

Britain blows the whistle on "illegal" additives in children's medicines.

Additives that are banned from use in foods are routinely added to medicines, especially those designed for infants and children.

In Britain various food additives, including synthetic dyes, artificial flavorings, and some preservatives, are not allowed to be used in foods that are typically consumed by children under the age of three. The U.S. has no such restriction. The British press has recently disclosed the fact that these additives are found in children's medicines.

One pain reliever contains eight dyes. The ingredients on these over-the-counter medicines are listed inside the package, so the consumer cannot see what additives are used until they purchase and open the package. The only additives British law permits to be added to pediatric medicines are those which are "risk-free and strictly necessary."

Today's Babies

There are many problems that threaten our littlest citizens, but there are also solutions. One of them, vitamin fortification, promises to help people of all ages.

If current statistics continue, one baby in 150 now born in the United States will later be diagnosed with one of the autism spectrum disorders. Also looming on the horizon are asthma, ear infections, diabetes, obesity, depression, and developmental delays. Add one more chilling fact. An old disease, rickets, is making a reappearance.

Rickets, a condition where a baby's bones are malformed and remain soft, was thought to have been eradicated nearly 100 years ago, but it is emerging as a growing health crisis in the United States and elsewhere.

Mothers who breastfeed and are deficient in vitamins will not be able to supply what the infant needs. "As breastfeeding rates have increased, so have the incidences of rickets." *J Obstet Gynecol Neonatal Nurs* May-Jun 2005



"Rickets in infants attributable to inadequate vitamin D intake and decreased exposure to sunlight continues to be reported in the United States. It is recommended that all infants, including those who are exclusively breastfed, have a minimum intake of 200 IU of vitamin D per day beginning during the first 2 months of life." *Pediatrics*. April 2003

"Vitamin D deficiency has re-emerged as a significant paediatric health issue, with complications including hypocalcaemic seizures, rickets, limb pain and fracture. A major risk factor for infants is maternal vitamin D deficiency." *Medical Journal of Australia*. Sept 4 2006

Prenatal vitamins do not appear to be adequate to provide the amount of vitamin D3 required by pregnant women and their newborn infants, according to research from the University of Pittsburgh that was published in the February 2007 issue of the *Journal of Nutrition*. Nearly half of the white mothers and more than 80 percent of the African American mothers had vitamin D levels that were too low, even though most of them took prenatal

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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 babies

If your baby gets sick

Think about options ahead of time so you will be ready if your baby requires medical help.

The first and best step is to try to find a doctor who will take the time to listen to you and with whom you are comfortable. Most parents using the Feingold Program want a doctor who will consider natural remedies, using medicine only when other options are not suitable.

Parents also value the doctor who is open to new ideas. The November 2006 issue of *Pure Facts* described mainstream medical journals that are now advising physicians to switch from antibiotics to more natural treatments for acute otitis media (ear infections that are not extremely serious). These journals suggest naturopathic, homeopathic and herbal treatments in preference to drugs. They also advise doctors to take a "wait and see" approach, not immediately reaching for the prescription pad. If a prescription is needed, your doctor should try to help you find a version of the drug that is free of unnecessary synthetic additives.

One pediatrician explained that he believes some illnesses can be treated in various ways. He prefers to have the mother select the approach most comfortable for her, and his job is to make sure that her choice entails no risk for the child.



Your doctor should be receptive to learning about nutritional approaches to the treatment of diseases and disorders. Anyone with a computer can find current research on medical issues. As you can see in the article on vitamin D3 there are hundreds of studies that suggest nutrition can be successfully used to treat even severe diseases and disorders.

Make friends with your pharmacist

Try to find a pharmacy where you can speak with a genuine pharmacist, not the teen-age clerk behind the counter. If you can locate a compounding pharmacist – one who actually creates drugs from the raw ingredients – this can be another helpful source for finding dye-free, naturally flavored medicines.

Consider getting an aloe plant for your kitchen; the gel inside will take away the sting of minor burns.

