

## The down side of everyday foods

Even a healthy, natural diet can be a problem for some people. If you have eliminated the worst of the additives and tested for salicylates, and still have ADHD symptoms, the problem might be found in that sandwich you had for lunch.

**G**luten sensitivity, once thought to be very rare, is now being linked to more and more symptoms. Gluten is a protein found in some grains, with wheat containing the greatest amount.

Gluten intolerance is typically referred to as celiac disease or sprue. There are differing opinions concerning the cause or causes of this problem, but symptoms of celiac disease were recorded in ancient civilizations.

For the sensitive individual, gluten damages the lining of the small intestine, making it difficult to absorb nutrients. This can lead to multiple health and behavior problems including what is now being called ADHD.

Last November researchers in Italy published a paper titled "A preliminary investigation of ADHD symptoms in persons with celiac disease." They concluded that gluten intolerance should be recognized as a possible cause of those symptoms.

*J Atten Disord, Nov 2006*

This mirrors the conclusions of Israeli researchers Zalik et al, who found that patients with celiac disease were more likely than others to experience developmental delays, learning disorders, ADHD and headaches.

*Pediatrics, Jun 2004*



Depression and disruptive behaviors of some adolescents may be linked to gluten intolerance. Researchers in Helsinki, Finland have published papers linking celiac disease with the reduction of serotonin available in the brain.

*Psychosomatics, Aug 2004*

*BMC Psychiatry, Mar 2005*

Adult depression has been linked with undiagnosed celiac disease. Researchers at the University of Cagliari in Italy concluded: "Patients affected by celiac disease tend to show a high prevalence of panic disorder and major depressive disorder and association with subclinical thyroid disease appears to represent a significant risk factor for these psychiatric disorders."

*J Psychosom Res, Sept 2002*

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## Autism

Autism has gone from a rare disorder to an epidemic.

**I**n February the US Centers for Disease Control and Prevention issued a report stating that one in 150 children in the United States are believed to have autism and related disorders. Our April issue discussed some of the options being used to help autistic children and their families. This is a continuation.

The report showing this drastic increase is accompanied by a call for huge sums to be spent to conduct research and provide services for these

children. One-on-one behavioral interventions have been found to be effective for many children, but the staggering cost of such therapy puts it out of reach for most families. Before billions of dollars are devoted to such therapies it would be wise to take a look at techniques that are currently being used by pioneers in this field, techniques shown to have impressive results.

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## Finding the cause of so many problems

For 55 years Carol suffered from learning disabilities, attention deficits, depression, weight gain, malnutrition, bone pain, anxiety, and obsessive behaviors.

The Atlantic Ocean storm had been fierce with heavy winds and menacing forty foot waves. The old iron ship was weighed down with its cargo of coal, and the waves pounded and crashed over the creaking vessel.

But the sky was clear now, and the ocean was calm. I felt exuberant, filled with such joy I could not explain. I was a quiet child and I could read every emotion of the adults around me. I knew they were nervous as they spoke quietly among themselves. I knew that we were in danger, but I just did not care. I felt such peace.

My body had been telling me something but I did not get the message.

The ship was old and was on its way to Norway in that spring of 1947. There were mechanical problems and the engines were dead. The crew was angry and threatened mutiny. The captain was concerned that another storm would render us helpless without engines to control the direction of the ship. I understood these concerns as the days of drifting in the Atlantic turned into weeks that would normally have my adrenal glands pumping, but I was strangely filled with joy.

All my life I had been in terror. Each morning I would awake with feelings of impending doom and fear of just about everything. I was always thinking, "What if..." and then thought of so many negative scenarios that could impact my life. My body always hurt, but I could not explain it to anyone any more than I could explain my feelings of fear and anxiety. I never knew anything else.

But now I felt free - free of fear, free of pain, free of confusion. In a place where there was true danger, why did I feel so calm? For years after this experience, I remembered the time I felt that way, but it took still many more years to understand.

