

Pure Facts

Newsletter of the Feingold® Associations of the United States



February 2007

www.feingold.org

Vol. 31, No. 1

Splenda

More people now use Splenda (sucralose) than aspartame. Is this sweetener a safer option?

Splenda has not generated the huge number of reports of adverse side effects that have been seen with aspartame (NutraSweet/Equal), but there are many people who question its safety.

Sucralose was discovered in London in 1976 and approved for use in the US in 1998. It is now used in more than 27 other countries.

How is it made?

Dr. James Bowen, a researcher and biochemist, has investigated artificial sweeteners because he believes that aspartame was responsible for his diagnosis of Lou Gerhig's disease. He writes: "Splenda/sucralose is simply chlorinated sugar; a chlorocarbon. Common chlorocarbons include carbon tetrachloride, trichlorethylene and methylene chloride, all deadly.

"Chlorine is nature's Doberman attack dog, a highly excitable, ferocious atomic element employed as a biocide [kills life forms] in bleach, disinfectants, insecticide, World War I poison gas and hydrochloric acid."

Dr. Bowen

"Sucralose is a molecule of sugar chemically manipulated to surrender three hydroxyl groups (hydrogen + oxygen) and replace them with three chlorine atoms. Natural sugar is a hydrocarbon built around 12 carbon atoms. When turned into Splenda it



becomes a chlorocarbon, in the family of Chlordane, Lindane and DDT.

"It is logical to ask why table salt, which also contains chlorine, is safe while Splenda/sucralose is toxic? Because salt isn't a chlorocarbon.... Sucralose and salt are as different as oil and water."

Chlorine

Much of the concern about sucralose comes from what we know about exposure to chlorine. This chemical is widely used in the manufacture of paper and it produces a toxic by-product called dioxin. (Typically, the waste products of paper making are dumped into streams.) The Environmental Protection Agency considers dioxins to be extremely powerful cancer causing agents. They have also been linked to immune system damage, birth defects and reproductive disorders. In place of chlorine, the paper industry could substitute hydrogen peroxide or other methods using ozone.

Continued on page 4

Pull the plug on air "fresheners"

The name is misleading; they should be called "air pollutants."

The Environmental Protection Agency tested plug-in air fresheners that automatically release chemicals into a room. Seventh Generation, a manufacturer of natural consumer products, describes the results of the test:

"These fragrance compounds include substances called pinene and limonene. Scientists found that pinene and limonene easily react with ozone, a common air pollutant, to create formaldehyde and a variety of related chemicals that have been implicated in respiratory conditions. While ozone is a valuable component of the upper atmosphere (where it shields the earth's surface from harmful solar radiation), at ground level it's considered a pollutant.

"Indoor air quality experts recommend against using air fresheners or room deodorizers of any kind. In general, these products use chemicals to cover up odors, and in some cases even reduce the ability of the nose to smell....Toxins found in air fresheners and room deodorizers include naphthalene, phenol, cresol, dichlorobenzene, and xylene. These and other air freshener chemicals have been implicated in cancer, neurological damage, reproductive and developmental disorders, and other conditions."

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.

Three little girls and their mom

By Debbie Gatchel

I had no idea that so many problems could be linked to the additives in the food we ate!

