go under. I didn't even know about Whole Foods Market or Trader Joe's. To be honest, I never really thought about the ingredients in a food, not to mention the BAD ingredients.

"When I started posting I thought I'd always be the one with the questions, not giving people the answers they were looking for. The BB (message board) actually empowered me with the knowledge and the confidence to share information with other people.

"We kind of develop a cyber-friendship with the people on the board that is not only helpful as far as foods are concerned, but child discipline advice, education, laws and so much more! I don't think my family would have been as successful eating FG (Feingold) if it was not for the support of the board."



"I don't know if I would have made it this far (2 years FG) if it wasn't for everyone on this board.

"We all help each other; we all listen; we all discuss, and we have fun. If you are looking for ideas for dinner, for birthday parties, or for support because you feel you're at the end of your rope, the people on this board are the first to extend their hand or to give you a great big hug!"

EFAs and Violence, from page 1

nutritional diseases such as rickets, scurvy and pellagra. He worries that our modern diet may actually be changing the structure of the brain.

“Ensuring optimal intakes of omega-3 fatty acids during early development and adulthood shows considerable promise in preventing aggression and hostility.”

Dr. Hibbeln

Without enough omega-3s serotonin levels drop, leading to depression and impulsive behavior. The person who is suffering from such a deficiency, who is violent or depressed, and who uses alcohol to “self medicate,” is creating an additional problem since alcohol robs the brain of omega-3s.



Dr. Bernard Gesch conducted a study at the Aylesbury Prison in Britain; the subjects were 231 young male prisoners. Half were given vitamins, minerals, and essential fatty acids and the other half were given placebos. Those who received the supplements committed 37% fewer violent offenses. When the supplements were discontinued the levels of violence returned to the previous levels. The study was published in the *British Journal of Psychiatry* in 2002.

Dr. Gesch has written, “Having a bad diet is now a better predictor of future violence than past violent behavior. In fact, predicting future criminal behavior from a criminal past has statistically little better than a random chance of being correct. Likewise, a diagnosis of psychopathy, generally perceived as being a better predictor than a criminal past, is still miles behind what you can predict just from looking at what a person eats.”

EFA Research Around the World

The Dutch government is conducting a large trial -- similar to Dr. Gesch's work -- to see if nutritional supplements have the same effect on its prison population.

In Australia Dr. Gordon Parker has reviewed studies showing the benefits of omega-3 EFAs in treating mood disorders.

Am J Psychiatry. 2006 Jun;163(6):969-78.

The Black Dog Institute in Australia will be conducting studies to determine if adolescent anti-social behaviors can be helped by EFA supplementation.

Researchers in Dublin, Ireland write: “There is a biological basis for anticipating a role for the essential fatty acids in the therapeutics of the large number of conditions characterized by impulsivity, hostility and aggression.”

Int Rev Psychiatry. 2006 Apr;18(2):99-105

From Canada: “Epidemiological evidence suggests that dietary consumption of the long chain omega-3 fatty acids...commonly found in fish or fish oil, may modify the risk for certain neuropsychiatric disorders. As evidence, decreased blood levels of omega-3 fatty acids have been associated with several neuropsychiatric conditions, including Attention Deficit (Hyperactivity) Disorder, Alzheimer's Disease, Schizophrenia and Depression.”

Reprod Nutr Dev. 2005 Jan-Feb;45(1):1-28.

British researcher Alexandra Richardson has done a great deal of work with EFA supplementation for children with learning and behavior problems. She writes, “Theory and experimental evidence support a role for omega-3 acid in ADHD, dyslexia, developmental coordination disorder and autism.”

Int Rev Psychiatry. 2006 Apr;18(2):155-72

Crime and Punishment

Here in the U.S. there is a long history of research linking diet to criminal behavior. Barbara Reed, William Walsh, Alexander Schauss and Stephen Schoenthaler have all made outstanding contributions. But despite impressive evidence, the system is slow to change.

