

## Autism in the USA

In February the Centers for Disease Control and Prevention announced the results of comprehensive studies on the number of children in this country who are believed to have autism and related disorders.

The conclusion was that one in 150 eight-year-old children are affected. Then ten days later the Autism Genome Project announced the results of their work which found that there are genetic links within families of autistic children.

Autism has gone from a rare disorder, estimated at one in 10,000, to a syndrome that is tragically common in this country.

Some claim that there are the same number of autistic children as there have always been, but we are just better at identifying the problem. If this were true it would mean there would be hundreds of thousands of autistic adults — “Rainmen” — in our midst. It would also imply that parents are not capable of noticing when their child, who had been developing normally, suddenly loses his ability to speak or to relate to them.

Conventional medicine has little to offer the families of autistic children. However, many parents, physicians, and other professionals have used a wide variety of non-drug methods to help the children, and there have been impressive results. But both mainstream medicine and the government agencies responsible for dealing with these issues remain

unconvinced. The Food and Drug Administration says they do not know the causes of autism but they claim that the mercury in vaccines is not a factor and that special diets and supplements represent false and unsupported claims.



### Characteristics of autism

- Difficulty with communication
- Difficulty relating to other people
- Difficulty making eye contact
- Repetitive behaviors
- Resistance to change
- Sensory problems: abnormal reactions to sound, light, touch, texture of food, etc.
- Poor digestive system, constipation, diarrhea
- Boys are most often affected and typically have a history of frequent ear infections.

Over the years *Pure Facts* has reported on many of the approaches that have been used to help children with autism. Beginning with this issue, we attempt the daunting task of summarizing some of the major ones, as well as trying to simplify what is an enormously complex topic.

In order to function well, we need to take in suitable nutrients and avoid harmful substances. Our body must be able to produce the appropriate enzymes to process nutrients, enable the systems of the body to operate smoothly, and get rid of toxins.

### Digestion

Some of the problems the autistic child has in his brain actually begin in his digestive system.

Faulty digestion means he may lack the needed enzymes to process ordinary foods like milk and wheat.

His body is not good at getting rid of harmful chemicals — both those within his system and those from the outside.

He typically is a very picky eater and has a poor or highly restricted diet. He may crave the very foods his body cannot process well (i.e., mac & cheese).

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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.

*Special focus on autism*

## Too many salicylates!

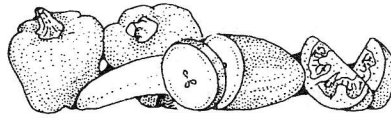
Is it possible to eat too many veggies and other healthy foods?

It is if you're sensitive to salicylates.

Years ago I remember reading in *Pure Facts* about a couple who had been using the Feingold diet, but once their children went off to college they figured they didn't need to follow it anymore.

After two or three weeks life was no longer so pleasant at home; they were bickering and irritating each other. They realized that it was probably because they had gone off the Feingold Program, but they decided that because they were adults all they needed to do was watch what they said and how they behaved. Another few weeks went by and they discovered that they couldn't control what they were doing; they were still bickering, fighting and irritating each other. So they decided to go back on the Feingold Program as they had when their children were at home. By the end of the week their behavior had improved. It was a "happily ever after" kind of a story.

Last night I must have been up every hour to use the bathroom. When I awoke in the morning my internal engine was running. I don't know another way to describe it but I do remember my Feingolder having what we always thought was an



inner engine that ran especially fast when he was off the diet, and I felt the same way. I know I feel this way when I enjoy a glass of wine.

I remembered that the dinner I made the night before had raisins in it. I thought, "I eat a few raisins in my cereal in the morning so what was the big deal with raisins in this dish?" But then I remembered that I had used quite a lot of them. Still, it wasn't that internal racing feeling I get from a glass of wine.

Then I remembered having been so irritable — or a real pain in the neck — the previous day. Nothing was really going well. I tried to clean the room, but made mistakes, dropped things, interrupted my husband when he was on the telephone, and basically, I was really impossible. I thought it had nothing to do with anything and was just a bad day. Then, in a flash of realization I remembered what I had eaten Friday night, Saturday's breakfast, lunch and dinner. My

husband had done the shopping on Friday and enjoyed himself in the vegetable market. He brought home cucumbers, yellow peppers, red peppers and tomatoes. The amount of salicylates was unbelievable. Friday night we had salad. Saturday morning my husband decided he wanted to have chopped vegetables with cottage cheese. That meant more of the veggies he had bought. Lunch and dinner included a variation of the same. Not thinking, I ate the same things he ate. We had a good time together!

