

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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

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## What's wrong with the food industry and why is it so hard to change?

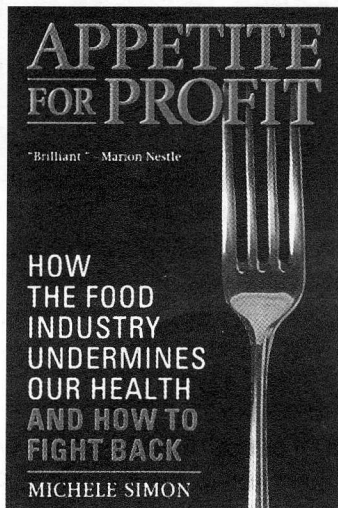
There are a growing number of books and films shedding light on corporations whose vested interests result in harm for the consumer.

One such book, *Appetite for Profit*, does a good job of giving the reader an inside look at the many tactics corporations use to protect their bottom line. It also shows why we are looking to the wrong people to help solve the problems.

The author, Michele Simon is relatively new to these issues which have been discussed in *Pure Facts* for several decades, but she has done an admirable job of pulling together a great deal of diverse information and presenting it in a user-friendly way.

Not only is corporate America unwilling to make changes that would provide us with truly healthy food, Simon writes, but they are unable to do so. Like Big Tobacco and Big Pharma, Big Food is a creation designed to earn money; any CEO who would deviate from this path and sacrifice profits to help kids become healthier would soon be out of a job.

The issue of providing healthy food for children has only gained media attention in recent years, as the expanding waistbands of our children – and the many health problems that accompany obesity – have become impossible to ignore. Suggested solutions come from various professionals, parent groups, local and national legislators, and medical societies. Most of their



recommendations threaten the profits of an industry that begins with raw material (food), takes it apart, adds inexpensive chemicals, and ends up with a product that has little relation to food, but creates enormous amounts of money.

Each time a threat is seen, the industry public relations wheels go into motion. Is there a problem? The industry offers itself as a "part of the solution." Are your unhealthy (but profitable) burgers being criticized? Add some fruit or a salad to the menu and put everyone's fears to rest. Are you getting flack for giant-size soft drinks? Promise to make changes, but never get around to it. Are your cookies or chips too fattening? Offer "portion size packages," reduce the amount of the product, and raise your price.

As soon as the criticism dies down or the state legislature is convinced that you will reform your ways, go back to business as usual.

Bad press? Create your own scientific-sounding organization and issue pro-industry press releases. Or devise your own "studies" to show that your product is superior.

Too much sugar in your foods? Cut back just a bit on the sugar, or sprinkle some calcium on the junk food, or add some whole wheat flour to the neon-colored artificially flavored cereal and say it's "healthy."

Deflect the critics by creating your own stamp of approval and putting it on some of your products.

If none of these ploys work, don't worry, there are still lots of options. Create a "partnership" with a health organization; in exchange for money, a bit of their credibility will rub off on you. And of course there are always celebrities and cartoon characters to help you sell your product.

Don't worry about government panels, the Food and Drug Administration, the US Department of Agriculture or most other federal agencies. If you run into any critics in these agencies, which is unlikely, you can always buy more scientists or create a few more "consumer" organizations.

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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.

## Lisa's story

The preschooler was diagnosed with serious mental illness, ADHD, bipolar disorder, and oppositional defiant disorder and was placed on multiple medicines at age 3.

This is an e-mail dialogue between a mom, Lisa Stotsenburg, and *Pure Facts* editor, Jane Hersey.

My son, Shaun, is 6-years-old. He got his first ear infection at age 3 months and had 3 sets of ear tubes by his 4th birthday. His behavior has been terrible, except for a time when he was sick for two weeks and lived on ginger ale. That part of your book (*Why Can't My Child Behave?*) about your daughter being sick and being better behaved really hit me!

Shaun was kicked out of preschool for "violent aggression and uncontrollable behavior." He then attended a special preschool where he was in therapeutic holds lasting 20 minutes, 5 times each day. Then we started meds.