Health Food Stores

A well-stocked health food store will have a wealth of non-drug products that can be valuable to have on hand for those times when your baby or child needs help. *Mothering Magazine* has articles and advertisements for products of all types that are suitable for little ones.

Most of all, keep your kids healthy by providing good food.

Baby formula and fluoride

If you are adding water to reconstitute your baby's formula, steer clear of fluoride.

The American Dental Association (ADA), which has long advocated the use of fluoride to prevent cavities, has warned parents to avoid using fluoridated water when making up their baby's formula. Excess fluoride has been shown to damage teeth, weaken bones, reduce thyroid activity and may be linked to bone cancer in boys, according to the Environmental Working Group.

The non-profit organization has launched a petition calling on Wal-Mart to discontinue the sale of Nursery Water, a bottled fluoride-enhanced water for babies. The product recommends using the water to reconstitute formula and to add it to a baby's other foods. After the ADA announcement the Food and Drug Administration ruled that bottled waters with added fluoride may not claim to reduce the risk of cavities in babies.

The fluoride that is added to drinking water is a by-product of the phosphate fertilizer industry. Some Feingold members have reported that they have experienced adverse reactions after they ingested fluoride.

Fluoride might not be the only toxin of concern. The fluoride itself can contain trace amounts of arsenic and other contaminants. The National Coalition Opposed to Fluoridation reports that the U.S. Centers for Disease Control and Prevention admits that many contaminants are allowed to remain in fluoride before it is added to the public drinking water.



Vitamin D3, from page 1

vitamins. 92 percent of the African American babies and 66 percent of the white babies had inadequate levels according to Dr. Lisa M. Bodnar, one of the researchers.

"Vitamin D deficiency, including severe deficiency, was common among breastfed infants in Iowa who did not receive preformed vitamin D. Deficiency occurred mostly during winter but was not completely absent during summer. It affected infants with light as well as dark skin pigmentation. Consumption of preformed vitamin D from vitamin supplements or formula is effective in preventing vitamin D deficiency. Vitamin D supplementation should be provided to all breastfed infants." *Pediatrics August, 2006*

"It is now recognized that everyone is a risk for vitamin D deficiency."

Dr. Michael Holick, J. Nutrition 2005

Sunshine and vitamin D

The body creates vitamin D when we are exposed to sunlight. A person with very fair skin can meet the daily need for the vitamin in as little as 5 or 10 minutes of exposure during the hours between 10am and 3pm in the spring, summer and fall. In the winter it is hard to get adequate sun exposure unless you live in a southern location. The darker one's skin, the more sun exposure is needed to obtain the desired amount. Once you have had the necessary amount of sun exposure a sun screen should be used to protect the skin from damage.

In order to benefit from sunshine, the skin has to be directly exposed, so in sunny areas where most of the body is covered by clothing, or in countries where women wear veils, the benefits will not be seen.

Moderate exposure to sunlight and an increase in the amount of vitamin D3 supplementation has been suggested by many of the scientists who are investigating this issue.

Much of the vitamin D3 we obtain comes from exposure to sunlight. There are only a few foods that will supply it, the richest source being cod liver oil. Additional sources are fatty fish such as salmon, mackerel and sardines, tuna in oil, and eel. Eggs contain a modest amount as do butter, beef, and fortified milk.

A modern epidemic

The scientific literature in the past few years has exploded with articles on the lack of vitamin D3, the preferred form, and the huge assortment of serious health problems that result in people of all ages. Some research is linking it with ADHD.

"Vitamin D deficiency is now recognized as an epidemic in the United States" This deficiency has been identified as a risk factor in: rickets, osteoporosis and fractures, the bone disease osteomalacia, muscle weakness which increases the risk of falling and fractures, type I diabetes, multiple sclerosis, rheumatoid arthritis, hypertension, cardiovascular heart disease and many common deadly cancers. *J Nutrition November, 2005*

"Vitamin D deficiency is an unrecognized epidemic in both children and adults throughout the world, even in some of the sunniest climates..."