I was doing the same thing as that couple, so many years before, whose children had gone off to college. This isn't the first time I've overdone the salicylates, and I should have caught myself sooner. One day is tolerable, but if it went on day after day there would be no living with me!

I know that I can indulge in salicylates from time to time with no ill effects, but I also know that different people have different thresholds and we need to keep that in mind. Sure those vegetables were nutritious good foods, but they were too much of a good thing for me.

*Sarah Kamel*

## FDA requires ADHD drugs to include warnings for parents and patients

Fifteen different versions of pills, patches, and chewable drugs will be required to warn of possible adverse side effects.

In a decision that surprised many FDA critics, the Food and Drug Administration has instructed pharmaceutical companies to disclose the down side of their medicines to the general public, not just to doctors.

Along with their prescription, parents/patients will receive two-page medication guides, which will be written in language that is understandable to the layman, listing the potential side effects. These can include: stroke, heart attacks, blood pressure increase, shortness of breath, fainting, hallucinations and other manic or psychotic behavior, as well as sudden death.

The guidelines describe patients who are not suitable candidates for the drugs. For example, people who should not take Ritalin include: those who are very anxious, tense or agitated, have glaucoma, have tics or Tourette Syndrome or a family history of tics, have recently taken an antidepressant, or are allergic to anything in the Ritalin (such as Yellow 10 or Green 3).

The guidelines also state that Ritalin should not be used in children under the age of 6 and that it should be used as a part of a total treatment program for ADHD (although what they mean by this is not spelled out).

## **An important enzyme required in both the brain and the digestive system**

Research has shown that people with ADHD or autism often have too little of the enzyme phenol sulfotransferase (PST) which is required in more than one place in the body. The intestines require PST to metabolize (detoxify) the phenolic compounds in many foods, including the high-phenolic artificial colorings and the salicylate compounds. However, the brain also requires PST to take care of “used” neurotransmitters — those chemicals which jump the tiny spaces between brain cells (neurons). Each time a neuron fires and the neurotransmitter jumps that space, PST must then remove it so the neuron can prepare to fire again. This is measured in nanoseconds, occurs millions of times a second all over the brain, and must be perfectly synchronized.

If a person is marginal or low in PST, and is eating lots of high-phenolic compounds, there may not be enough PST left to do the “clean-up” work in the brain, thus preventing neurons from firing effectively. Moreover, it appears that salicylates (phenolic themselves) not only use PST but can also suppress its production, making PST levels even lower. This explanation is over-simplified and the evidence is indirect, but it may help explain why the avoidance of salicylates at the start of the Feingold Program is important. Once suppression is stopped, there may be some recovery, which would explain why some salicylate-containing foods may eventually be tolerated.

The above is from *Behavior, Learning & Health, the Dietary Connection*, edited by Shula Edelkind and available from FAUS and online at [www.feingold.org](http://www.feingold.org).

## **Intestines**

Normal intestines have a layer of a mucous-like substance (mucosa) which helps to keep undigested food inside. This protective layer can be damaged by various things, including parasites and chemicals produced by yeasts, which proliferate when antibiotics are used. If the mucosa is damaged, incompletely digested particles of food can escape into the bloodstream where they may cause allergies and even reach the brain.



## **Morphine-like substances**

When gluten and casein (proteins in grains and dairy products) are metabolized, they create morphine-like chemicals which do no harm as long as they remain in the gut. Dr. Robert Cade found that when these chemicals escape from the intestine prematurely, and travel to the brain they can result in symptoms of autism or schizophrenia.

Dr. Rosemary Waring explained that the chemicals can give children a “high” and cause them to have bizarre behavior.

“Autistic children can’t get rid of naturally toxic compounds, including their own metabolic waste products.”

*Brenda O’Reilly, autism support group leader in Great Britain and parent of an autistic child*

Brenda noted that autistic children may have difficulty processing cow’s milk, wheat, yeast, chocolate, salicylates, corn, carrots, and synthetic additives. When they are removed, some children experience withdrawal and seem to become worse for two to four weeks.