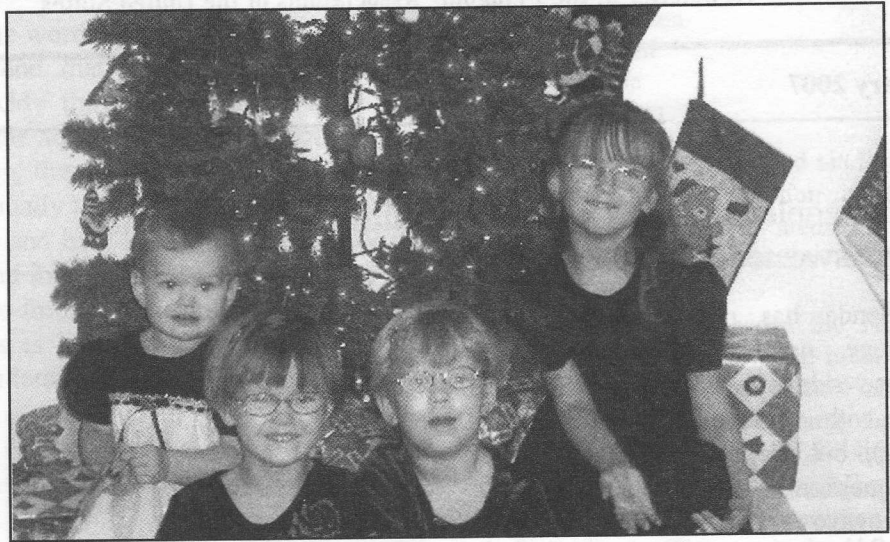
It was noon on Monday and I was exasperated beyond words. Gloria, my 6-year-old daughter, sat at her desk. She was supposed to be doing her homeschool work, but instead she was distracted by the speck of dust that floated past her. She had not completed a single assignment that morning. I knew I didn't dare let her out of her seat, because if she got up she would begin hitting her sisters or would destroy something. I half expected the difficulties because she had spent the day before at her friend's house and we always had these problems when she came home from there.

This former teacher knew about ADD, but not about the link to diet.

We made it through the day, but now we had to deal with bedtime. We followed our normal routine, but still, my 4-year-old Christina screamed when I put her in bed. We had tried everything to stop this, but nothing worked. Finally, 20 minutes later, she went to sleep. The room was quiet except for my 2-year-old, Danielle's snoring, indicating her constant struggle against clogged sinuses.

Later that week I was in the emergency room with a severe asthma attack. I had struggled with asthma for the past 8 years and it had gotten progressively worse. At four months pregnant, this was the first time I had been in the hospital for asthma. I blamed it on the time of the year since it always got worse in November and December. And that was the story of my life: dealing daily with ADD, temper tantrums, sinus problems and asthma. Until...

It was a lovely day and I was nearing the end of my pregnancy. My dad was watching the girls while my husband and I went out for a walk.



Christmas 2006: Hannah, Danielle, Christina and Gloria happy & healthy

We passed a convenience store and I suggested we stop in to get a treat for the girls since they were handling all the changes in our lives so well. We picked up a bright red frozen slush drink for them to share and headed home. Gloria took several big gulps of the drink, and I was astonished at what I saw! She went from calm and agreeable to jittery and uncontrollable in a matter of minutes.

I started asking around. First I asked her doctor, who didn't have any information about the link between red food dye and misbehavior. So then I went to my homeschooling friends and several recommended the Feingold diet. I took a look and decided to give it a try.

As I read the introductory materials, I saw that sinus problems, asthma, and frequent temper tantrums were also symptoms relieved by the program, but I didn't think anything of it. I was sure those weren't diet induced; they were due to personality and environmental issues. In fact, I almost put just our oldest daughter on the program. In the end I decided to follow the advice of the wonderful folks at the Feingold Association and try the whole family on the program. Besides, it would be too hard to cook

separate food for her at every meal. Am I ever glad I made that choice!

We're nearing our one-year anniversary on the Feingold Program. Gloria is now able to concentrate and is usually finished with her school work within 3 hours. She is kind to her sisters and able to control herself. Christina has given up her temper tantrums and goes peacefully to sleep each night. Danielle no longer struggles to breathe.

Suddenly, so many things that seemed to be unrelated all began to make sense.

And me? Well, I didn't really notice a difference until I was at a friend's house one day and she brought out a beautifully decorated cake. The rest of the family wasn't there so I "cheated" and had a slice. I was sucking my inhaler for the next three days! It wasn't the winter weather that was triggering my asthma, it was the colorful winter candies.