After drifting for awhile the ship's cook ran out of bread and fresh foods. He had to start making foods with the canned goods on board and concocted yeastless bread that tasted so bad I would not eat it. I preferred to just eat the boiled potatoes and meat that was served. I usually skipped breakfast because I had long realized that after breakfast I felt so much worse than before I had eaten. My body had been telling me something, but I did not get the message.



I hated school. I was in the fourth grade and could not read. I could not do math. I would just sit and ponder the numbers in columns that I was supposed to add and subtract and could not concentrate long enough to hold the numbers in my mind to get an answer. 9 plus 2 was 11, add three and ... what was 9 plus 2? The number was lost, so I would go back again, and again. Usually the answer was wrong.

The teachers would hold me back from recess while I tried to complete the work my classmates seemed to do so easily. My mother knew I was "cognitively impaired" or the equivalent euphemism for that time. How could she know what was really wrong?

"Come Carol, let's practice your reading," my mother said as we sat waiting for the ship's engines to be fixed. I dreaded the thought of reading. Someone had given my brother a set of *Hardy Boy Mystery* books for the trip and she picked one up and handed it to me. I looked at the first page in amazement.

*"Bang, bang" A shot rang down the canyon.*"

I still remember those words today; they were amazing words. I looked down the page and I could read, easily, without struggling to try to sound out the letters! I read the whole book and then read another. It felt like all the lessons I had learned in my four years of school came together in a moment and it all made sense. Why? In that month I also learned to speak Norwegian, which I have never forgotten.

When we reached Norway we went to my aunt's house. My mother was excited about getting some "real" food. My aunt prepared a sandwich of freshly baked rye bread warm from the oven, and served it with various meats. It tasted so delicious to have real food again. But slowly I began to sink back into my depression, and within weeks it was worse than before.

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I became obsessive compulsive and wanted to have strict routines which were impossible when visiting other people's homes. My mother was annoyed and frustrated with me. I felt tormented and then, just as before, I settled down to a life that was so far from the little moment of happiness I had experienced for those few weeks on the ship.

In addition to the learning problems, the depression, the anxiety and confusion, I had other problems that just seemed normal to me. As an infant I did not grow for a year or more.

In the early years I had separation anxiety. For the first months I was in kindergarten my mother sat outside the classroom where I could see her because otherwise I would not stay in school. When the teachers insisted she leave I remember climbing out the window to try to run home. I was terrified the teachers felt that I was just spoiled. To this day I remember the terror I felt when my mother was not around.

As I got a little older I was able to overcome those feelings when I was in school but refused to eat lunch in school cafeteria for all the elementary years because I didn't know where to sit. So I walked home for lunch every day. These were irrational fears because my mother was always there for me.

No one understood my problems, and neither did I.

I always had rashes on the inside of my elbows and behind my knees. By age 11 I had cavities in all my teeth. When I reached puberty I gained a lot of weight despite the fact that I ate almost nothing. I used to fall asleep after dinner and my father would call me lazy because he thought I did not want to do the dishes.

No one understood my problems and neither did I. I just felt like I was lacking. I recall feeling as if I did not belong on this earth, that I was different from everyone else, that the rules that worked for others were strangely not made for me. The pain of the anxiety and depression was so great that it made me appear "happy-go-lucky" as I never got upset about little things. This is because inside of me things were so much worse than anything that was happening outside. Children often seem to smile instinctively despite the pain.

### Celiac disease can mimic symptoms of ADD and ADHD.

As I grew older I had many miscarriages, irregular periods, heart palpitations, etc. I had such deep muscle and bone pain in my legs that I could not sit still. I would pace back and forth to help with the painful cramping. My tongue was coated and sore with raw circular spots. There were many other symptoms of malnutrition, yet I ate healthy food. I dieted constantly, but my body would not lose weight. Each morning I would awaken with feelings of impending doom and the fears that I had for my own safety became fears for the lives of my children.

It wasn't until I had hit a real low when I was 55 years old that I finally found the answer to my life's problems. I had been to doctor after doctor. They all said I had a psychosomatic illness and that nothing was wrong with me. Then I found a doctor who looked at the bruises on my body, my unexplained anemia and told me that he felt I had nutritional deficiencies. He referred me to a nutritionist who put me on vitamins and I immediately began to feel better.