## **Sulfur**

The body gets rid of phenols by attaching a sulfate “tail” to them, using the enzyme PST, mentioned earlier. However, some children either don’t have enough enzyme, or don’t have enough sulfate to do this properly.

People who suffer from **migraine headaches** also have low levels of several enzymes which are necessary for the sulfates to work. Parents of autistic children often suffer from migraine headaches or allergies such as **hay fever or skin rashes**. People with allergies and various auto-immune disorders also have low sulfate levels, according to Dr. Stephen McFadden. If both parents are low in sulfates the children appear to be at higher risk.

Normally the body can convert sulfites into sulfate and then excrete it. Autistic children may be unable to add oxygen to sulfite to convert it into sulfate. Also, antibiotics and antipsychotic drugs may contain sulfur in forms that are not handled well. Some foods with high levels of sulfur compounds, such as onions, cabbage, garlic and egg yolk may be a problem for such people.

“Autism is a physical illness that presents itself as a mental disorder, and it starts in the gut, because your brain doesn’t exist by itself.”

*Brenda O’Reilly*

## **Nutrient deficiencies are part of the autism puzzle**

Years before most people heard of essential fatty acids (EFAs), Laura Stevens of Purdue University was writing about their importance in helping children with behavior and learning problems. Today there

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## **Autism, from page 3**

is increasing research showing that autistic children are likely to be deficient in them and adding EFAs can bring impressive improvement. These valuable fats can be found in walnuts, flax and flaxseed oil, dark green leafy vegetables and wild cold water fish. They are particularly important for the brain and nervous system.

She explains that in order to function well the brain needs many nutrients, including:

**“Magnesium** is a calming mineral that relaxes nerves and muscles. Emotional and physical stress, chemical abuse (caffeine, cortisone, alcohol, nicotine, Ritalin, dextro-amphetamine), recurrent infection, food or environmental allergies and gastrointestinal parasites can all result in magnesium depletion and can increase hyperactivity.”

**Zinc** deficiency leads to many problems, including a weakened immune system.

**Calcium** helps the body detoxify and enables enzymes to work appropriately.

**Chromium** is important to the immune system, and keeps blood sugar levels stable, thus keeping the brain working well.

**Selenium** is needed for the production of antioxidant enzymes, especially glutathione peroxidase, which helps the brain function. Selenium also helps prevent the accumulation of mercury.

In other words, children need as wholesome a diet as possible to provide the many nutrients they need.

**Water** is also important. Low-grade dehydration is common in children with ADHD. Fatty acid deficiencies may have a diuretic effect and dehydration impairs the immune system, as well as increasing the likelihood of constipation.

Parents report their autistic children have excessive thirst, as though they are trying to flush substances out of their bodies.

*Brenda O'Reilly*

## **Biology or Psychiatry?**

The late Dr. Bernard Rimland was the first to recognize autism as a biological disease rather than a psychiatric disorder.

Dr. Jeff Bradstreet, who founded the International Child Development Resource Center, helps children with autism by focusing on correcting digestive problems, eliminating allergens and environmental toxins, and improving their nutrition.

He notes that conventional allopathic concepts define ADHD and autism as ‘psychiatric’ disorders, but he looks at it from the perspective of biology.



## **Toxins make it very hard for a body to work**

Combine nutrient deficiencies with exposure to toxic substances and it becomes clearer why so many children in the United States are showing symptoms of ADD, ADHD and autism.

Our bodies have ways of getting rid of harmful substances (such as petro-chemicals, lead, mercury, and other heavy metals). If we can effectively excrete it or if we don't have too much exposure, we will probably not experience serious problems. But a person whose body is not very good at getting rid of a harmful substance, or who is exposed to large amounts of it, can be in trouble.

Researchers tested locks of baby hair to learn how much mercury

children had in their systems when they were infants. They found that children who were autistic had very little mercury in their baby hair. This means that these children were not getting rid of the mercury. The fact that it showed up in the hair of the other children indicates that they were good at getting rid of it.

## **Antibiotics**

Dr. William Shaw of Great Plains Laboratories explained that the antibiotics wipe out desirable bacteria along with the undesirable ones, and lead to the development of drug-resistant bacteria. This leaves the digestive system open to the proliferation of yeasts and molds, which give off by-products, absorbed into the body, that can result in abnormal behaviors.

Dr. Shaw has seen that autistic children typically have had frequent ear infections. The earlier these infections begin, and the greater the number of infections, the more likely the children will be to have a severe form of autism.