I praise God for Dr. Feingold and the fine people who volunteer their time with the Feingold Association. You have changed our lives and we aren't going back!

What can you use in place of air fresheners?

"Keep your home's air smelling fresh by identifying and removing the sources of any bad odors" Seventh Generation suggests. "Use natural minerals like baking soda and borax to control common odor sources like trash cans and to deodorize when you clean. Keep windows open as much as possible to let bad air out and good air in. If odors are still troubling, invest in an air purifier with activated carbon filtration, a strategy that can remove odors." Air purifiers that create ozone are not recommended.

Asthma and 1,4-DCB

A recent study from the National Institutes of Health has reported that a chemical used in air fresheners – 1,4-dichlorobenzene – can cause a small reduction in lung function. The chemical is also found in mothballs, tobacco smoke and toilet bowl deodorizers.

Commercial cleaners can also cause problems

In addition to air fresheners, some cleaning products can mix with ozone to create pollutants inside the home. The California Air Resources Board sponsored a four-year study to examine the problem of indoor air pollution. The UC Berkeley research team found that among the worst offenders are solvents known as "ethylene-based glycol ethers" and a group of chemicals called "terpenes," found in pine, lemon and orange oils. When the terpenes combined with ozone they formed formaldehyde, which is classified as a carcinogen (cancer causing agent). Formaldehyde is also found in plywood and pressed wood products, glues, some carpets, some fragrances, and insulation and it is released when tobacco burns. The researchers recommend that if products with these chemicals are used, you should keep rooms ventilated, and consider using diluted solutions. Professional cleaners who use such products may be at particular risk.



Perfumes, another stinky offender

Whether you breathe them in or swallow them, synthetic chemicals — especially those made from petroleum — can trigger behavior, learning and health problems.

Ninety-five percent of fragrances are synthetic compounds made from petroleum products, according to the Massachusetts Nurses Association. Despite their pretty names, perfumes can be made with chemicals classified as hazardous waste disposal chemicals: methyl chloride, toluene and ethanol. They are made to be "volatile," which means they stay in the air and are easily inhaled or absorbed through the skin.

Some of the problems that can be caused by fragrances include skin irritation, rashes and headaches. More serious reactions are vertigo, nausea and vomiting, kidney or liver damage, blood pressure changes, nervous system changes, respiratory problems including difficulty breathing. Feingold parents have seen their children experience difficulty doing school work and have identified behavioral reactions after being exposed to fragrances.

What chemicals are used in air fresheners and plug ins?

An organization called The Global Campaign for Recognition of Multiple Chemical Sensitivity (www.mcs-global.org) has published a pamphlet called "Let's Clear the Air about Air Fresheners and Plug-Ins." They list the following ingredients used in these products, and some of their potential side effects:

Benzyl Alcohol – can bring about headaches, upper respiratory irritation, depressed central nervous system, drop in blood pressure, nausea and vomiting

Camphor – on the Environmental Protection Agency's list of hazardous waste products, readily absorbed through body tissue, can cause dizziness, confusion, nausea, twitching muscles and convulsions

Dichlorobenzene – extremely toxic, a central nervous system depressant, kidney & liver poison, long-lasting in the environment and stored in body fat

Ethanol - derived from petroleum, cancer causing and toxic to the skin, respiratory, cardiovascular, developmental, Endocrine, neurological and gastrointestinal systems

Formaldehyde – toxic if inhaled and poisonous if swallowed, cancer causing

Limonene – cancer causing, damaging if inhaled

Naphthalene – cancer causing agent that accumulates in waters and marine life, alters kidney function, causes cataracts, is poisonous if inhaled, swallowed or absorbed through the skin

Phenol – can cause skin to swell, burn, peel and break out in hives; can cause convulsions, circulatory collapse, coma and death

Pinene -- flammable, may be absorbed through the skin, and is very destructive of mucous membranes

Splenda, from page 1

Chlorine can be found in nature, according to Dr. Janet Starr Hull, author of *Splenda, is it safe or not?* But the manufactured form of chlorine used to make sucralose is totally different.