Then another nutritionist pinned it down to celiac disease and everything started to make sense. I was intolerant of wheat, rye, barley and oats. I remembered the time on the ship as a child and realized that I had not eaten wheat for the first time in my life. It was a little window of what life should have been like.

Within weeks on a gluten free diet and vitamin treatment, the lifelong depression and anxiety lifted. What a relief! The deep bone and muscle pain went away (it was associated with an intolerance to soy). Sadly, I was still left with autoimmune disorders and many food intolerances that came from intestinal permeability, which I am still trying to heal through a strict diet and supplements.

As a special ed teacher, I taught in a facility that treated emotionally disturbed and learning disabled children. I watched them and often saw symptoms I displayed in my childhood, or other symptoms of celiac disease. I asked the administration to look into changing the children's diets to see if it would improve their behavior, but they would not consider it.

Finally, it all began to make sense.

Although doctors have been much more informed about celiac disease in the last few years, they still do not really understand how diverse the symptoms are. Many still relate it to diarrhea and intestinal disorders, but do not realize that only a third of people with celiac display these symptoms. Most are normal weight; many are overweight rather than underweight. Some have no symptoms at all but are still in danger of autoimmune diseases that develop as they grow older.

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Depression is sometimes the only symptom of celiac disease. But many children experience learning disabilities, autistic-like behavior, or attention deficits (with or without hyperactivity). One of my symptoms was constant daydreaming. As soon as I went gluten free this stopped. I would never have realized that my daydreaming was a symptom of celiac disease, and strangely, I miss this aspect of life as it was a delightful escape and enhanced my creativity.

Most people with celiac disease have at some time been diagnosed as having psychosomatic ailments or described as hypochondriacs. Children have been given medication when all they needed was to eliminate gluten. I have several friends whose children have been diagnosed with wheat allergies and they have said they prefer to medicate their children to control their behavior because the diet is too difficult to maintain (not true). The parents have no idea how the children really feel inside and how the medicine makes them feel so much worse. I witnessed this in the facility where I worked. The children pleaded not to be medicated, but eventually got used to it and their personalities became flat and resigned.

Depression is a common symptom reported by people with celiac disease.

Celiac disease and gluten intolerance is rampant today. I urge everyone who has unexplained illness to try a gluten-free diet for a few months. The tests are still so inaccurate, the medical professionals still so uninformed and the research too new to know all the problems that gluten can cause, even if the intestines do not show damage. It might change your life, or the life of a child who is suffering the way I did, but who doesn't know enough to tell anyone.

Carol Lydick

MRI scans were taken on ten British patients who suffered from gluten sensitivity and severe headaches. The scans showed many brain abnormalities. Six of the patients experienced unsteadiness and four had trouble with gait. Changing to a gluten-free diet brought improvement in the symptoms for nine of the ten patients.

The study, titled "Headache and CNS white matter abnormalities associated with gluten sensitivity" by Hadjivassiliou et al., was published in the journal *Neurology* in 2001.

"Our results suggest that as many as three to four percent of patients who have osteoporosis have the bone disease as a consequence of having celiac disease, which makes them unable to absorb normal amounts of calcium and vitamin D."

William Stenson, M.D.  
Washington University

Just as there are many different degrees of sensitivity to gluten, there are many differences of opinion concerning which grains must be removed, and there appear to be many variations in sensitivities.

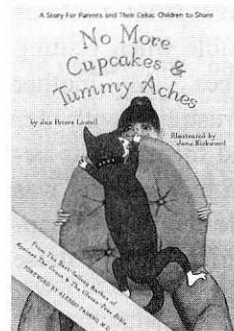
Most celiac diets remove oats, but researchers in Finland have found that this might not be necessary. A study published in 2002 was titled, "No harm from five year ingestion of oats in coeliac disease." *Gut*, Mar 2002

Then in 2006 a second study concluded "In most children with coeliac disease, long-term consumption of oats is well tolerated..." *Ailment Pharmacol Ther*, May 2006

And a new study found the long term use of oats was tolerated.