In a survey of nearly 700 children with developmental delays, the non-profit Developmental Delay Resources found that there was a clear correlation between frequent antibiotic use and developmental delays.

For more than 31 years the Feingold Association has received reports from parents that their child's ear infections have either stopped or greatly diminished once they were established on the Program. Perhaps the drastic increase in synthetic additives (including those used in pediatric antibiotics) is encouraging the cycle of ear infections leading to tragedy for many of these children.

**End of Part One**

## April Fools Ads

Kellogg's wins the Most Outrageous Award for their new Strawberry Frosted Mini Wheats.

A banner at the top of the box is designed to "help you select cereals to meet your goals for a healthier lifestyle and greater well-being." This cereal is touted as an excellent source of fiber, whole grain and sodium free.

Their TV ad shows children seated in a classroom as the backdrop while some animated mini wheats talk with each other. Why show children in a class?

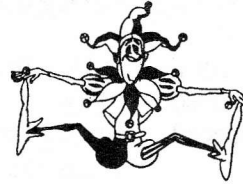
The voice in the background claims the cereal will "keep them focused!"

No, Kellogg has not added Ritalin to their product (at least not yet) but the rationale is apparently that if a child skipped breakfast and is hungry, he will have trouble paying attention in class.

Okay, so has Kellogg used all-natural ingredients or added omega-3 essential fatty acids to support their claims?

Here's what is supposed to keep kids focused:

**Ingredients:** Whole Grain wheat, sugar, strawberry flavored crunchlets (sugar, corn cereal, corn syrup, modified corn starch, partially hydrogenated cottonseed and/or soybean oil, citric acid, glycerin, natural and artificial flavor, Red #40, Blue #2), natural and artificial strawberry and creme flavor, sorbitol, gelatin, reduced iron, niacinamide, zinc oxide, Red #40, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), folic acid, Blue #1, and vitamin B12. To maintain quality, BHT has been added to the packaging.



## April Fools Science

A recent article published in the *Journal of the American Medical Association* made headlines with the surprising claim that taking some antioxidants could be fatal.

This had the familiar ring of another assault against non-drug approaches to health care.

The report was in the form of a "meta-analysis" — where many different studies are collected and analyzed, and a general conclusion is drawn from them. Of course, depending upon which studies you choose to analyze, you can get drastically different conclusions. This report included research that covered vastly different study designs.

- Some of them lasted years while one of the studies included lasted just one day.
- The dosages of the supplements varied widely.
- Different studies used different combinations of supplements, including ones not addressed in the report.
- Some of the trials gave supplements to healthy people to see if it would help prevent disease.
- But other studies involved giving vitamins to patients suffering from terminal diseases.

If you have a group of people who are dying from cancer or heart disease, then you give them some vitamins, and they die, this does not mean that the vitamin caused their death. If a clinical trial showed that the supplements were causing harm the research would be stopped. As one critic put it, "If vitamins, minerals and antioxidants are as dangerous as the study authors might have you believe, where are all the bodies?"

Dr. Alexander Schauss writes, "It is unfortunate that statisticians working in the public health arena are misusing meta-analysis to draw such misguided conclusions. Do they really want the public to disregard the advice of the USDA, physicians, dieticians, and nutritionists, who have been urging the public to increase their intake of antioxidant-rich fruits, vegetables and nuts, to prevent chronic and degenerative diseases?"

Dr. Andrew Shao, representing the supplement industry, called it "a pre-determined conclusion in search of a method to support it."

The study, conducted in Copenhagen Denmark, is titled "Mortality in randomized trials of antioxidant supplements for primary and secondary prevention: systematic review and meta-analysis." Bjelakovic et al. *JAMA*. 2007 Feb 28;297(8):842-57. The authors conclusion: "Treatment with beta carotene, vitamin A, and vitamin E may increase mortality. The potential roles of vitamin C and selenium mortality need further study."

## Sharing Feingold help without being pushy

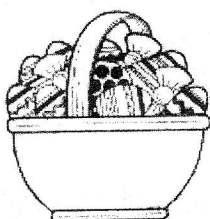
**Q:** I just had breakfast with a mom whose family moved away to a suburb to get good special ed services for her kids.

She and her husband adopted two Guatemalan kids as toddlers. The oldest, they discovered, has terrible gluten, chicken and corn allergies. He had incontinence till age 9 and is violent.