This past summer he spent a week in a treatment hospital because of his behavior. Now he is in kindergarten and it has been a disaster! After two horrible weeks in the mainstream class we moved him to one that is self-contained, but that didn't help. He was suspended 3 times in 10 days, while on three psych meds! So we put him on homebound and moved him to partial hospitalization. Well, that did not work either – he was suspended yesterday.

If his dangerous behavior doesn't stop he will be kicked out; I don't know where we will go from there.

I have to wait till next week to start the diet as we are financially strapped at the moment...it stinks that I have to keep feeding him this food that is not good for him (or any of us) until payday.

We were visiting DH friends tonight and I was reading your book. I know it was probably rude to sit there reading while visiting, but I am hooked. Anyway, the friend's wife saw the title and asked about the book. I told her it was about food additives and children's



behavior and she said "Oh I don't believe in all that crap" and her friend who was there said "me either." Anyway, I just wanted to thank you for the wonderful book; I am up to the ADHD part.

Lisa, please check out [www.findingjoshua.org](http://www.findingjoshua.org) for the story of a young man who went through many of the same issues you now face.

Also, please consider making some changes in your son's diet right away and not waiting. Even just taking out the dyes, is a big step in the right direction.

As you become more comfortable with the program you will find you can save lots of money by going back to more basic stuff and it doesn't have to take long to prepare them. Our fettuccine Alfredo is inexpensive, yummy and fast.

Homemade mac & cheese isn't hard to fix, or you can just sprinkle grated cheese on hot macaroni.

Hamburgers are always popular, bread and butter should not be overlooked, and the same with peanut butter. Melt a little cheese on a slice of whole wheat bread for a quick snack.

And please know that those boxed "convenience" meals are no bargain, even if you pay as little as \$1 a box. One dollar is far too much money to pay for 4 ounces of macaroni and a mystery packet filled with additives. You can buy an entire one-pound box of macaroni for less.

Sweet potatoes are on sale in my local supermarket for only 49 cents a pound. Cut them up and boil them till done; remove skins and mash them with a little pineapple or orange juice (stage two) and put them in the oven to heat through. You'll have a dish that can go with dinner or double as a dessert since it is very sweet without any added sugar.

Frozen vegetables are inexpensive, and a simple white sauce makes chopped spinach special and much more appealing to children.

Water is a great drink and if you give your children fruit juice, dilute it way down with water, or use sparkling water to make your own "soda."

Since you live near both Trader Joe's and Whole Foods you'll be able to find healthy foods at low cost. Check out the Whole Foods "365" items, which typically are below supermarket prices. Trader Joe's has posted comparisons between their prices and those at Wal-Mart's, with TJ coming out well below. My fanciest dinners use Trader Joe's chicken broth (only \$1.99 for a big container) and their famous "Two-Buck Chuck" wine.

Oriental supermarkets sell enormous bags of rice (including brown rice) at amazingly low prices. Make rice pudding with the leftovers. Eggs are always a bargain and can help you use up leftover rice or meat or vegetables, as the Chinese have done so well for eons.

Until we found a suitable toothpaste my kids brushed their teeth with water and never had cavities.

Please keep in touch, I think we have a wonderful success story in the making.

Hi Jane - Thank you for your thoughtful response. I read Joshua's story and it made me cry. That story gave me even more reason to hope, but there is still a part of me that is really scared. But I guess that is normal; I took the plunge and started the diet.

*Continued on page 3*

**Lisa, from page 2**

Yes, Lisa, you're calling on your "disappointment insurance." How many professionals have you visited who gave you hope that they would "fix it" if you just did what they told you to...and how many failures have you experienced? It's scary to invest too much hope into this working and to be faced with yet another disappointment.

You know that we make no promises. But...remember the ginger ale and how well your son did when he was sick and had such a limited diet. The answers might not be fast or simple, but you are on your way to finding help for yourself as well as your son. The fact that you have coped for so long is remarkable; you're a strong woman, like Joshua's mother, whose determination to help her child is intense.

I've found that the determination of the mom is the best predictor of which kids will be helped. Also, the more severe the child's behavior, the more likely he is to stick with his diet. It's the kids with the marginal reactions who are the hardest to help.