Scand J Gastroenterol. Jan 2007

## No More Cupcakes & Tummy Aches



This charming book by Jax Peters Lowell, author of *The Gluten-Free Bible* and *Against The Grain*, will help children learn about gluten sensitivity.

## Is there a dramatic increase in gluten sensitivity?

Or are we just better at identifying it? The figures vary between 1 in 250 Americans and Europeans and 1 in 133.

Sally Fallon, author of *Nourishing Traditions*, notes that grains are prepared differently than they once were.

"Our ancestors, and virtually all preindustrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles;...before the introduction of commercial brewers yeast, Europeans made slow-rise breads from fermented starters; in America the pioneers were famous for their sourdough breads, pancakes and biscuits; and throughout Europe grains were soaked overnight, and for as long as several days..."

She goes on to write, "Scientists have learned that the proteins in grains, especially gluten, are very difficult to digest. A diet high in unfermented whole grains, particularly high-gluten grains like wheat, puts an enormous strain on the whole digestive mechanism....the results take the form of allergies, celiac disease, mental illness, chronic indigestion and candida albicans overgrowth."

"During the process of soaking and fermenting gluten and other difficult-to-digest proteins are partially broken down into simpler components that are more readily available for absorption."

## Chocolate alert!

Is nothing sacred? Apparently.

The Food and Drug Administration (FDA) is considering a "citizen's petition" to change the standard of identity for chocolate. Currently, in order to be called "chocolate" a product must contain real cocoa butter, the substance that gives chocolate its irresistible smoothness. The "citizens" want to be able to substitute cheaper oils and still be able to use the word chocolate. Who are the citizens? They include the Chocolate Manufacturers Association, the Grocery Manufacturers Association, the Snack Food Association, among others.

## "On my honor..."

The Girl Scouts have long resisted making changes in their cookies to remove trans fats. But this year their famous snacks contain "zero trans fats." Really? No, not really, since the FDA requires the listing of trans fats only if they contain more than half a gram per serving. A typical serving is four cookies, which lets them slide in just under the wire.

## How about some "natural" flavoring?

My local supermarket carries a large selection of Happy Home Flavoring, available in big bottles. One particular bottle really stood out - their "Natural Orange" which was a day-glo color. Here are the ingredients: natural flavor, water, propylene glycol, phosphoric acid, sodium benzoate, ester gum, sugar, FD&C Yellow #5, FD&C Yellow #6, and FD&C Red #40. Not the ingredients for a Happy Home.

Well, their Natural Peppermint Flavor was uncolored so maybe it would be a bit more forthright. Here are the ingredients in Happy Home Natural Peppermint Flavor: propylene glycol and artificial flavors.

## If you believe that, I have a bridge to sell you!

A French court has fined the US biotech behemoth Monsanto for falsely advertising its pesticide Roundup as non-toxic. Monsanto's ads claimed the product is biodegradable and leaves the soils clean after use. In actuality, the chemical, which is one of the most commonly used pesticides in the US, is deemed by the European Union as "dangerous for the environment" and "toxic for aquatic organisms."

*reprinted from Organic Consumer*

In an effort to boost sluggish sales, Coke and Pepsi are offering synthetically sweetened soft drinks with added vitamins and minerals. Coke's CEO believes that "Diet and light brands are actually health and wellness brands."

New versions of colas being introduced will include both synthetic sweeteners and a hefty dose of caffeine...just what today's hyper youngsters and stressed adults need!

The Dean of the University of Minnesota Medical School, Dr. Deborah Powell, was the subject of controversy when she joined the board of directors of PepsiAmerica. The director of the university's Obesity Prevention Center saw a real conflict in this and a need for consideration of the ethics of such a partnership. Dr. Powell expressed surprise at the criticism and is quoted as saying "I didn't know the position was paid!"