Many Feingold members have found that they can tolerate the chlorine used in swimming pools if the pool is out of doors. With indoor pools, the chlorine gas is trapped indoors, leading to that familiar burning eyes sensation. It can also trigger a behavioral reaction in sensitive kids.

Study Results

Dr. Bowen writes, "In test animals Splenda produced swollen livers, as do all chlorocarbon poisons, and also calcified the kidneys of test animals in toxicity studies. The brain and nervous system are highly subject to metabolic toxicities and solvency damage by these chemicals. Their high solvency attacks the human nervous system and many other body systems including genes and the immune function. Thus, chlorocarbon poisoning can cause cancer, birth defects, and immune system destruction. These are well known effects of dioxin and PCBs which are known deadly chlorocarbons."

What was the FDA's response to the animal tests showing sucralose caused shrunken thymus glands and enlarged kidneys and livers? According to Dr. Marcelle Pick, another critic of the sweetener, the FDA decided that because these studies didn't test humans they were not conclusive.

Whole Foods Market has made the decision not to sell products that contain sucralose. They explain: "One study...demonstrated that thymus weight decreased by up to 40% in rats fed diets rich in sucralose, indicating that sucralose has the potential to compromise the immune system."

Over 100 studies have been conducted on Splenda, but most were on animals. No long term studies were conducted on humans before the FDA approved it for use and the longest human study lasted only three months, according to Dr. Joseph Mercola, another critic.



Absorption

The biggest issue of contention is whether or not the chlorine in Splenda is absorbed, and if so, how much. There are many different estimates.

"Although the manufacturer claims that Splenda passes through the body without being absorbed, the FDA had found that as much as 27% of sucralose can be absorbed by the body." (This quote came from www.truthaboutsplenda.com, a site developed by the Sugar Association.)

Dr. Hull, writes: "The inventors of Splenda admit around 15% of sucralose is absorbed by the body, but they cannot guarantee (out of this fifteen percent) what amount of chlorine stays in the body and what percent flushes out."

"The majority of people don't absorb a significant amount of Splenda in their small intestine. The irony is that your body actually wants to clear unrecognizable substances by digesting them, so the healthier your gastrointestinal system is, the more likely it is you'll absorb the chlorinated molecules of Splenda. These get stored in your fat cells and it may take years to figure out whether they're influencing your health."

Dr. Pick

Chemicals

The chemicals used to create sucralose include:

- Acetone
- Acetic acid
- Acetyl alcohol
- Acetic anhydride
- Ammonium chlorine
- Benzene
- Chlorinated sulfates
- Ethyl alcohol
- Isobutyl ketones
- Formaldehyde
- Hydrogen chloride
- Lithium chloride
- Methanol
- Sodium methoxide
- Sulfuryl chloride
- Trityl chloride
- Toluene
- Thionyl chloride

The Food and Drug Administration says that the level of purity for sucralose is approximately 98 percent; critics say that even 2 percent of these chemicals left in the product is too much.

The name sucralose is a play on the word for sugar, which is "sucrose." This creates the impression that sucralose is almost the same as sucrose. (Similarly, words like glucose, fructose, etc. indicate they are sugars.)

Dr. Pick writes, "Products featuring Splenda can be labeled natural because of the FDA-approved claim that Splenda is made from sugar."

It is the policy of the Feingold Association to not include products in the Foodlists that contain synthetic sweeteners like aspartame, sucralose, and saccharin.

Continued on page 6

FAUS Member's Board

One of the moms on our message board suggested sharing a positive Feingold event. In response, Michelle wrote:

My nice FG moment was when my two kids received a big box of approved Squirrel's Nest candy for Valentine's Day from my sister, who in the past has griped about their

"restrictive" diet and about not being able to give them any treats.

She finally got it! The kids were delighted by all the chocolate and other candies.