The girl is very spacey and somewhat socially unresponsive. I tried to give her some information about Feingold and essential fatty acid oils. They've tried many things, including food tests, dietitians, OT therapy, but the boy has been hospitalized two times for violent and suicidal behavior. He's on several meds now.

He broke my friend's finger (she's a violinist and can't play now). I noticed while I was at their house that they had a dental rinse full of red dye in their bathroom.

I feel bad, but I don't think I can be pushy. The only thing I can think of is to give her a couple of anecdotal stories of really extreme cases and hope she tries 100%. The boy is now 13 and might be hard to get to cooperate with FG. I want to be supportive and not seem judgmental. Ideas?



**A:** What a sad story! Yes, the anecdotal stories can be very helpful. Be sure to share the story in our March 2007 *Pure Facts*, about a little boy who had many of these symptoms. Also, check out the web site: [www.findingjoshua.org](http://www.findingjoshua.org) for an amazing story of continuing success.

Consider putting together a basket of Feingold-acceptable candies for the family for Easter, to show you don't have to give up treats to be on the Feingold diet. Dollar stores have baskets and shredded cellophane, and you know about all the places that sell delicious, natural candies. (Whole Foods, Trader Joe's, Squirrel's Nest and nearly every upscale supermarket now provide great choices for natural treats.)

## A breath of fresh air

For many homes, spring cleaning means an even greater than usual exposure to toxic chemicals. Here's a way to enjoy a clean house without sacrificing your health.

**W**ant to learn more about all those ingredients in your cleaning supplies? Are any of them harmful and what health effects do they have? And would you like to know how to have a clean house without putting your family at risk?

*Naturally Clean* guides you through the process of understanding what's actually in those assorted containers under your kitchen sink.

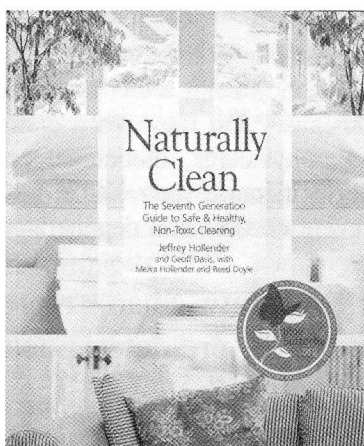
Who better to teach us the inside story than the people from Seventh Generation, a company that provides natural alternatives to the many "miracle" products lining supermarket shelves?

They write: "The modern chemical revolution is a by-product of the petroleum revolution. Experimenting with crude oil, researchers discovered that the chains of hydrocarbon molecules it contained could easily be broken into segments that could then be combined with other materials to create a dizzying

array of new substances and materials. When this secret was revealed, the petrochemical age was born, and soon hundreds and then thousands of seemingly miraculous new products were making their way

into American homes, each of them hiding any number of never-before-seen substances inside.

"At first, no one questioned all this chemistry. In the post-World War II boom of the 1940s and '50s, chemicals and the products made from them were seen as the shining symbol of a modern new prosperity being built by American ingenuity. All across the country, natural was out and synthetic was in. In the kitchen, new time-saving frozen meals and instant just-add-water foods were the height of haute cuisine. In the garden, laborious weeding and bug-infested crops were replaced by a few quick sprays of the latest miracle weed killer or pesticide...people marveled at the amazing wonders science seemed to be inventing every day, and the slogan of the DuPont Company, 'Better Living Through Chemistry,' was adopted as the unofficial mantra of a grateful nation."



### Naturally Clean

The Seventh Generation Guide to Safe & Healthy Non-Toxic Cleaning  
by Jeffrey Hollender and Geoff Davis

New Society Publishers, Canada  
[www.newsociety.com/](http://www.newsociety.com/) US \$16.95



## PIC Report

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

Products with this symbol ^ are available in Canada.