Once you are seeing improvement, please don't rush into adding back salicylates or other possible problem foods. Your son will need a stretch of time to become accustomed to what it feels like to be calm, in control and successful. He will need to get to know "the new him." This period of time when he feels good will give him a chance to experience his new personality and to begin to release the old behaviors. Having this time of success will be a powerful incentive to keep it up.

I cleaned out the kitchen. There was a full garbage bag of stuff that I threw out and 12 grocery bags of stuff I'm giving to a friend. That doesn't include what's in the fridge and freezer which will take another 6 - 7 grocery bags. No wonder my son is struggling so much!

Yes, I hope you're getting really angry about how you have been ripped off by companies that don't care about your family. It's appropriate that you put that stuff in "garbage" bags!

I am now figuring out how we will get by for the next week. I fully plan on using your suggestions. I also am really concentrating on fun snacks and things he will like to eat. Meals will be kinda plain this week due to money issues, but I want to make sure I have things that grab his attention and have him say "Hey, this Feingold thing is pretty cool!" I never thought my food shopping would center around the snacks, but this week it's going to!

Lisa, please get me your address right away so I can send some of the extra donations we received for our goodie basket fund raiser, including all natural lollipops that are delicious!

This is an uncomfortable feeling for me. I am the type who is truly uncomfortable if my cabinets and refrigerator and freezer aren't stocked to capacity. (The bags have not left the house yet and I can feel my pulse is slightly elevated!)



You will soon have the satisfaction of stocking the cabinets with FOOD!

Feingold definitely forces us to move out of our comfort zone! How hard it was for me to give up Hawaiian Punch and cream of mushroom soup 31 years ago! Now I just laugh at the memories of it.

Were you nervous the first time you drove a car, or traveled by yourself, or when you started your first job?

However, I cannot overstate the dire straits we are in at the moment. If his dangerous behaviors do not stop this week he will be expelled. I know I'm expecting a lot, wanting the diet to work that fast, especially when he is on meds, but I can hope for a miracle, can't I???

I wish I could tell you things will change quickly and dramatically...I just don't know. But once again, think about the ginger ale period.

I don't know where we will end up. I had to give up my job. I was on the verge of getting fired because I've missed so much time due to Shaun's issues. If he gets kicked out of this program I may pull him out of school and homeschool him to give the diet a chance to work. Boy, this certainly will be some success story one day... I can't wait till that day!

I practically have you penciled in on my newsletter schedule!

Sorry to ramble on and on but I am a bit nervous.

That's understandable!

Well, here goes nothing...time to get started.

There's no time like the present. As you well know, these kids do NOT get easier as they get older. I'll be cheering for you.

November 19: well, I cleaned out my kitchen. I noticed that most of the things I had to get rid of could simply be replaced with another brand; the rest of the things we really don't need anyway. We may be eating a little plainly over the next week but once I replace a few things we will get by until I can *really* go food shopping.

I purposely planned the kitchen clean-out for when DH was not home but he came home while I was in the middle of it. He was *not* happy to see some of his favorites going bye-bye. I almost had a mutiny when he saw his scalloped and au'gratin potato mixes in the bag. He asked me to keep those and I told him "no." We are doing this as a family. I promised to make homemade scalloped potatoes (pretty sure I saw a recipe somewhere).

I don't think the cabinets have been this bare since we moved ...might be a lean week but I am confident we will not starve.

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November 23: day two on the Feingold diet. We made it through Thanksgiving dinner at the home of a good friend. I had been dreading this; most times we go to her house Shaun is very disrespectful and rude to her, usually has a meltdown, and at least part of the visit includes him sitting outside. This time, we arrived and he was so good. He played nicely with his sister and watched some cartoons. I fed him lunch of a peanut butter and (homemade) pineapple jelly sandwich.

He was respectful and followed directions for the most part. He tends to touch things in the house, and when he was told to stop he did so without an argument, without screaming how much he hated us and how he was never coming back to her house. I was floored! One time when he was told not to touch the piano keyboard he stopped, but then went back to it. I told him again to get away from it and said that if he went near it again he would have to sit in time out. He got away from the piano and went to play with the toys.