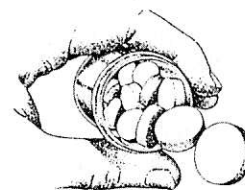
## Amaranth

**Q**: I was wondering about the food additive E123. I notice that it is called amaranth. Is this the same amaranth used as a cereal grain? I know this is often used as a replacement grain for people who are sensitive to gluten.

**A**: There are many varieties of the amaranth plant and some produce bright red flowers that are used as a natural dye in various cultures. Unfortunately, amaranth also refers to the synthetic red dye No. 2, which has been banned in the United States but still in use in Canada. In Europe this dye is called E123.

The name amaranth is Greek for "never fading flower." It is not truly a grain, but an herb producing tiny seeds that are ground for use as a flour. It is very nutritious, an excellent source of protein, and suitable for people who must avoid gluten.

The leaves of this ancient plant are also eaten, and contain higher levels of calcium, iron and phosphorus than spinach.



## Vitamins for gluten-free diets

Freedav Vitamins is a family-owned company that has been making natural supplements since 1928. They offer gluten-free products that do not contain the additives eliminated on the Feingold Program. Their vitamins are also free of yeast, lactose, and sugar; they are vegetarian, kosher and suitable for diabetics.

Freedav's new location is 47-25 34th Street, Long Island City NY 11101. You can call (800) 777-3737 or visit [www.freedavitamins.com](http://www.freedavitamins.com).

One such pioneer is Mary Megson, assistant professor of pediatrics at the Medical College of Virginia. She has treated thousands of autistic children in her Richmond, VA practice. Her testimony during Senate hearings on autism and vaccines provides a detailed overview of reasons for the increase, risk factors and therapies she has successfully used.

She pointed out that autistic children typically come from families that have a history of these health problems:

- night blindness in one parent
- diabetes
- heart attack at less than age 50
- colon cancer

Her testimony contains scientific explanations of how these symptoms are linked to autism; it can be accessed at [www.diet-studies.com/megson.html](http://www.diet-studies.com/megson.html). The following is a portion:

"I am using natural lipid soluble concentrated cis form of vitamin in cod liver oil to bypass blocked G protein pathways and turn on these central retinoid receptors. In a few days most of these children regain eye contact...after two months on vitamin A treatment some of these children, when given a single dose of bethanechol...laugh, concentrate, show a sense of humor and talk after 30 minutes, as if reconnected."

Dr. Megson describes the autistic children as: "unable to relax, focus and digest their food. Instead, they are in sympathetic overdrive with a constant outpouring of adrenalin and stress hormones. They are anxious, pace, have dilated pupils, high blood pressure and rapid heart rate. These and other symptoms of attention deficit hyperactivity disorder are part of this constant 'fight or flight' response. These children are physically ill, immunosuppressed with a chronic autoimmune disorder affecting multiple organ systems."

## Beneficial Bacteria

The work of Professor Glenn Gibson of Reading University in England suggests that using "probiotics" to introduce beneficial bacteria into the gut may provide significant benefits for autistic children. Gibson was testing whether the bowel disorders so common in autistic children might be related to the high levels of "bad" bacteria called glostridia found in the gut. His research was designed to see if the introduction of "friendly" bacteria would reduce the damage from the glostridia and to observe what effects this might have.

But many of the parents of the autistic children in the study noticed a significant improvement in concentration and behavior, and were able to identify the times when the children were taking the probiotic. The testing was halted when they refused to stop that therapy and give their children the placebo.

Bernard Rimland, founder of the Autism Research Institute, believed that a combination of diet and supplements could help many autistic children; he found the B vitamins to be particularly important. He wrote "A large percentage of autistic children can improve markedly, and some may in fact recover, when provided with dietary treatments and nutritional supplements."

## Reduce toxins, increase nutrients

Basically, the Feingold philosophy is to remove the "bad stuff" and add in the "good stuff." Immunologist Robert Sinaiko put it more eloquently when he addressed the Feingold Association in 1996:

"Nutrients are compounds that we ingest that work within our bodies to keep our biochemical systems functioning normally.