California's prison budget has doubled since the 1960s and the state now spends more on prisons than they spend on transportation. The cost to lock up one prisoner for one year in California is over \$26,000, yet San Francisco jails spend a mere 99 cents per meal for prisoners. A tiny expenditure to improve the food, and add beneficial supplements could help to rehabilitate prisoners, not just punish them. Fewer repeat offenders could save an enormous amount of money, not to mention untold social tragedy.

*Giving prisoners bad food makes as much sense
as Happy Hour at AA.*

Preschool Ritalin

A recent study has found that there are fewer benefits and more risks when Ritalin is used for preschool age children.

Despite the fact that Ritalin has not been approved for use in children under the age of six, it is widely used, and the director of the National Institutes of Mental Health estimates that 1.2 million preschoolers in the United States are on the drug.

The results of a government funded study on drugs for such young children was published in November in the *Journal of the American Academy of Child and Adolescent Psychiatry*. Several of the researchers who worked on the study have financial ties to drug companies, according to *Forbes* magazine.

The children were on a much smaller dose than is generally used with older children, but they appear to be at greater risk for harmful side effects. Thirty percent of the children experienced side effects such as emotional outbursts, irritability, difficulty sleeping and reduced appetite and 11% of them dropped out due to the adverse side effects. During the year of the study they grew one-half inch less than would be expected and weighed about three pounds less.

The study began with over 300 children, but many dropped out. One of the study critics, Dr. Sidney Wolfe of Public Citizen Health Research Group considers the size of the study to be far too small to be conclusive.

Media coverage

The media coverage on this study showed surprising variations. While others pointed out the down side of the experiment ("Study Warns of Ritalin Side Effects in Preschoolers") the Reuters coverage glossed over the negative aspects to announce: "ADHD treatment safe and effective for preschoolers."

Editorial comments:

As research into the use of omega-3s continues, new benefits come to light. Studies show that children with disturbed behaviors respond positively to the addition of beneficial fats, as do those with reading problems, and even children with autism.

American medicine tends to separate symptoms into neat little boxes, to treat the symptom rather than the patient, generally with a specific drug. The work with EFAs, vitamins, minerals and additive-free food is foreign to the "pill for each ill" philosophy. But it is well known that a brain requires certain nutrients in order to work. If it is deprived of them it doesn't work well, and all sorts of problems can result.

It is bizarre to automatically assume that a child whose brain is starved for nutrients has a "disorder" or is somehow "abnormal" and the only suitable answer is a drug. Surely, medical schools have taught it in anatomy classes — the stomach and the brain are all part of the same body.

Instead of ADD, perhaps doctors need to consider NDD — Nutritional Deficiency Disorder.



The little kids who "really need" drugs

Even among physicians who worry about the use of powerful drugs on young children, there remains a pervasive belief that when a child's behavioral symptoms are extreme then the only options are equally extreme. But with three decades of experience, Feingold volunteers know this is not necessarily the case. We have found that the more extreme the problem, the more motivated the parents and children tend to be to find solutions.

Jonathan's Story

Take a look at the Feingold Association's home page and you will see the photo of a little boy named Jonathan whose behaviors were extreme. As a baby he never slept for more than 20 minutes, screamed constantly, and was extremely active. His mom writes, "We never saw him walk anywhere. He would get around a room by running and jumping on couches, chairs, even desks, and he would lash out at anyone for no apparent reason. He reminded us of the Tasmanian Devil."

By 21 months he was in hyper warp speed and his only means of communication was shrieks. The nightly bedtime ritual consisted of two hours of kicking and screaming until he exhausted himself.

After finding *Why Can't My Child Behave* and the Feingold Association his skeptical mom switched to natural food and within 24 hours she saw a dramatic change. "My mother and I watched Jonathan walk slowly across the room — we thought it must be a coincidence and were scared to get our hopes up, but we had never, ever seen him WALK before! The second day we had to go shopping, usually a nightmare with Jonathan. He sat in the stroller for hours, not squirming, not complaining, not grabbing for things from shelves."

He soon developed an extensive vocabulary and his parents were rewarded with the normal, loving child who had always been there.

Goodie Baskets

FAUS members and friends enjoyed holiday baskets that were overflowing with Feingold-acceptable yummys.