Michael F. Holick, Boston University School of Medicine

For many years the amount of vitamin D that was believed to be needed has been woefully inadequate, based upon how much is needed to prevent diseases such as rickets. Researchers around the world are calling for an increase in this daily requirement to about 3000 to 5000 IU. Dr. Michael Holick of Boston University School of Medicine notes "...essentially every tissue and cell in the body has a vitamin D receptor and therefore has a requirement for vitamin D." He explains that this vitamin is critically important for the maintenance of calcium metabolism and good skeletal health, not only in infants and young children, but throughout life. It improves muscle strength and bone mineral density in adults.

Dr. Holick writes, "The recent revelations that vitamin D regulates the immune system, controls cancer cell growth and regulates the blood pressure hormone renin provides an explanation for why vitamin D sufficiency has been observed to be so beneficial in the prevention of many chronic illnesses that plague both children and adults."

Depression

The absence of sunlight has been linked with seasonal depression, and some individuals have found that "light boxes" providing full spectrum lighting similar to sunlight, have helped to improve their mood. Researchers in numerous countries have reported that vitamin D3 also appears to alleviate the symptoms of depression.

Light and ADHD

Light therapy during the fall and winter months may have a beneficial effect on adults with symptoms of ADD and ADHD according to Canadian researchers at the Centre for Addiction and Mental Health

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(CAMH) which is affiliated with the University of Toronto. "The study demonstrated that participants exposed to thirty minutes of light therapy, using a full-spectrum fluorescent light box that filtered out ultraviolet wavelengths, had a significant decrease in core ADHD symptoms such as inattention, difficulty sustaining effort, impulsive responding to stimuli, and hypoarousal/fatigue."

Asthma

Studies at Massachusetts General Hospital and Channing Laboratory in Boston have found that children born to women who have high levels of vitamin D during their pregnancy had a lower risk of developing asthma when they reached age 5.

Wounds

The skin is a physical barrier that protects us from harmful microbes. Dr. Richard Gallo and colleagues at the University of California, San Diego have published a study describing how vitamin D3 helps protect us against infection and assists the body in repairing wounds. Because they cannot absorb vitamin D3 as easily, the researchers believe this explains why African Americans and others with greater skin pigmentation may be deficient and more vulnerable to infection. The study was published in the March issue of the *Journal of Clinical Investigation*.

Psoriasis

Add psoriasis and heart disease to the list of problems that are being linked to vitamin D3 deficiency.

D3 has already been shown to help fight infectious diseases such as tuberculosis, according to Dr. Gallo.

Inflammatory bowel disease

"Vitamin D deficiency is highly prevalent among pediatric patients with inflammatory bowel disease." *Pediatrics* Nov 2006

Cancer

Higher doses of vitamin D3 could reduce the risk of colorectal cancer by as much as 50%, according to an analysis of studies on the topic. Researchers from numerous universities and institutes published their findings in a recent issue of the *American Journal of Preventive Medicine* (32, 3:210-16, 2007).

"Because of the apparent synergistic effect of vitamin D and calcium, cosupplementation of both nutrients in cancer prevention programs may be advised." *J. Nutrition* 2004, 134:3463S-34471S.

"The evidence suggests that efforts to improve vitamin D status, for example by vitamin D supplementation, could reduce cancer incidences and mortality at low cost, with few or no adverse effects."

Am J Public Health Feb 2006

"...low vitamin D levels may play a role in the genesis and progression of breast, lung, colorectal and prostate cancer, as well as malignant lymphoma and melanoma." *Anticancer Research* Jul-Aug 2006.

"The serum level associated with a 50 percent reduction in risk [of breast cancer] could be maintained by taking 2,000 international units of vitamin D3 daily plus, when the weather permits, spending 10 to 15 minutes a day in the sun." Cedric Garland, Dr.P.H. the University of California, San Diego

The number of cases of colorectal cancer can be reduced by half, according to Edward D. Gorham, Ph.D., co-author of a study on vitamin D3 which was published in the *American Journal of Preventive Medicine*. He suggests a combination of diet, supplements and 10 to 15 minutes per day in the sun.