"Toxins, on the other hand, are compounds which can be natural or synthetic in origin, that interfere with the normal biochemical work of the body. The normal metabolic pathways include the chemical conversion of toxins into harmless substances, in a process called detoxification.

"Because of its enormous biochemical complexity, the brain is often the first organ to show signs of toxicity, when the load of harmful chemicals taken into the body exceeds the capacity of our detoxification pathways to remove them. These toxic effects may be subtle, such as an attention problem, or severe, as in autistic-like behavior."

## A road map to therapies

The Feingold Program has helped many autistic children. For some youngsters, simply eliminating the unwanted additives has removed the symptoms of autism; for others it was necessary to restrict salicylates. Often, parents find that their child improves on the program but needs to go further and remove gluten and casein; some find their child improves when essential fatty acids or other nutrients are added.

Regardless of the diagnosis, Feingold volunteers have long believed that a good first step is to remove the additives that have no redeeming value. They suggest parents consider a series of steps to identify and treat their child's symptoms, beginning with the simplest, least expensive, and least difficult options, and going on to the next step if these do not address all of the problems.

*Continued on page 8*

## 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

BOAR'S HEAD Semi-Boneless Smoked Ham (N, MSG/HVP)

CLEURE Deodorant Spray, Deodorant Stick, Glycerin Soap with Vitamin E, Hydrovive Body Lotion with Shea Butter (SB), Hydrovive Day Cream with Shea Butter (SB), Hydrovive Night Cream with Shea Butter (SB), Loose Mineral Blush, Loose Mineral Foundation, Loose Mineral Setting Powder, Loose Mineral Highlighter, Oatmeal Face & Body Bar with Shea Butter, Volumizing Shampoo (SB); Toothpaste: Original with Fluoride, Pineapple [www.cleure.com](http://www.cleure.com)

DIXIE CARB COUNTERS^ Dine 'N Dash Cream of Mushroom Soup [www.dixiediner.com](http://www.dixiediner.com)

EUPHORIA CHOCOLATE Dark Chocolate Ornament Balls, Dark Chocolate Stars, Dark Chocolate Wreaths, Milk Chocolate Buttons, Milk Chocolate Heart, Milk Chocolate Santas; Bells: Dark Chocolate, Milk Chocolate; Gingerbread Couple: Dark Chocolate, Milk Chocolate; Happy Holiday Bars: Dark Chocolate, Milk Chocolate; Snowflake: Dark Chocolate, Milk Chocolate; Snowperson on a Stick: Dark Chocolate, Milk Chocolate [www.euphoriachocolate.com](http://www.euphoriachocolate.com)

GAK'S SNACKS^^ Soy Lecithin-Powdered Non GMO, Xanthan Gum [www.gakssnacks.com](http://www.gakssnacks.com)

JERKY DIRECT Beef Steak Sticks: Original (N, MSG/HVP), Peppered (N, MSG/HVP)

PANDA\* FS Gluten Free Soy Sauce (CS, SB, MSG/HVP) [www.allergygrocer.com](http://www.allergygrocer.com)

SENSIBLE FOODS^ Organic Crunch Dried Snacks: 100% Organic Sweet Corn, Organic Soy Nuts [www.sensiblefoods.com](http://www.sensiblefoods.com)

SMART MONKEY Premium Raw Food Bar: Cacao Cookie, Carob Brownie, Ginger Snap, Sesame Snap [www.smartmonkeyfoods.com](http://www.smartmonkeyfoods.com)

UNGAR'S^ Gefilte Fish Regular

### Stage Two

CHERI'S DESERT HARVEST Prickley Pear Cactus

Syrup (oranges) [www.cheridesertharvest.com](http://www.cheridesertharvest.com)

CLEURE Cranberry Mouthwash; Cranberry Toothpaste

EDEN\*^ Spicy Toasted Nori Strips (chili peppers);

Sencha Green Tea

GOOD KARMA FOODS^ Carrot Cake Creamy Non

Dairy Frozen Dessert (raisins); Strawberry Swirl Non

Dairy Frozen Sundae Cup

HINT\* Essence Water: Apple, Cucumber, Pomegranate

Tangerine, Raspberry Lime, Strawberry Kiwi

[www.drinkhint.com](http://www.drinkhint.com)