FAUS thanks the following companies for their donations to our Holiday Goodie Basket fund raiser. You can learn more about these companies and their products and find details on purchasing them by visiting www.feingold.org.

1890 Caramel Com
Ausome Candy Company
B-Fresh Bubble Gum
Bellows House Bakery Brownies
Edward & Son Gummi Feet
Enjoy Life Foods Soft Baked Cookies
Fisher Honey Roasted Peanuts
Healthy Handfuls Cookies
Immaculate Baking Company Cookies
Jolly Time Popcom
Late July Crackers
My Family Farm Captain's Catch Crackers
Nature Pops and Hard Candies
N'spired Sundrops
Pearl River Chocolate Mint Pearlies
Peelu Dental Chewing Gum
Pure Fun Red & White Candy Canes
Russell Seifer's Valomilk
Spangler White Candy Canes
Squirrel's Nest Candy Shop
Sun Ridge Farm Sunny Bears
Utz Pretzel Snacks
Walnettos & Chocolettos
Yamate Chocolatier - Sugar Free Chocolates
Yummy Earth Organic Lollipops



Help for Special Diets

Whether you are using Feingold, gluten-free, food allergy, organic, kosher, GMO-free or a combination, the Allergy Grocer can provide hard-to-locate products.

Miss Roben's has changed its name to Allergy Grocer to better reflect the many products and services they now have available.

They offer more than 800 products and 1700 recipes, so families dealing with various food issues can still enjoy foods of all types and use easy-to-prepare mixes. All of their products are Feingold-acceptable and are found in our Mail Order Guide.

Their "Search by Allergen" feature helps you find products based on 18 different food allergens. You can also search by the type of diet you are following. They offer a newsletter and assistance with questions, and they are able to special order products for your specific needs.

The mixes are made at the company's dedicated plant, free of any open forms of wheat, gluten, barley, rye, oats, dairy, casein, lactose, whey, peanuts, tree nuts, egg, soy, shellfish, fish, sesame, onion, latex, and more.

Visit: www.AllergyGrocer.com.

Kiddy Smokes?

Tobacco companies are adding sweeteners like honey, maple syrup, plum juice, cocoa, carob bean and licorice to their tobacco. Critics say this is a blatant ploy to hook youngsters on smoking.

In addition to making the taste less harsh, the sweeteners increase the effects of nicotine, dilate the airways thus allowing smoke to go more deeply into the lungs, and cause the smoke itself to be more poisonous.

In an article published in the November 2006 issue of *Food Chemical Toxicology*, the researchers say "sugars increase the level of formaldehyde, acetaldehyde, acetone, acrolein, and 2-furfural in tobacco smoke."

Not so Fabulous!

Like many sports drinks, it comes in a clear plastic bottle, with vivid colors and fruity aromas. The only problem is that the product, called Fabuloso and sold in Hispanic markets, is not a drink, it's an all-purpose cleaner.

After numerous cases of (non-fatal) poisonings the American Academy of Pediatrics (AAP) and the American College of Emergency Physicians (ACEP) have cautioned their members to be aware of the dangers posed by Fabuloso. Their information was presented at the AACP's Scientific Assembly and was published in the AAP's journal *Pediatrics*, in August.

The manufacturer, Colgate-Palmolive, has been slow to respond to requests that they change the product or packaging to protect children. They have added a child safety cap, but this may not help very much since forty percent of the people who have been poisoned are teenagers. The company has said that changes to the bottle shape are "under consideration."

Q: My son cannot have dairy products or soy. What can we use in place of milk and butter?

A: There is a popular milk substitute called Dari Free available from Vance's Foods. (See www.vancefoods.com.) It is made from potatoes, but it tastes like a vanilla shake. You buy it in a powdered form and mix it with water. They also sell a handy plastic pitcher that makes it easy to mix up.

There are many rice based milk substitutes, and even a "milk" made from almonds (Stage Two).

In place of butter you can use one of the approved brands of natural margarines. Olive oil is good for some dishes.