All of the researchers writing about vitamin D3 stress the importance of avoiding sunburn.

Autoimmune diseases

Vitamin D3 is linked with the prevention of autoimmune diseases such as multiple sclerosis, diabetes, inflammatory bowel disease and arthritis, according to Colleen Hayes, Professor of Biochemistry and Medical Microbiology at the University of Wisconsin. She has found that multiple sclerosis, insulin-dependent diabetes mellitus and irritable bowel syndrome become worse in northern latitudes when there is less sunlight.

"Vitamin D deficiency is often misdiagnosed as fibromyalgia.... Studies in both human and animal models add strength to the hypothesis that the unrecognized epidemic of vitamin D deficiency worldwide is a contributing factor of many chronic debilitating diseases."

Dr. Holick, The American Journal of Clinical Nutrition 2004;79:362-71.

Periodontal disease

Thomas Dietrich and colleagues found that low levels of vitamin D3 are correlated with periodontal disease and the loosening of teeth, even in people who have adequate bone mass density.

The American Journal of Clinical Nutrition 2004; 80:108-13.

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Happy Baby

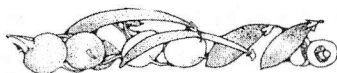
Baby food doesn't have to be bland or boring.

One year ago Shazi Visram and Jessica Rolph launched their company, Happy Baby. With the slogan "think outside the jar" they have created a line of organic fruits and vegetables with no added water, starches or fillers. The foods are frozen in one-ounce servings, and packaged in plastic trays similar to ice cube trays. This makes it easy to thaw only the amount needed, without the waste that comes from partially eaten jarred baby foods.

Freezing keeps in nutrients and color, so baby's peas are as green and attractive as yours. Happy Baby fruits and vegetables are different from typical baby food in the subtle flavors that are added, like the little bit of mint in their peas. The smooth foods are designed for babies up to 9 months, and the older babies can enjoy foods with a chunkier texture.

For every package of Happy Baby foods sold, the company donates enough money to provide a day's food for a child in the African nation of Malawi.

Look for them in health food stores and in the natural foods section of many supermarkets. See www.happybabyfood.com.



Florida's Natural

Here's another treat to add to our list of natural yummys.

Florida's Natural Fruit Stix come in three Stage Two flavors: Blueberry, Orange and Strawberry. This is the newest of their fruit-based treats that include Nuggets and Sour String.

I can't believe I just bought a box of Oreo's!

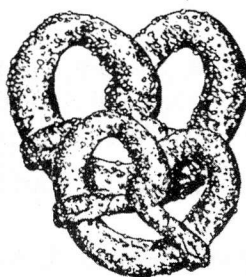
It's my first box in 31 years, and before my family had a chance to question my sanity, I pointed out that these are their new version made with organic flour and sugar. No fake vanilla, no high fructose corn syrup, no trans fats or hydrogenated oils, nothing offensive in the ingredient label; in fact, even the vanilla extract was organic!

I tried one cookie, but prefer the versions from Trader Joe's, Whole Foods and various other natural cookie manufacturers. Would I buy more? Probably not for another 31 years; Kraft doesn't like to fill out our product information request forms, and their cost is sky high (\$3.49 for just under 8 1/2 ounces vs. \$2.49 for a whopping 20 ounce box of Trader Joe's JoJo's.) But it was still fun – made me feel just a little bit wicked!

Noah's offers pretzels that are gluten-free

Soft pretzel lovers – If you live in Northern Virginia, you're in luck!

These treats are free of gluten, dairy, nuts, soy and eggs using Miss Roben's soft pretzel mix. They also sell the traditional soft pretzels. Noah's is located in the HiMart on the corner of Routes 1 and 123 in Woodbridge, and is open Friday through Sunday. (703) 491-1003.