Yummy Earth Lollipops

Rob Wunder and Sergio Bicas wanted to be able to find healthy treats for their very young children. This led to the development of Yummy Earth Organic Lollipops.

Not only are the candies free of synthetic colors and flavors, they are made without corn, gluten, or casein, and are well tolerated by allergic children. In place of corn syrup the pops are sweetened with sulfite-free tapioca syrup, and even the citric acid is made from beets, not corn.

Although the company has only been in business for a few years they are the number one best selling item on Amazon.com's gourmet web site. This may be because adults have discovered the pops with the unique flavors. So far, the Feingold Association has researched these flavors: Cheeky Lemon (which is on Stage One), and the following Stage Two flavors: Razzmatazz Berry, Orange Squeeze, Pomegranate Pucker, Wet-Face Watermelon, and Mango Tango.

The company has shown its support for the Feingold Association and our mission by donating pops to our recent Goodie Basket fund raiser. And now they are offering our members a special discount on their 5lb bulk bag of lollipops in assorted flavors. The bag of approximately 350 pops is available for \$19.99 plus shipping. See www.yummyearth.com/FEINGOLD to order.



What can you do with 350 lollipops?

In addition to keeping them on hand for your kids, plus a few in your purse for those times when someone offers your child candy, they make a wonderful Valentine treat. Give some to those neighbors or relatives who don't understand that good-tasting food doesn't mean eating petroleum. How about some for the teacher who keeps a bowl of synthetic treats on her desk?

Coming to a store near you?

Would you like to be able to purchase these candies at your local supermarket or drug store? Talk to the manager about carrying them. Not only will this make shopping easier for you, it will help bring awareness to your community about the wonderful natural food that is available.

Vanilla

The vanilla plant, a type of orchid, yields the world's favorite flavor.

Most of the world's vanilla is grown in Madagascar, with Indonesia in second place.



India would like to become a major player in the production of pure vanilla, and the country's National Botanical Research Institute is working to achieve that by creating a new line of vanilla plants.

Producing vanilla beans has always been a slow, labor-intensive process requiring hand pollination. Also, it takes an average of 5 years from planting until the first vanilla beans are ready for harvesting. Indian researchers are looking for a way to short cut this by developing a plant that doesn't require hand pollination.

Currently, most foods in India use synthetic vanilla which comes from the waste product of pulp mills. The price difference between the real and the artificial flavoring is enormous, with real vanilla selling for as much as \$1,200 per pound and fake vanilla for \$6 a pound.

The world's largest consumer of natural vanilla extract is the Coca-Cola company. In 1985 they introduced New Coke, which was flavored with imitation vanilla (vanillin), causing the vanilla growing industry in Madagascar to collapse. With the return of original Coke, the industry recovered.

Vanilla is believed to have first been grown in Mexico, and is still produced there. But much of what is sold as "vanilla" in Mexico is actually coumarin, a product of the tonka bean. Although it tastes similar to vanilla, it is not safe to consume. The Food and Drug Administration banned it in the US after it was shown to cause liver damage in animals.

Health Effects

Some of the reactions people have reported from using sucralose include: skin rashes/flushing, panic-like agitation, dizziness, numbness, diarrhea, muscle aches, headaches, intestinal cramping, stomach pain.

The immune system may also be affected by Splenda. The thymus gland plays a key role in the immune system, and experiments on rats have shown that when they are fed a diet rich in sucralose they have suffered from shrunken thymuses. *New Science*, vol. 132 No 1796; November 1991

The advocacy organization Citizens for Health believes that the number of consumers who have reported health problems from the sweetener warrants an investigation.



Sucralose and the Environment

Some critics are particularly concerned about the environmental impact that results from the manufacture of Splenda. Citizens for Health has petitioned the Food and Drug Administration to revoke the approval of sucralose; they say the plant that manufactures Splenda (located in McIntosh Alabama) releases toxins into the environment.

Because of the heavy demand for the product, the makers of Splenda plan to expand their production and are considering building a plant in Singapore.