### Stage One

365 (Whole Foods Market) Cereals: Frosted Shredded Wheat, Shredded Wheat  
AMY & BRIAN All Natural: Coconut Juice Pulp Free, Coconut Juice with Lime, Coconut Juice with Pulp  
APOTHESWEET^ Sugar Substitute (CS)  
BOAR'S HEAD All Natural Cap-Off Top Round, All Natural Smoked Turkey Breast, All Natural Turkey Breast, All Natural Uncured Ham, All Natural Uncured Smoked Ham, Beef Salami (N), Canadian Style Bacon (N), Pepper Seasoned Eye Round, Strassburger Brand Liverwurst (CS,N), Lebanon Bologna (CS,N)  
CEDAR LAKE\* 3 Grain Pecan Patty  
CELL FOOD Natural Weight Loss Formula, Silica Formula  
[www.luminahealth.com](http://www.luminahealth.com)  
DUKE'S Peanut Oil [www.cfsauer.com](http://www.cfsauer.com)  
EUPHORIA CHOCOLATE Milk Chocolate Truffles; Milk Chocolate Sports Ball: Baseball, Basketball, Football, Golf Ball, Soccer Ball [www.euphoriachocolate.com](http://www.euphoriachocolate.com)  
GAK'S SNACKS\*^ Natural Cocoa Powder, Organic Barley Flour, Organic Chocolate Chip Cookies (CS), Organic Chocolate Chips (CS), Organic Cinnamon, Organic Oat Flour, Organic Potato Starch, Organic Tapioca Starch, Soy Lecithin-Powdered Non GMO, Xanthan Gum [www.gakssnacks.com](http://www.gakssnacks.com)  
GOSSNER & HERSHEY Milk: Low Fat Regular, Skim, Whole  
GRANDY OATS\*^ Mainly Maple Granola  
[www.grandyoats.com](http://www.grandyoats.com)  
HAPPY BABY\* frozen Baby Food: Baby Dhal & Mama Grain, Great Greens & Easy-Being-Green Beans, Sweeter Potatoes & Purer Pear, Yes Peas & Thank You Carrots  
NAMASTE FOODS\*^ Bread Mix [www.namastefoods.com](http://www.namastefoods.com)  
NU GO ORGANIC^ Double Dark Chocolate Nutrition Bar (CS) [www.nugonutrition.com](http://www.nugonutrition.com)  
OREGON FRUIT PRODUCTS^ Kadota Figs in Heavy Syrup  
ORGRAN\*^ Gluten Free Gluten Substitute, Gluten Free Outback Chocolate Animal Cookies, Instant Chocolate Mousse Mix (CS), No Egg Natural Egg Replacer  
[www.orgran.com](http://www.orgran.com)  
PURE FUN\*^ Organic Candy Jaw Boulders [www.purefun.ca](http://www.purefun.ca)  
SUGARDALE Bacon Regular Sliced Lower Sodium (N)  
VEGAN SWEETS^ All Natural Marshmallows (CS), Chocolate Covered Marshmallows (CS), Chocolate Spread (CS) [www.veganstore.com](http://www.veganstore.com)  
WILDERNESS FAMILY NATURALS\*^ Expeller Pressed Coconut Oil, Raw Cacao Nibs from Ecuador, Raw Cacao Nibs from The Philippines  
[www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)  
WOUNDED WARRIOR All Natural Skin Ointment  
[www.woundedwarriorointment.com](http://www.woundedwarriorointment.com)

## Product Alert!

MARY KAY COSMETICS Satin Hands & Body Hydrating Lotion now contains artificial coloring and needs to be removed from your *Foodlist & Shopping Guide*.