Coconut oil is now becoming more available in health food stores and health food sections of supermarkets. Coconut oil is liquid at room temperature and solid when it is cooler. If your son enjoys the taste of coconut he might like it on toasted bread.

Grapeseed oil is said to have many health benefits and is a good all-purpose oil for cooking. Trader Joe's now has its own brand.

Q: I remember reading that if you are sensitive to some Stage Two salicylates you should also stay away from the trees or plants that produce them (i.e., orange blossoms, pollens, etc.) Is tea tree oil considered Stage Two?

A: What we refer to as "tea tree oil" actually comes from the melaleuca tree, which grows in swampy areas in Australia. The name is deceptive because it is not related to tea. Tea tree oil got its name because the explorer, Captain Cook, made tea from the leaves of the melaleuca tree.

People make tea from many plants but what we generally refer to as tea comes from bushes, not trees, from a plant called "camellia sinensis."

Q: My child has acid reflux and cannot have carbonated drinks or lemonade or pineapple drinks because of the acid in them. He can't tolerate apple juice because it makes him constipated; what can I give him besides pear juice?

A: I hope he drinks water some of the time.

You might be able to find mango, papaya or guava juice in Hispanic markets or in supermarkets that serve a Hispanic population. I suggest you dilute it with lots of water, using the juice just to provide a little variety in flavor.

You might want to experiment with adding a very small amount of blueberry, cranberry, or elderberry juice (although I'm not sure elderberry juice is available). Dilute them with a great deal of water and add some sugar if needed.

These berries are technically not considered to be salicylates, but we include them in the Stage Two list because we have found that some sensitive people have trouble with them. (Like the salicylates, they can be reintroduced and tested after a good response has been seen.)

There is a nice tasting tea made from plants grown in the Amazon Rainforest. It is not believed to be a salicylate; some of our salicylate-sensitive members have reported that they can tolerate it with no problem. The tea makes a delicious drink, either hot or iced. It looks like "regular" tea but it is more expensive than supermarket teas. It's called Shipebo Treasure Tea and can only be purchased from the Amazon Herb Company. (www.amazonherb.com)

Once melons are in season, you can put them in a blender for a nice smoothie, and they can be frozen to make popsicles.

A shake made with milk or a milk substitute is a hearty drink. Mix equal parts of juice, milk and some banana in a blender.

Q: My youngest daughter made applesauce at school last week. (Her teacher didn't let her have any, but gave her a cup of it to take home with her.) We talked about salicylates and I said that aspirin is pure salicylic acid and that if you must avoid aspirin you probably shouldn't eat apples. She got a really surprised look on her face and said she would have to look up salicylates.

When I picked up the kids today I gave this teacher some information about Feingold. She told me her son has a blood disorder, and he is not supposed to take aspirin because it thins the blood, but he eats apples and grapes all the time. This makes me wonder — would eating lots of high salicylate fruits and vegetables thin your blood?

A: Many years ago *Pure Facts* published an article about a mom and her son who have Van Willebrand's disease. This is like a mild form of hemophilia. Ever since he was a toddler Jason's mom noticed that he bruised very easily. A small tumble in his padded playpen would result in a large purple blood clot.

When he was three years old the family started the Feingold Program because of his behavior, and when they cut out the salicylates both Mom and Jason noticed the bruising diminished. Jason was later able to use the salicylates in moderation — except for raisins, which continued to give him problems.

Don't you wonder if there are children who bruise easily due to additives or salicylates, and whose parents are suspected of hurting the child?

Q: Are food dyes made from coal tar?

A: At one time they were made from coal tar oil, but today most food dyes are made from petroleum. However, they are still often referred to as "coal tar dyes."