Splenda is not always listed on ingredient labels, so be sure to stick to the products on your *Foodlist* when you first begin the Feingold Program or if you suspect a sensitivity to it.

The competition fights back

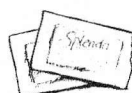
In 2004 the Sugar Association filed a lawsuit against the manufacturers of Splenda – the Johnson & Johnson subsidiary, called McNeil Nutritionals. They object to Splenda being promoted as little different from sugar and being called natural. The manufacturers of aspartame are also upset at Splenda's slogans, such as: "made from sugar so it tastes like sugar." The rivalry has been marked by suits and counter-suits.



Alternatives

Many health-conscious people are aware that the herb stevia is a good option for a no-calorie sweetener. But it came as a surprise to this writer that Dr. Hull, outspoken critic of aspartame and sucralose, believes that saccharin (Sweet'N Low) is also a good alternative. She writes, "After more than one hundred years of use worldwide, there have only been six complaints against saccharin registered with the FDA....Extensive research on human populations has established no association between saccharin and cancer." *Splenda, is it safe or not? Page 93*

Dr. Hull's interest in sweeteners comes from her belief that her diagnosis of Graves disease was the result of consuming aspartame. After she removed the sweetener she regained her health and has since counseled many people and written extensively on sweeteners and nutrition.



Aspartame

Dr. Pick writes, "Aspartame (NutraSweet, Equal) has had the most complaints of any food additive available to the public. It's been linked with MS, lupus, fibromyalgia and other central nervous disorders."

Dr. Pick lists some of the possible side effects of aspartame: "headaches, migraines, panic attacks, dizziness, irritability, nausea, intestinal discomfort, skin rash, and nervousness. Some researchers have linked aspartame with depression and manic episodes. It may also contribute to male infertility."

Profits

While NutraSweet (aspartame) was protected by patent it was selling for \$100 a pound, but once the patent expired the price dropped to about \$9 a pound. Now, Ajinomoto, the well-known supplier of monosodium glutamate (MSG), also makes aspartame.

Unlike aspartame, neotame can be successfully used in baked goods so we can expect to see it used in a growing number of processed foods.

Neotame

According to journalist Andrew Ward, neotame (a stronger version of aspartame) is so cheap – about one tenth the cost of sugar – that food and drink producers are using it not only to control calories but also to reduce costs. For example, a regular soft drink might be sweetened with a mixture of neotame and sugar without being marketed as a low-calorie brand. *Financial Times 9/28/05*

Hidden sweetener

Neotame is a much sweeter and more potent product, similar to aspartame. But unlike aspartame, neotame does not break down into phenylalanine; this is why it is not required to be labeled with a caution for people with a PKU disorder.

Also, since it is so intensely sweet, a very small amount can be used in foods, and the FDA doesn't require an ingredient to be listed on the label when it comprises less than one percent of the product.