At dinner he was obnoxious but that didn't surprise me...he likes to be the center of attention and was trying to get laughs. When we decided he was going overboard we started to ignore him, and he became louder and more outrageous. At this point I removed him from the table and took him to another room to sit by himself. He walked there willingly. I didn't have to half drag, half carry him like I usually do. Also, there was no aggression! When we got there he sat quietly...no screaming or yelling, no calling me names, no getting up. I actually checked on him because he was so quiet I thought he was getting into something, but there he was, sitting quietly right where I left him. He asked to watch cartoons and when I said "no" he did not flip out!

When he returned to the table he started showing off again. I put him right back in time out and told him he would now stay there until we were done eating. He cried, but no tantrum, and he apologized.

Later I was in another room of the house while Shaun was with my friend's daughter and her dad. Suddenly, I noticed he was very loud...I could hear him all the way at the other end of the house.

When I went in the room I saw he was really hyped! The first thing I noticed was the smell -- it took my breath away. My friend's daughter had sprayed air freshener and because she was goofing around she kept spraying it.

We left and Shaun calmed down and rode quietly in the car on the way to my Mom's house, which is not typical for him. He wanted apple juice and I told him no. He got upset and told me he was quitting the diet; but there was no tantrum, cursing, calling me names, hitting or kicking. [Note: try to keep some pear juice handy.]

At my Mom's house he asked my niece for a donut and I said no. When she went to hand it to him he said "My mom said no." I almost had to pick myself up off the floor!

We rode home quietly. Shaun put on his pajamas without being told and waited patiently when I said he could have a snack in a few minutes. (This is a first...he usually takes something without waiting or has a fit about how hungry he is and how he's going to starve.) Now he is quietly in his bed, despite the fact that he left Sharkey (his stuffed shark he sleeps with) at my Mom's house.

I don't want to get my hopes up too soon. I still saw hyperactivity, but I also saw a child who spoke respectfully to others, followed directions better, and accepted consequences with *no meltdowns!*

Like I said, I don't want to get my hopes up, but I will be dreaming many good dreams tonight.

## Update

January 24, 2007: We have seen great success on Feingold. I know it can take longer when kids are on meds but I began seeing improvement in two days.

We took Shaun off a med that was sedating him and causing him to sleep most of the day. We decided to wean him off another med, and changed the remaining prescription to the uncolored, unflavored liquid. After we completely weaned him off that med, he had been on the diet 5 weeks, and his behavior improved dramatically at the partial hospitalization program. Shaun stopped being aggressive and started doing the schoolwork he receives there. He is much less oppositional and has gone from 2-3 hour temper tantrums when he is upset to 5-10 minutes of crying.

[Note: the Feingold Association does not give advice re starting or stopping medication; we ask people to consult with their doctors on these issues.]

At home, he is less obsessive; with those behaviors returning when he has a diet infraction. Similarly, the head-banging is gone unless there's an infraction. The most wonderful part is that he doesn't have temper tantrums anymore. Actually, he doesn't have *real* tantrums anymore. He tries to have them, but they are so obviously fake he has to try hard not to laugh. I tell him "that is so fake" and he will burst out laughing.

He is able to be disciplined now. In the past if I tried *anything* to change his behavior it would lead to escalation and a physical attack on me. Now, when I set a boundary he conforms to it.

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## Lasagna Chips

Elaine Katz was distressed when she received a call from the school about her 5-year-old son Jared.

The school nurse told Elaine that her son was hyperactive, the label used 30 years ago before the invention of "ADHD." Elaine was also a nurse and a nutritionist, and she was not willing to use drugs on her son. She learned of the Feingold diet and soon discovered that the petroleum-based preservatives BHA and BHT caused Jared to "bounce off the walls."

Food choices were far more limited back then, and like many moms who used the Dr. Feingold's diet, Elaine did a lot of experimenting with creating natural treats for her child. She developed a snack that proved to be



very popular with everyone who tasted it – a chip made from fresh sheets of lasagna. The result was an all natural pasta chip with no artificial ingredients and 50% less fat than other leading snack chips.