PIC Report

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

Stage One

AFFUSION SKIN CARE Finishing Powder, Primer

Concealer; Blush: Cool Rose, Warm Mesa; Eye Shadow: Chocolate Mousse, Ivory, Plum; Foundation: Cool-Fair, Cool-Tan, Warm-Fair, Warm-Tan
www.affusionskincare.com

BOMASENSE Aloe Cream, Olive Oil Bar Soap, Shaving Cream www.bomasense.com

BRAINCHILD NUTRITIONALS^ Spectrum Support II Canadian Formula (flavored & unflavored), Spectrum Support II with PAK (flavored & unflavored), Spectrum Support II with PAK Canadian Formula (flavored & unflavored) www.brainchildnutritionals.com

CELL TECH SUPER BLUE GREEN ALGAE:^ Alpha Sun Tablets (CS), Immu Sun, Omega Sun Capsules, Osteo Sun, Resistance, Simply SBGA, Original Essentials
www.celltech.com

EGG WHITES INTERNATIONAL* 100% Pure Liquid Egg Whites www.eggwhitesint.com

GILLIANS FOODS* Bread Crumbs: Italian, Original
www.gilliansfoods.com

GO NATURALLY* 100% Natural Hard Candy: Ginger (CS), Honey Lemon (CS) www.hillsidecandy.com

INDIA TREE^^ Non Pareils: Lavender (CS), Pastel Pink (CS), Pastel Yellow (CS)

JC NATURALS Unscented Lip Balm www.jc-naturals.com

MAGICK BOTANICALS* Fragrance Free: Hair Conditioner Detangler & Shine Spray, Hair Spray
www.magickbotanicals.com

RUSTIC CRUST* Ultimate Cheese & Herb Old World Flatbread Pizza; Ready Made Old World Crust: Cheesy Herb, Italian Herb, Sour Dough, Tuscan Six Grain, Ultimate Whole Grain www.rusticcrust.com

THUMANN'S Cajun Style Fully Cooked Beef Top Round London Broil (CS,N), Cap Pastrami (CS,N), Capless Roast Beef (CS), Chopped Beef, Cooked Beef Tongue Loaf (CS,N), Cooked Corned Beef Brisket (CS,N), Cooked Corned Beef Brisket First Cut (CS,N), Cooked Corned Beef Round (CS,N), Corned Beef Brisket Garnished with Spices (CS,N), First Cut Pastrami (CS,N), Fully Cooked Beef Top Round London Broil (CS), Hickory Smoked Sliced Bacon (N)

TRUE LEMON^ Crystallized Lemon (CS)

TRUE LIME^ Crystallized Lime (CS) www.truelemon.com

WASHINGTON Mixes: Bran Muffin (CS), Buttermilk Pancake in 5 lb bag (CS), Complete Pancake & Waffle in 7 oz box (CS), Hot Muffin, Oat Bran Muffin, Popover, Spoon Bread www.washingtonqualityfoods.com

WLD OATS ORGANIC (Wild Oats Market) Organic Rice Milk: Plain, Vanilla; Organic Soy Milk: Plain, Unsweetened, Vanilla

Product Alert!

CRISCO All Vegetable Shortening now contains TBHQ; please remove it from your *Foodlist & Shopping Guide*.

The following BOAR'S HEAD products now contain salicylates and need to be moved to the Stage Two section of your *Foodlist*: Spiced Ham (cloves); Lite Braunschweiger Liverwurst – which is now listed as Small Lite Braunschweiger Liverwurst (cloves, paprika); Maple Glazed Honey Coat Ham (cloves, prunes).

Note: BOAR'S HEAD has removed the MSG from their Spiced Ham.

FOOD CLUB - Some of the old versions of the Cream of Celery condensed soups contain artificial flavor and are not acceptable. We have learned that the formulations have been changed and all of these soups are fine now, so check the ingredient labels and do not use any soups that list artificial flavor.