JERKY DIRECT All Natural Buffalo Jerky: Original

(apple cider vinegar, paprika); Beef Stix: Fajita Flavor

(N, MSG/HVP, chili & red peppers), Habanero Flavor

(N, MSG/HVP, chili peppers); Fruit Stix: Berry Blend

(apples, raspberries, strawberries), Blueberry (apples),

Pina Colada (apples); Natural Beef Jerky: Hickory

Smoked (apple cider vinegar, paprika), Original Slab

Style and Extra Tender, Slab Style Peppered (apple

cider vinegar, paprika), Slab Style Teriyaki (apple cider

vinegar, paprika); Organic Beef Jerky: Original

(apple cider vinegar, paprika), Peppered (apple cider

vinegar, paprika), Sweet n' Spice (apple cider vinegar,

paprika), Teriyaki (apple cider vinegar, paprika)

KALAHARI Fruit Trekker Bars: Apricot (SF, apples),

Banana (SF, apples), Mango (SF, apples), Pineapple

(SF, apples) [www.kalahariusa.com](http://www.kalahariusa.com)

NANA'S\* Cookie Bites: Chocolate Chip (apples, grapes),

Fudge (apples, grapes), No Gluten Ginger Spice

(apples, grapes), No Gluten Lemon Dreams (apples,

grapes), Oatmeal (apples, grapes raisins), Peanut

Butter (apples, grapes) [www.healthycrowd.com](http://www.healthycrowd.com)

NATURAL FEAST Apple Cinnamon Muffin, Chocolate

Muffin (apples), Gourmet Streusel Cherry Pie, Wild

Blueberry Muffin (apples) [www.naturalfeast.com](http://www.naturalfeast.com)

SENSIBLE FOODS^ Crunch Dried Snacks: Cherry Bars

(apples, blueberries, strawberries), Orchard Blend

(apples, apricots, peaches), Tropical Blend (apples);

Organic Crunch Dried Snacks: 100% Organic Apple

Harvest, 100% Organic Cherry Berry (apples,

blueberries, strawberries)

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.

## Some treatment options

Here is our (admittedly biased) list of treatment options!

### The simplest options, low in cost and can be carried out by parents:

1. Remove the worst of the synthetic additives.
2. Temporarily remove salicylates.
3. Remove non-food products with the suspect chemicals.
4. Avoid fragrances of all kinds.
5. Learn about beneficial nutrients such as omega-3 essential fatty acids.
6. Learn how to avoid toxins in vaccines.
7. Remove additional food additives like corn syrup, MSG, sodium benzoate, etc.
8. Reduce sugars.
9. Consider removing milk and other dairy products.
10. Consider removing wheat.

### More complex option; assistance provided by books and support groups:

Try a gluten-free/casein-free diet.

### More complex options; call upon professionals for help.

Doctors who are qualified to use the DAN (Defeat Autism Now) protocol established by the Autism Research Institute can provide assistance.

Consider environmental allergies.

Ask about testing for parasites.

Seek professional help on the use of vitamins, minerals or other supplements.

Look into sensory integration therapy, auditory training, vision therapy.

Consider adding enzymes.

Learn about detoxification of heavy metals.

### Useful Resources

Autism Network for Dietary

Intervention [www.autismNDI.com](http://www.autismNDI.com)

Autism Research Institute

[www.autismwebsite.com/ari/index.htm](http://www.autismwebsite.com/ari/index.htm)

Center for Autism [www.autism.org](http://www.autism.org)

Developmental Delay Resources

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

Gluten-Free/Casein-Free Diet

[www.gfcfdiet.com](http://www.gfcfdiet.com)

Great Plains Laboratories

[www.greatplainslaboratory.com](http://www.greatplainslaboratory.com)

National Vaccine Information Center

[www.909shot.com](http://www.909shot.com)



*The next Pure Facts will be our combined July/August issue.*

## Pure Facts

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

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

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