Today, Jared and his wife, Arlyne, are producing and marketing this unique natural treat. It is available from A&J Foods, in Stage One versions: Sea Salt, Garlic & Oregano, as well as the Stage Two flavor Tomato Basil.

You can order the chips from Amazon.com and from QVC.com. When Arlyne appeared on television — on QVC — the entire truck-load of chips sold out in six minutes! See [www.aandjsnackfoods.com](http://www.aandjsnackfoods.com).

## Kosher and Feingold

Of all the diets that are around, the Feingold diet may be the easiest to follow. But when you combine it with an additional food regimen, things get a bit trickier.

Families using Feingold plus a kosher diet will be glad to learn of a comprehensive Internet resource: **Organic Provisions**. They offer a wide selection of foods that are both kosher and natural; they also list the individual kashrut symbol with the name of the supervising Rabbi.

(See [www.orgfood.com](http://www.orgfood.com).)

Various sweeteners suitable for Passover are found in our Foodlist and may be ordered from **Suzanne's Specialties** at (800) 762-2135.

Kosher, all natural vitamins are available from **Freeda Vitamins** at (800) 777-3737.

*Buy your Easter Candy early.  
Check the Foodlist for choices or  
visit [www.squirrels-nest.com](http://www.squirrels-nest.com)*

## Food industry giants face many critics

Wal-Mart and Kraft are in the spotlight for the type of shenanigans described on page one

Wal-Mart received a great deal of favorable publicity when the company announced they would carry a larger selection of **organic** products. The Cornucopia Institute, a farming advocacy group, has accused Wal-Mart of widespread misrepresentation of conventional foods as "organic." The US Department of Agriculture is reviewing the objections.

Kraft, now owned by Philip Morris Tobacco Company, is the world's 2nd largest food manufacturer (Nestle is the largest). Kraft is being sued for what journalists are calling "phony **guacamole**." Genuine guacamole is made mostly from avocado, but the Kraft version contains less than 2 percent avocado. It is primarily a

blend of soybean oil, coconut oil, corn syrup, whey, food starch and both yellow and blue dyes.

Another law suit comes from a woman who bought Kraft's **Capri Sun** drinks, thinking they were fruit juice and would be healthier than sodas. The Center for Science in the Public Interest has joined the suit, attacking the "almost juiceless" drinks for being labeled as all natural when they contain high fructose corn syrup. (Corn syrups are not eliminated on the Feingold diet, but many members avoid this sweetener.)

Kraft has promised to stop selling genetically altered foods (dubbed "**Frankenfoods**") in China, but has not announced plans to do the same for foods sold in the US.

## Kraft and Feingold

Many years ago, when Kraft was a company that sold cheese, their representatives were very responsive to our requests for information.

Gradually, this openness has changed and now Kraft refuses to help us research their products. This has become a big problem since Kraft has bought up so many smaller companies that produce the natural foods our members have enjoyed.

It's difficult to communicate with the company at all since they don't have an e-mail address for this, and they don't offer a phone line for consumers. You can write to them, however, at: Kraft Foods Global, Inc., Consumer Response Group, 1 Kraft Court, Glenview IL 60025.

## **Some missing pieces**

Since this material was assembled and the book produced in just two years, it's understandable that there are a few problems. The biggest, in this writer's opinion, is the fact that Ms. Simon doesn't see the important role that has been played by Whole Foods Market and, to a lesser extent by Trader Joe's.

Whole Foods, created and operated by a man with no academic training in the business, is the nation's most successful chain of food stores. CEO John Mackey has demonstrated what the Feingold Association has said since the mid 1970s: healthy food can be delicious and virtually any product can be made without harmful additives.

What's more, they are showing that a corporation can be profitable without deceiving the consumer or destroying the environment.

Whole Foods is rewriting the rule book for corporate America, and experiencing more success than those who follow the old formula.