PIC Report

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

Stage One

BOAR'S HEAD 42% Lower Sodium Branded Deluxe Ham (CS,N)
BOLTHOUSE FARMS^ 100% Carrot Juice, Mango Lemonade, Prickly Pear Lemonade www.bolthouse.com
CANTERBURY NATURALS^ All Natural Chocolate Brownie Mix, Natural Microwaver Fudge www.conifer-inc.com
CHEECHA KRACKLES^ Gluten Free Original Flavor www.cheecha.ca
DIVVIES Caramel Popcorn (CS), Chocolate Caramel Popcorn (CS), Kettle Corn
DIVVIES Cookies: Chocolate Chip (CS), Oatmeal Chocolate Chip (CS) www.divvies.com (914) 533-0333
FOODS ALIVE Golden Flax Crackers: Maple & Cinnamon, Regular; High Lignan Organic Gourmet Golden Flax Oil www.foodsalive.com (260) 488-4497
INDIA TREE*^ White Snowflakes
JC NATURALS^ Moisturizing Soap, Shampoo Bar, Unscented Bath Melts, Unscented Lotion Bar, Unscented Soap www.jc-naturals.com
MISS ROBEN'S*^ Mixes: Flaky Pie Crust (SF), Flaky Pie Crust without Corn (SF) www.allergygrocer.com
SEVENTH GENERATION* Natural Baby Wipes
SQUIRREL'S NEST Soft Mint Balls www.squirrels-nest.com
THE CRAVINGS PLACE All-Purpose Pancake & Waffle Mix (CS), Chocolate Chunk Cookie Mix (CS), Cinnamon Crumble Coffecake Mix (CS), Create Your Own Quickbread & Muffin Mix (CS), Double Chocolate Chunk Cookie & Muffin Mix (CS), Dutch Chocolate Cake Mix (CS), Grandma's Unsweetened Cornbread Mix, Ooey Goey Chocolate Chewy Brownie Mix (CS), Peanut Butter Cookie Mix (CS) (541) 388-BAKE www.thecravingsplace.com
THUMANN'S Oven Roasted Premium Chicken Breast (CS), Oven Roasted Premium Turkey Breast (CS), Petite Filet of Turkey - Skinless (CS), Pork Shoulder Butt (CS,N), Premium White Filet of Turkey (CS), Prosciuttini (CS, N), Roast Beef (CS), Tongue & Blood Loaf (CS,N)
THUMANN'S The Deli Best: Pastrami (CS,N), Creamy Horseradish Sauce (CS, SB); Cheeses: American Loaf 5lb (the artificial color listed on the label is Beta Carotene, an acceptable ingredient), Danish Blue, Dutch Gouda, Feta, Fontina, Goat Cheese, Havarti, Havarti with Dill, Jarlsberg, Low Moisture Whole Milk Mozzarella, Monterey Jack, New York State Muenster, New York Style White Cheddar www.thumanns.com
VANCE'S FOODS Darifree Non Dairy Milk Alternative Chocolate Flavor www.vances.com
WELLSHIRE FARMS* Beef Hamburger, Turkey Burgers www.wellshirefarms.com

Product Change

The following ENER-G FOODS now contain orange and need to be moved to the Stage Two section of your *Foodlist & Shopping Guide*:

Bread Crumbs, Broken Melba Toast, Brown Rice Hamburger Buns, Melba Toast, Plain Croutons, Rice Pizza Shells - 6" and 10", Tapioca Dinner Rolls, Tapioca Hamburger Buns, Seattle Brown Hamburger Buns, Seattle Brown Loaf Bread, Tapioca Hot Dog Buns, White Rice Hamburger Buns, White Rice Hot Dog Buns, Yeast Free Pizza Shells.

YUMMY EARTH Organic Ball Pops: Cheeky Lemon Organic Lollipop no longer contains raspberries, blackberries, cherries, currants or oranges so you can move it to the Stage One section of your *Foodlist*.