McDonald's

Thanks to members for alerting us to the change in McDonald's foods. Their Fruit 'N Yogurt Parfait (with & without granola) is listed as acceptable in our 2007 *Fast Food Guide*. It now contains artificial color (which could be from a natural source) and artificial flavor -- definitely not acceptable.

We have also received a report that their plain McDonaldland cookies indicate TBHQ on the wrapper, but we have not been able to find the cookies or to get any answers from the company. We would like to hear from more members on this.

Please try to avoid restaurant foods until you are established on the Program, and be aware that the ingredients are always subject to change.



California Baby

Their SPF 30+ Sunscreen Lotion no longer contains tea so it is acceptable for use on Stage One.

Last Call for Calendar Photos

Members are invited to send informal photos of their children and teens for inclusion in our annual School Year Calendar. (Do not send portraits or school photos, please.)

You are welcome to include a description of the activity or some information about your child and how the Program has affected your family for inclusion in the calendar.

Mail them to FAUS, Box 6058, Williamsburg, VA 23188. Or e-mail pictures to ckharrell@mchsi.com with "FAUS Calendar" in the subject line.

The CHILD* Disorder

by Jan Hunt and Naomi Aldort

After close observation of their own children, and many others throughout the world, the authors have determined that a widely-distributed behavioral disorder has somehow been overlooked by psychiatrists. They have labeled this disorder "CHILD." Just like "ADHD" CHILD is not based on any medical evidence, but it should nonetheless be a useful diagnosis for mental health professionals, school administrators, and parents.

Here are the symptoms of this disorder:

Stage 1

- cries when left alone at night
- cries when put into car seat
- cries when being diapered or dressed
- cries when hurt
- naps too long (or) doesn't nap long enough
- poor eye-hand coordination
- fussy when teething
- clingy during times of family stress
- dribbling

Stage 2

- tantrums when frustrated
- incoherent babbling
- climbs onto dangerous areas
- enters roads without looking
- fussy when hungry
- insists on favorite cup at meals
- refuses all vegetables
- clingy following a parent's return from a trip
- clingy following the birth of a sibling
- frequent dropping or spilling
- continues unwanted behavior even when told to stop
- punishment doesn't work

Stage 3

- sudden unexpected movements
- irrational fears that don't respond to logic
- funny noises, sudden shrieks, inappropriate giggling
- talks to dolls and stuffed animals

- may have imaginary playmates
- fidgets when bored; unable to sit still
- runs & climbs; always on the go
- insists on wearing favorite clothing
- does not come promptly when called
- tells silly jokes
- interrupts when parent is on the telephone
- grumpy when tired
- angry when losing a game
- dawdles when hurried
- fights with siblings
- insists on own way of doing things
- punishment doesn't work

Stage 4

- prefers playing to doing chores
- doesn't listen to reason
- selectively forgetful
- talks excessively (or) doesn't talk enough
- sudden, energetic behavior
- self-centered behavior
- walks away when parent lectures
- sullen when mistrusted
- forgets to say "please" and "thank you" despite repeated reminders
- grumpy when ill
- resists structured teaching; prefers own way of learning
- punishment doesn't work

Etiology - The causes of this disorder are not yet clear, but the authors suspect that the primary cause is premature birth, i.e., birth prior to age 20. This is probably inevitable, as a 20-year gestation would be stressful for the human female.

Prevention - This disorder is not preventable; it appears to be universal among low-age populations. However, there are several approaches that can minimize behavioral difficulties: eye contact, gentle touches and hugs, respectful listening, validation of feelings, empathy, trust, avoidance of punishment, natural learning.

Prognosis - The prognosis is excellent, as this disorder subsides over time, provided the preventative measures are taken. Drugs are not recommended.

*CHILD is an acronym for Convenient Hyped Imaginary Low-age Disorder.

Excerpted from www.naturalchild.org - Reprinted with permission.

PIC Report

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

Products with this symbol ^ are available in Canada.