Simon dismisses the Whole Foods phenomenon with one brief mention, using the tired term "whole paycheck," which is neither fair nor accurate. The stores sell both expensive and inexpensive foods, and their 365 line of natural foods is consistently lower priced than comparable brands sold elsewhere.

Because of the enormous popularity (and profitability) of Whole Foods, supermarkets are now scurrying to offer a greater line of natural products. Many similar chains have developed, and more mainstream consumers are seeing that food can be both healthy and delicious.



## **Where does Feingold fit in?**

Many people have spent years trying to improve the food our children eat, but their success has been limited.

Some of these nutrition advocates have a difficult time seeing the value of the Feingold Program. After all, we don't eliminate processed foods, sugar, or white flour. We don't campaign against trans fats, or any other fats, for that matter. Our Foodlists include products from companies owned by the major food conglomerates, and we even publish a Fast Food Guide!

With such a liberal diet, how can our organization help their cause? What on Earth can an organic foodie learn from someone who distributes goodie baskets filled with candy, and doesn't condemn Fritos? They can learn plenty!

### **Fast Results**

Health changes slowly, obesity changes slowly, but behavior can change rapidly. Read Lisa's story, beginning on page 2. She did not go organic, did not get rid of processed food or sweets, and did not give up any favorites; she just made some modest changes in the family's diet and in two days there was a clear change in her son. By the sixth day the results were undeniable. This family now has a personal understanding of the value of good food, and so do the people who know them. At age 6 Shaun is already very savvy about the difference between what he sees advertised on TV and what his body needs. We know that this awareness is commonplace in our "Feingold kids," even those as young as 3-years-old.

Anyone who has seen first hand how a child's behavior can be affected by an additive will begin to look at food in a new way. Share Feingold information with others and contact FAUS if you need literature to hand out.

## **Schools are running scared**

Teachers and administrators in the nation's public schools are facing some scary prospects. If student test scores drop too low for too long, they could be out of a job.

That bowl of candy on a teacher's desk, the endless birthday parties, the toxic dry-erase marking pens, and the plug-in air freshener could be linked to the student's low test scores. (See the February issue of *Pure Facts* for more information on the problems caused by plug-ins and air fresheners.)

The green candy teachers give out on St. Patrick's day or red Valentine lollipops could be making the children rowdy and their job harder.

The vending machine junk foods might be bringing a little extra cash, but this comes at the high price of lowered academic performance.

Schools trim costs by offering cheaper food in their cafeteria, but end up spending far more on remedial services and discipline issues as a result.

### **Test Scores**

While academic performance doesn't usually change as quickly as behavior, it can change relatively rapidly.

When students in 803 New York City schools were tested in the spring of 1979 they ranked in the 39th percentile on standardized California Achievement Test scores.

Over a four year period changes were made to the food served in the schools and each year there was an improvement the test scores rose. By 1983, after food dyes, artificial flavors and preservatives were removed (and the amount of sugar was reduced) the students scored in the 55th percentile!

## PIC Report

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

### Stage One

365 (Whole Foods Market) Grated Parmesan Cheese, Green Ripe Pitted Olives; Black Olives: Jumbo Pitted - No Ferrous, Medium Pitted - No Ferrous, Sliced - No Ferrous; Cheese Ravioli, Cheese Tortellini, Whole Wheat Spinach & Cheese Ravioli with Soy Ricotta

365<sup>^</sup> (Whole Foods Market) Sea Salt Soy Crispette  
CALIFORNIA BABY<sup>^^</sup> Citronella Bug Repellent Spray (contains strong smelling natural ingredients), SPF 18 Moisturizing Sunscreen Lotion No Fragrance  
[www.californiababy.com](http://www.californiababy.com) (877) 576-2825

EUPHORIA CHOCOLATE Break Up Dark Chocolate, Break Up Milk Chocolate, Dark Chocolate Bar, Dark Chocolate Buttons, Dark Chocolate Heart, Double Dark Chocolate Truffles, Dark Chocolate Love Heart, Milk Chocolate Love Heart, Milk Chocolate Bar  
[www.euphoriachocolate.com](http://www.euphoriachocolate.com)