Stage Two

AMY'S* Bowls: Baked Ziti (tomatoes); Brown Rice, Black Eyed Pea and Vegetable (tomatoes); Light in Sodium Brown Rice & Vegetables (SF, apple cider vinegar, plums, red peppers); Mexican Casserole (tomatoes, chili peppers), Ravioli (tomatoes)
AMY'S* Entree: Black Bean Vegetable Enchilada (bell & chili peppers, tomatoes), Black Bean Vegetable Enchilada Light in Sodium (bell, chili & red peppers, tomatoes), Tofu Rancheros (bell & chili peppers, tomatoes), Vegetable Lasagna Light in Sodium (tomatoes, wine vinegar) www.amyskitchen.com
BOMASENSE Body Lotion (grapes), Cleansing Shampoo (tea), Colored Lip Balm (grapes), Conditioner (tea), Healing Salve (apricots), Liquid Face & Body Wash Unscented (tea), Personal Lubricant (grapes), Sunscreen with Oxytocinamate (grapes), Sunscreen with Zinc Oxide (grapes) www.bomasense.com
FRUIT FAST* Fruit Supplement Bar: Cherry Flex (apples), Wild Blueberry IQ (apples), Wonderful Pomegranate (apples) www.fruitfast.com
GO NATURALLY* 100% Natural Hard Candy: Cherry (CS)
RUSTIC CRUST* Old World Flatbread Pizza: Basil Pesto & Roasted Red Pepper, Cheese & Vine Ripened Tomato www.rusticcrust.com
THUMANN'S The Deli Best: Brown Sugar Cured Ham (CS,N, paprika), Buffalo Style Oven Roasted Chicken Breast (CS, paprika), Golden Roasted Filet of Turkey Cracked Pepper & Paprika Coated (CS), Golden Roasted Filet of Turkey Italian Style (CS, bell peppers, paprika, tomatoes), Golden Roasted Filet of Turkey Rotisserie Flavor (CS, paprika), Golden Roasted Filet of Turkey Santa Fe Style (CS, chili peppers, paprika, tomatoes), Golden Roasted Gourmet Turkey (CS, paprika), Head Cheese (CS,N, red peppers, cider vinegar), Our Ham-O-Collo Cooked Ham (CS,N, paprika), Our Hot Ham (CS,N, paprika)

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.

Teaching Your Child the Language of Social Success

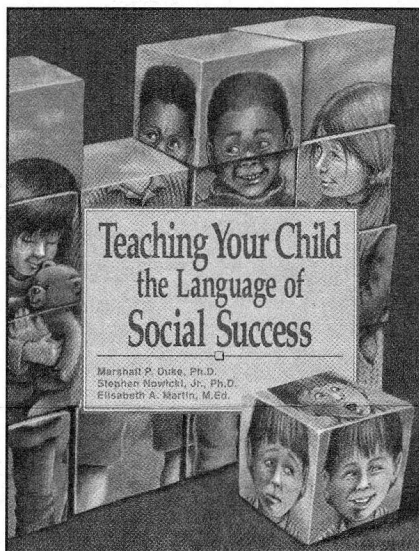
There can be many reasons some children have difficulty getting along with others; one that is often overlooked is their inability to understand non-verbal messages.

When others communicate with us the words they use form only a part of their message. Research has found that a person's tone of voice, posture, facial expression, and how quickly they speak convey much more meaning about what they are saying than the actual words they select.

Most people grow up understanding the fundamental rules of social interactions, even though they are not formally taught. How close we stand to someone, how loud we laugh, how often and how long we make eye contact, and the difference between interrupting and interacting, come naturally to some children. But for others, such concepts are foreign. The child or adult who has difficulty interpreting non-verbal signals is likely to find that others don't accept him, and chances are he will not understand why.

In their first book *Helping the Child Who Doesn't Fit In*, Marshall Duke and Stephen Nowicki addressed the problems of the child with major social issues. Their new book, *Teaching Your Child the Language of Social Success*, is geared to helping the child whose problems are less blatant, but socially crippling all the same. It would be a valuable tool to help the large number of people now being recognized as having "Asperger's syndrome."

The book is designed for parents, teachers and counselors, and contains many exercises for them to use to help the socially awkward child. But even if the reader does not intend to use the information in this way, it is valuable because it can give us insight into why a child (or adult) just doesn't seem to have a smooth relationship with others.



Teaching Your Child the Language of Social Success, by Duke, Nowicki, and Martin, Peachtree Publishers, Atlanta, GA.

More help for you!

Go to our home page and click on "Member Area" then "Member Message Board" and use the user ID and password on the little card you receive with your newsletter subscription.

This will take you to a wonderful resource where you can find help, support and suggestions from other people using the program.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Markey Dokken
Cindy Harrell
Pat Schaible
Janice Shelton

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

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

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

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

www.feingold.org

© 2007 by the Feingold Association of the United States, Inc.

Permission to reprint

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

When you reprint, please use the following acknowledgment:

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