Stage Two

ALL TERRAIN* Lip Armor SPF 25 (SB, almonds, octyl salicylate), Recovery Rub (SB, almonds), WeatherShield Skin Protector with SPF 30 (SB, cucumbers), WinterSport Skin Protector with SPF 30 (SB, cucumbers) www.allterrainco.com

AMY'S* Organic Chili: Medium Chili Light in Sodium (bell & chili peppers), Spicy Chili Light in Sodium (bell & chili peppers) www.amyskitchen.com

AMY'S* Organic Soup: Fire Roasted Southwestern Vegetable (SF, bell & chili peppers, tomatoes, wine vinegar), Light in Sodium Chunky Tomato Bisque, Light in Sodium Cream of Tomato, Light in Sodium Lentil Vegetable (SF, tomatoes, wine vinegar), Light in Sodium Minestrone (tomatoes), Thai Coconut (oranges)

BOBO'S* Organic Oat Bar: Apricot, Cinnamon Raisin, Cranberry www.bobosoatbars.com

BOMASENSE Uncolored Lip Balm (grapes); Unscented Cleansing Shampoo (tea); Unscented Heavy Conditioning Shampoo (tea) www.bomasense.com

ENJOY LIFE FOODS^^ Not Nuts! Trail Mix (apples, cranberries, raisins); Cinnamon Crunch Granola Cereal (apples, cranberries, raisins)

GILLIANS FOODS* Cajun Bread Crumbs (paprika, cayenne pepper)

INDIA TREE^^ Orange Non Pareils (CS, paprika)

MAMA BELLA Frozen Homestyle Sun Dried Tomato Garlic Bread (CS, SF) www.marzetti.com

NANA'S* No Gluten Temptations: Chocolate Mint (apples, grapes), Chocolate Rush (apples, grapes) www.healthycrowd.com

NORDIC NATURALS* Nordic Berries (CS, SF, oranges)

NUTRIBIOTIC Relief! Natural Aspirin Alternative (willow bark) www.nutribiotic.com (800) 225-4345

PURE INVENTIONS^ Multi-Vitamin Plus (tea, oranges, tangerines) www.pureinventions.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.

Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include.

December 2005/January 2006

Food and drug law turns 100
Mental health screening in schools
Depression and chromium
FDA breaks their own rules

February 2006

Food additives and brain damage
The politic\$ of food
Bipolar disorder feedback
New choices from Trader Joe's

March 2006

Marketing to children
ADHD drug safety in news again
Lupus and the Feingold Program
Fast Food Q&A

April 2006

Carbon monoxide in meats
Eczema!
FDA attacks cherry growers
Gluten-free foods

May 2006

Sodium benzoate and leukemia
Hallucinations from ADHD drugs
Tics and Tourette's syndrome
Arsenic in chicken

June 2006

Soft drinks in schools
TeenScreen poses risks for children
The DSM

Bread for Feingold widely available

July/August 2006

Chemicals in our environment
New natural food dyes
Logan's story - no longer autistic
Babies and children as guinea pigs

September 2006

Britain to reform school food
Too much fluoride
Teacher's kids and ADD
Bullies - some innovative solutions

October 2006

Smelly groceries
Healthy hospital food?
Virus sprayed on meats
Trans fats

November 2006

Junk food ads challenged
Other ADHD triggers
Dentist's office warning
Ear infections and natural treatments

Copies are available. Please include your name and full address, plus \$2 for each newsletter. Mail to: FAUS-PF, 554 East Main St., Ste 301, Riverhead NY 11901.

2007 *Fast Food Guide*

We have been able to expand our newest Fast Food Guide.

While more restaurants are listed, a few are missing. This is not because we are aware of any changes in their food, but because we just were not able to obtain a detailed list of ingredients this year.

Many restaurants do not offer the information we need to determine if any of their menu items can be included in our Fast Food Guide. Even when we do have details on ingredients there is no guarantee that they are up to date or totally accurate. This is why we encourage new families to avoid eating out until they are seeing success with the Program.

If you have questions about particular menu items, please contact the company directly. We have found that restaurants are often more receptive to questions from their customers. And the more often they hear from families wanting to have ingredient information, the more likely they will be to provide it.



Jumping!

To help kids get rid of excess energy or as a cure for cabin fever, or just to have fun, many areas now have play centers with an array of inflatable attractions from moonwalks to trampolines to slides. Franchised under names like Jumping Party, Jump Zone and Just Jump, they cater to children ages 2 to 9. This might be a good place to take your child when there's been a diet infraction, or he's overdone the salicylates!

Pure Facts

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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.

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