Stage One

BEER NUTS BRAND SNACKS The Unique Sweet & Salty Taste: Cashews (CS), Peanuts (CS)
www.beernuts.com

BOAR'S HEAD Lebanon Bologna (CS,N)

BORA BORA^ Peanut Peanut Organic Wellness Bar
www.wellements.com

EDEN^^ Mekabu, Nori Krinkles, Butter Beans canned Organic Beans

GI PROHEALTH ProGurt Dairy Free Yogurt Starter, Prozymes, Saccharomyces Boulardii, SCDophilus
www.giprohealth.com

GOOD KARMA FOODS^ Creamy Non Dairy Frozen Dessert: Banana Fudge, Chocolate Peanut Butter Fudge, Coconut Mango, Mint Chocolate Swirl, Very Vanilla; Non Dairy Frozen Chocolate Covered Bar: Chocolate, Very Vanilla; Non Dairy Vanilla Fudge Swirl Frozen Sundae Cup

GOSSNER & HERSHEY Milks: Low Fat Regular, Skim, Whole

HINT^^ Essence Water: Lime, Mango Grapefruit, Pear, Peppermint www.drinkhint.com

INTEGRATIVE THERAPEUTICS LEARNERS EDGE^ Pure Kids supplement

MILLENNIUM NUTRITIONALS^ ASD Hypo-Allergenic Nutrition - Capsules and Power www.ASDplex.com

NU GO ORGANIC^ Double Dark Chocolate Nutrition Bar
www.nugonutrition.com

POP SODA Citrus Hibiscus, Lemon Lavender with Ginger, Mint Lime

PURE FUN^^ Organic Candy: Jaw Boulders
www.purefun.ca

READISORB^ Liposomal Glutathione (available through health care professionals)

RED HEN breads (available in VT & NH) 100% Whole Wheat, Alice's Rye, Baguette, Ciabatta, Crossett Hill Batard, Crossett Hill Round, Mad River Grain, Mountain Miche, Olive Bread, Pain Au Levain, Potato Bread, Pumpemickel, Seeded Baguette, Sprouternickel, Waitsfield Common

RODELLE Gourmet Vanilla Extract, Pure Vanilla Extract

STARFISH Crispy Battered Cod (CS), Crispy Battered Haddock (CS), Crispy Battered Halibut (CS)

TASTEE APPLE Sweet Potato Chips

THUMANN'S The Deli Best: All Natural Black Forest Brand Ham with Natural Juices, All Natural Oven Roasted Black Angus Top Round Choice Capless, All Natural Oven Roasted Gourmet Chicken Breast, All Natural Oven Roasted Turkey Breast

Stage Two

365 ORGANIC (Whole Foods Market) Black Tea Chai (cloves), Green Tea Chai (cloves), Red Tea Chai

AMY'S Beans: Organic Black Bean Vegetable (bell & chili peppers, tomatoes), Refried Black Beans Light in Sodium (bell, red & chili peppers, tomatoes); Ravioli (tomatoes); Veggie Loaf Light in Sodium (SF, tomatoes, cider vinegar)

BARLEAN'S ^ Greens: Capsules (cherries, tea), Powder Formula (cherries, tea)

BEAR FRUIT BAR^^ Organic: Apple, Apple Blueberry, Apple Cherry, Apple Raspberry www.bearfruitbar.com

BEER NUTS BRAND SNACKS The Unique Sweet & Salty Taste Almonds (CS)

BOAR'S HEAD Dutch Loaf (CS,N,SB, cloves, paprika, red pepper), Ham Bologna (CS, N, paprika), Hot Smoked Sausage (CS,N, chili peppers), Olive Loaf (CS,N, chili peppers), Beef Giant Frankfurters - Skinless (CS,N, paprika)

BORA BORA^ Organic Wellness Bar: Almond Sunflower, Cinnamon Oatmeal (apples, raisins), Cranberry Crunch (apples, raisins), Sesame Raisin (almonds)

DUKE'S Mayonnaise (cider vinegar, paprika)