LAKE CHAMPLAIN CHOCOLATES Cruisin' Easter Bunny, Milk Chocolate Classic Easter Bunny, Milk Chocolate Hearts, Mr. Goodtime Easter Bunny  
[www.lakechamplainchocolates.com](http://www.lakechamplainchocolates.com)

LIZ LOVELY Cowboy Cookies (CS), Cowgirl Cookies (CS), Ginger Snapdragons (CS), Peanut Butter Classics (CS)

MOON WORKS Unscented Laundry Powder  
[www.moonworks.org](http://www.moonworks.org) - retail in MI only

NU GO<sup>^</sup> Nutrition To Go: Banana Chocolate (CS), Chocolate Blast (CS), Peanut Butter Pleaser (CS), Really Vanilla (CS) [www.nugonutrition.com](http://www.nugonutrition.com)

OLD CAPE COD Hearty Squares Crispy Crackers  
PERFECT PRESCRIPTION Liquid Tooth Soap: Cinnamon, Ginger, Peppermint, Spearmint; Tooth Soap: Cinnamon, Ginger, Peppermint, Spearmint  
[www.perfect-prescription.com](http://www.perfect-prescription.com)

THE CRAVINGS PLACE Create Your Own Cake & Cookie Mix (CS) [www.thecravingsplace.com](http://www.thecravingsplace.com)

THE REALLY GREAT FOOD COMPANY<sup>^^</sup> Brown Rice Flour Pancake Mix (CS), Classic Pancake Mix, Coffee Crumb Cake Mix, Cornbread Muffin Mix, Vanilla Muffin Mix [www.reallygreatfood.com](http://www.reallygreatfood.com) (800) 593-5377

THUMANN'S Cheeses: Pecorino Romano, Pre-Cut White American (artificial color on label is titanium dioxide, an acceptable ingredient), Pre-Cut Yellow American (artificial color on the label is Beta Carotene, an acceptable ingredient), Provolone, Salame Provolone, Sharp Cheddar, White American (artificial color on the label is titanium dioxide, an acceptable ingredient)

THUMANN'S Sauerkraut (SB, SF) [www.thumanns.com](http://www.thumanns.com)

VEGAN SWEETS<sup>^</sup> All Natural Marshmallows (CS), Chocolate Covered Marshmallows (CS), Chocolate Spread (CS) [www.veganstore.com](http://www.veganstore.com) (800) 340-1200

WOLFF'S & POCOMO<sup>^^</sup> Kasha Roasted Buckwheat Kernels

## Product Alert

THUMANN'S Old Fashioned Push Cart Style Hot Dog Onions in Sauce now contains tomatoes, chili & red peppers, and paprika; it should be moved to the Stage Two section of your *Foodlist & Shopping Guide*.

### Stage Two

ALL TERRAIN<sup>\*</sup> Aloe Gel Skin Repair (SB, cucumbers), Performance Sunblock: AquaSport SPF 15 (SB, cucumbers), AquaSport SPF 30 (SB, cucumbers), KidSport SPF 30 (SB, cucumbers), TerraSport SPF 15 (SB, cucumbers, rosehips), TerraSport SPF 30 (SB, cucumbers)  
[www.allterrainco.com](http://www.allterrainco.com)

ANDI BARS<sup>\*</sup> Chocolate Shake (CS, grapes, almonds) (limited availability in independent health food stores)  
[www.autismndi.com](http://www.autismndi.com)

BOLTHOUSE FARMS<sup>^</sup> Berry Boost Fruit Smoothie (apples, blackberries, blueberries, boysenberries, raspberries), C-Boost (apples, cherries, peaches), Cranberry Lemonade, Green Goodness Fruit Juice Blend (apples, tea), Passion Fruit/Apple/Carrot Juice, Perfectly Protein Mocha Cappuccino (apples, coffee), Perfectly Protein Vanilla Chai Tea (apples, cloves), Strawberry Banana Fruit Smoothie (apples, oranges), Vedge (bell peppers, tomatoes) [www.bolthouse.com](http://www.bolthouse.com)