### Stage Two

365 (Whole Foods Market) Soy Crispette: Barbecue (paprika, tomatoes), Cheddar Cheese (CS, paprika)  
A&J'S Lasagna Chips: Red Velvet Tomato Basil Flavor  
[www.aandjsnackfoods.com](http://www.aandjsnackfoods.com)  
ALPINE ICE\* Finally! Dessert Freedom: Bolder Berry (CS, blueberries, blackberries, raspberries, elderberries, tea, oranges, cranberries), Green Tea Verbena (CS, elderberries, raspberries, oranges), Hibiscus Rose (CS, tea, elderberries, raspberries, oranges), Lavender Sunrise (CS, tea, elderberries, raspberries, oranges), Mango Passion (CS, tea, elderberries, raspberries, oranges), Plum Lucky (CS, tea, elderberries, raspberries, oranges, cranberries)  
AMY'S\* Indian Meals: Mattar Tofu (chili peppers, cloves, tomatoes), Palak Paneer (chili peppers, cloves, red peppers, tomatoes), Paneer Tikka (tomatoes, paprika, chili peppers, cloves), Spinach Tofu Wraps (chili peppers), Vegetable Korma (almonds, cloves, chili peppers, green peppers, raisins, tomatoes)  
AMY'S Organic Pasta Sauce: Roasted Garlic (tomatoes); Organic Salsa: Fire Roasted Vegetable (bell & chili peppers, tomatoes), Spicy Chipotle (chili peppers, tomatoes, wine vinegar)  
AMY'S Pizza: 3 Cheese with Cornmeal Crust (tomatoes), Cheese & Pesto with Whole Wheat Crust (tomatoes), Mediterranean (tomatoes, red wine vinegar), Rice Crust Spinach (tomatoes)  
AMY'S Pocket Sandwich: Spinach Pizza (tomatoes); Snacks: Spinach Pizza (tomatoes); Whole Meal: Country Dinner (apples)  
CELL FOOD\*^ DNA-RNA Cell Regeneration Formula (oranges), Multi Vitamin Formula (oranges)  
NU GO^ Nutrition To Go snack bars: Coffee Break (CS), Orange Smoothie (CS)  
NU GO ORGANIC^ Nutrition Bar: Dark Chocolate Raspberry (CS)  
PERFECT PRESCRIPTION Citrus Tooth Soap (oranges), Citrus Liquid Tooth Soap (oranges)  
SAHALE SNACKS\*^ Dauphine (apples, blueberries), Ksar (bell & red peppers), Sing Buri (chili peppers), Socorro (chili peppers), Soledad (almonds, wine vinegar, red peppers), Valdosta (cranberries, oranges) [www.sahalesnacks.com](http://www.sahalesnacks.com)  
STONERIDGE ORCHARDS^ Berry Mix (CS, cherries, cranberries, blueberries, strawberries, raspberries), Bing Cherries (CS), Blueberries (CS), Green Apples (CS), Montmorency Cherries, Peaches, Raspberries, Strawberries (CS) (866) 759-5274

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.

## The Birds...

It isn't necessary to add red dye to the sugar/water mixture you put out for hummingbirds. The red feeder will be sufficient to draw them to the liquid. The Audubon Society suggests using 1 part white granulated sugar to 4 parts water. Do not use honey as a sweetener for the birds because it can lead to the growth of a fungus that is fatal for the birds.

## Caution on hand sanitizers for young children

While there can be benefits to using hand sanitizers, there are risks as well, according to parents reporting problems when their child ingested alcohol-containing products. (Purell and Germ-X contain 62% ethyl alcohol.)

The Central New York Poison Control Center cautions that a toddler who consumes as little as an ounce or two of the sanitizer can experience intoxication and even alcohol poisoning.

Unlike other household products that are known toxins, hand sanitizers are typically kept out near sinks, where curious young children have easy access to them.

### Moving?

Please send us your new address; the post office will not forward your newsletter.

### Member's message board

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.

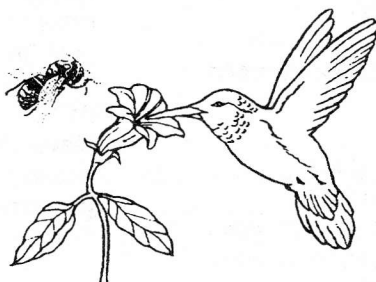
This will take you to a wonderful resource where you can find help, support and suggestions from other people using the program.

## ...and the Bees

Pesticides might be the cause of the destruction of many thousands of honeybee colonies in areas through the United States. Some beekeepers report losing more than half of their hives.

Close examination of the dead bees shows that they have high numbers of fungi and bacteria and weakened immune systems.

In addition to providing honey, bees play an important role in pollination of plants of all types.



### Send us your kids!

Each year FAUS publishes a School Year Calendar and mails it to members in the U.S. at the end of summer.

The calendar contains useful tips for living happily on the Feingold Program, along with information on acceptable products. It also features photos of our children and teens. We are looking for informal photos, especially seasonal activities. (Do not send portraits or school photos, please.)

You are welcome to include information about how your child is doing on the program for inclusion in the calendar. Mail to: FAUS Calendar, PO Box 6058, Williamsburg VA 23188 or e-mail them to [ckharrell@mchsi.com](mailto:ckharrell@mchsi.com) with "FAUS Calendar" in the subject line. Please write your child's name and your address on the back of the photos. They will be returned once the calendar has been printed.

## Pure Facts

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

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

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

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

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