ENJOY LIFE FOODS* Soft Baked Cookies: Happy Apple (grapes, cloves), Lively Lemon (apples, grapes)
www.enjoylifefoods.com

FLORIDA'S NATURAL ^ Fruit Juice Sticks: Blueberry Flavor (CS), Orange Flavor (CS), Strawberry Flavor (CS, blueberries)

GAK'S SNACKS^^ Organic Apple Coffee Cake, Organic Brownie Chip Cookies (CS, apples), Organic Cranberry Coffee Cake (apples, oranges) www.gakssnacks.com

HAPPY BABY* Smarter Squash & Wiser Apples frozen Baby Food

LIZ LOVELY Mochadamia Mountains cookies (CS, coffee)

NAMASTE FOODS^^ Pasta Meal: Pasta Pisavera (tomatoes, paprika), Say Cheez (paprika), Taco Shells (tomatoes, red peppers, paprika)
www.namastefoods.com

NERVOUS NELLIE'S JAMS & JELLIES (available in Maine) Blue Razz Conserve (blueberries, raspberries)
www.nervousnellites.com

NU GO ORGANIC^ Dark Chocolate Raspberry Nutrition Bar (CS) www.nugonutrition.com

POP SODA Coffee Fiend

PURE FUN^^ Organic Candy: Chocolate Meltdowns (raspberries, oranges, tangerines, oil of wintergreen), Citrus Slices (oranges), Fruit Pinwheels (oranges, tangerines), Fruit Rocks (oranges, apples, berries), Mint Pinwheels Swirls (oil of wintergreen), Pure Pops (berries, apples, tangerines), Root Beer Float with Vanilla (SF, oil of wintergreen) www.purefun.ca

SAUER'S Mustard (cider vinegar, cloves, paprika)
www.cfsauer.com

SUN FLOUR BAKING COMPANY Gluten Free Cookies: Chocolate Chip (grapes), German Chocolate (SF, grapes) www.sunflourbaking.com

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

Vitamin D3, from page 4

"Numerous articles indicate that vitamin D and calcium deficiencies result in bone loss and increased inflammation, which are well recognized symptoms of periodontal disease." *J Periodontol Sept 2005*

D3 deficiency is also linked to gum inflammation.

Healthier bones

"More than half of North American women receiving therapy to treat or prevent osteoporosis have vitamin D inadequacy, underscoring the need for improved physician and public education regarding optimization of vitamin D status in this population." *Michael F. Holick, et al, J Clin Endocrinol Metab 90:3215-3224, 2005.*

"Intake of cola, but not of other carbonated soft drinks, is associated with low bone mineral density in women."

Am J Clin Nutr Oct 2006



Vitamin D3 and the elderly

A study published in the February 2007 issue of the *Journal of the American Geriatrics Society* reports that "A higher dose of vitamin D reduces the risk of falls in nursing home residents." Residents given 800 IU of vitamin D had fewer than half the falls experienced by patients on smaller doses. The researchers believe that the vitamin strengthened their musculoskeletal system.

Fractures in adults over the age of 65 were prevented by giving them a large amount of vitamin D3 several times a month. *British Medical Journal 2003;326:469.*

Nutrition and disease

"Most nutrient intake recommendations today are based on prevention of the index disease only. However, inadequate intakes of many nutrients are now recognized as contributing to several of the major chronic diseases that affect the populations of the industrialized nations....Recommendations based solely on preventing the index diseases are no longer biologically defensible."

R. P. Haney, Am J Clin Nutr. Nov. 2003



FAUS Annual Meeting

The Feingold Association will be holding its annual membership business meeting on Friday, June 22, 2007 at 5:00 pm. in Linthicum, Maryland.

On Thursday, June 21, the public is invited to attend our outreach workshop from 7:00 to 8:30 pm. It will introduce people to the Feingold Program and show how diet is linked to behavior, learning and health.

We will be at the Marriott SpringHill Suites Hotel, 899 Elkridge Landing Road, Linthicum, MD, located near the Baltimore Washington International Airport.

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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