CAINS All Natural Mayonnaise (CS, cider vinegar), All Natural Mayonnaise with Omega-3 ALA (cider vinegar)

DIVVIES Cookies: Molasses Ginger (CS, cloves), Oatmeal Raisin (CS, currants)

FOODS ALIVE Golden Flax Crackers: Hemp Organic (apple cider vinegar), Italian Zest (tomatoes), Mexican Harvest (tomatoes, chili peppers), Onion Garlic (tomatoes); Organic Gourmet Golden Flax Oil: Mike's Special (apple cider vinegar, paprika), Sweet Mustard (apple cider vinegar)

KOOKIE KARMA<sup>\*</sup> Raw Banana Bread (almonds), Raw Carob Truffle (almonds), Raw Cherry Cashew (almonds), Raw Granola Bar (almonds, raisins), Raw Lemon Fig (almonds), Raw Walnut Raisin Granola [www.kookiekarma.com](http://www.kookiekarma.com)

ORGRAN<sup>^^</sup> Fruit Filled Bar: Apricot (CS,SF), Blueberry (CS, currants)

PRIMO NATURALE<sup>\*</sup> Chubb Salami Original (wine, red pepper), Sliced Premium Genoa Salami (red peppers), Sweet Abruzzi Sausage (red pepper)  
[www.wellshirefarms.com](http://www.wellshirefarms.com)

THE CRAVINGS PLACE Raisin Spice Cookie & Cake Mix (CS)

THUMANN'S The Deli Best: Dusseldorf Mustard (red peppers), Horseradish Mustard (red peppers), Hot Pepper Jack Pasteurized Process Cheese (red & chili peppers), Pepper Jack Cheese (bell & chili peppers)

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Just before "graduation" from the partial hospitalization program we had an IEP meeting for Shaun. I realized that the few bad days he had in the last weeks there were directly correlated to times I was not strict about being 100% Feingold.

[Note: In time you will probably be able to loosen up and may not see any reaction to an occasional slip. But someone new to the program is usually highly sensitive to even small amounts of the additives and possibly also to salicylates.]

We are gearing up to wean my son off his last med. It will be the first time since he was 3 years old that he will be unmedicated. Just 7 short months ago I was told that my then 5 year-old was "seriously mentally ill" and would need "life-long support." When he left the facility he returned home to door alarms and a video monitoring device in his bedroom. Now we don't have door alarms or video surveillance. We don't need those things anymore. We still have in-home counseling and behavior assistance, but for the first time in 3 years the services are *working!* I now feel we are just weeding out and changing learned behaviors.

I have more hope for my son than I ever had. He has not had any more so-called "psychotic episodes" since starting Feingold. I have also since tracked each of his previous "psychotic episodes" to a reaction to medication he was on at the time.

We are now questioning if my son's diagnoses are even correct, especially his bipolar disorder. I am able to control his "bipolar" by what I feed him and expose him to in his environment. I have accidentally caused his bipolar symptoms several times, but when we follow Feingold 100% we get rid of them.

I now have something I haven't had since Shaun was 15 months old...hope!

## Drugs for Tots

### *some editorial comments*

The death of 4-year-old Rebecca Riley has shaken families in Boston and throughout the country. She is said to have died from an overdose of Clonidine, one of several drugs she was given for ADHD and bipolar disorder. There is a lot of discussion over whether the parents were at fault for overdosing her, or the combinations of drugs and added cold medicine killed Rebecca, and whether the fault rests with prescribing doctor or pharmacist or relatives who stood by.

Regardless of who is to blame, the problem is that a very small child (and both of her siblings) were being given a regimen of Clonidine, Depakote and Seroquel for symptoms that might be better addressed with a simple change in diet.

**Note:** Tufts-New England Medical Center says the child's care "was appropriate and within responsible professional standards."



### Hold the cold medicine for babies

The Centers for Disease Control & Prevention have warned parents not to give over-the-counter cold medicines to children under the age of two without first consulting their doctor. Three babies died from the products and more than 1,500 were taken to emergency rooms in 2004 and 2005.

## Pure Facts

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