

Pure Facts

Newsletter of the Feingold® Associations of the United States



October, 2007

www.feingold.org

Vol. 31, No. 8

New British study shows additives trigger hyperactivity

It's been forty-two years since Dr. Feingold first observed that some food additives can result in disturbed behavior. This study shows that all children are at risk.

The long-awaited Southampton University study, described in the July/August *Pure Facts*, has been published. It appeared on September 6 in the medical journal *The Lancet*.

Nearly 300 children drawn from the general population (not those with an ADHD diagnosis or history of behavior problems) were included in the study. It was funded by the Food Standards Agency (FSA), the British equivalent of the U.S. Food and Drug Administration.

They were challenged with a modest amount of six food dyes plus sodium benzoate, that were hidden in fruit drinks. Both drinks looked and tasted alike. Other additives, including those eliminated on the Feingold Diet, were not addressed, nor were natural salicylates. The study design was double-blind, so none of the participants knew when the additives were being consumed.

The study found that the additives increased hyperactive behavior in children.

This confirms what Feingold families have long observed, that food additives, such as petroleum-based dyes, have a harmful effect on most people.



The results have been reported around the world, and have generated heated debate in England. The outcome of the study was fairly well known before publication, and professionals began warning parents to avoid the additives being studied. The FSA said they would not take a stand on the issue until the results were published, and now the agency has limited its response to simply recommending that parents who are concerned should avoid giving the additives to their children.

This has brought sharp criticism from many people, including Prince Charles and England's new Prime Minister, Gordon Brown. If the additives are harmful, they should be banned, say critics. The agency has been accused of catering to the wishes of industry, and has been called a "toothless watchdog" and even a "poodle."

"We ban smoking yet allow our children to be poisoned with food additives"

Sally Bunday, founder of the Hyperactive Children's Support Group

Editorial notes

While it's easy to sympathize with our English friends, who feel betrayed by the government agency charged with protecting them from harmful food ingredients, it's hard to share their anger. Their Food Standards Agency looks pretty good compared to our own government, which does not fund such studies.

In their defense, US government agencies have been busy. They have been defending cancer-causing food additives, degrading organic standards, allowing school food to deteriorate, promoting food irradiation and genetic manipulation, testing pesticides on unsuspecting families, and approving more and more powerful drugs for little children! See the article in this newsletter on bipolar disorders in children.

For more information on the study visit www.feingold.org.

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 awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

Industry attempts damage control

How do you defend profits when headlines around the world say that your products harm children? FAUS response is in bold.

In an article titled "Additive findings alarm food industry" the *Financial Times* writes, "New research showing a link between food colourings and hyperactivity in children has alarmed the food industry, although the findings reflect concerns going back nearly 40 years. One person close to the industry described the findings, published today in the medical journal *The Lancet*, as 'scary.'"

The British Soft Drinks Association believes the research "is not yet definitive enough" to remove sodium benzoate (which forms cancer-causing benzene when it combines with acids in soft drinks).

To avoid potential law suits some soft drink manufacturers are already replacing sodium benzoate with sorbic acid.

"The way in which the additives were tested as a mixture is not how they are used in everyday products." **True, "everyday products" may also contain additional dyes, synthetic flavorings, aspartame, BHA, BHT, MSG, high fructose corn syrup, nitrites, etc. etc. Also, many everyday products have a far higher dose of dyes than were used in the study.**

"Much more research is needed to determine exactly which additives affect which children and in what amounts." **Such research could take many years, during which the profitable additives could continue to be used.**

"If we take preservatives out we would have to balance against that the cost in terms of money and also the public health cost in terms of food contamination."

The study dealt with only one preservative. There are many others available which are not linked with cancer or behavioral disturbances.

"Only those children who are known to be hyperactive need to avoid the additives."

This study demonstrated that the additives affect all children.

"Even if it [diet with artificial colors and preservatives] might cause other problems...Is it powerful enough that you want to ostracize your kid? It is very socially impacting if children can't eat the things that their friends do."

Does that mean we should teach our children to engage in self-destructive behavior in order to fit in? How about "just say no"?

Many kids have a different diet - vegetarian, kosher, gluten-free, etc. If dietary differences were so harmful there would be a lot of traumatized kids with peanut allergies.

Children don't need to give up their favorite foods. The Feingold Association shows families how to find treats without the unwanted additives. Our kids often teach their friends to avoid them too.

Sadly, hyperactive kids don't generally have many friends. Once they remove the behavioral triggers, they can make friends.

"Food additives are not the only cause of hyperactivity." **True!**

British regulatory agency feedback

The chief scientist of the Foods Standards Agency asked for feedback on the new study of food additives, this is one of the responses he received:

"I used to be a production manager in a food additives company. The details on Safety Data Sheets supplied with the chemicals used for the manufacture of flavours scared me silly. We should all be aware that it is not just colourings [that can be harmful]. That reminds me, I purchased a large food quality stainless steel sink for washing utensils used on colourings and within 6 weeks the sink had holes in it. I am now very careful to look at food labels."

"We now have clear evidence that mixtures of certain food colours and benzoate preservative can adversely influence the behaviour of children."

*Professor Stevenson,
lead researcher*

More goofy responses

Feingold people are accustomed to being misunderstood! Our program is simple and our kids understand it perfectly well, so why is it hard for many professionals to keep it straight? The Southampton researchers must feel this way as various folks are interviewed by the media, and come up with some peculiar comments about the new *Lancet* study.

Some of them talk about apple juice, or other juices, some are confusing the study with sugar, others mix in all processed foods, and think that the study means no more candy, cakes, soft drinks and popsicles.

Read the study, people; it's about food dyes and a preservative.

Lead in Toys

This summer's news that lead paint has been used in some toys imported from China raises some interesting questions.

Lead is a heavy metal that has long been known to cause severe problems, especially for infants and children, whose brains and nervous systems are developing. Here are a few of the known effects of lead poisoning:

- Hyperactivity
- Learning disability
- Reading problems
- Difficulties in reasoning
- Violent behavior

If these sound familiar, it's because they are also characteristics of ADHD. How many children who have been labeled as ADHD are actually suffering from other causes? Lead exposure is only one of numerous reasons a child may exhibit these symptoms.

How many of these children are placed on Ritalin, Adderall, Strattera, Prozac or other drugs, and never receive any treatment for their actual health problems?

"Why School Stinks This Year"

This is the subtitle of an article by Rachel Dodes of the *Wall Street Journal*. She described how fashion designers are marketing perfumes to teen-age girls, and as a result it is posing problems for some of their fellow students. (Most perfumes are made primarily from petroleum.)

In the article a spokeswoman for one of the manufacturers claims "all ingredients in its products are rigorously tested for toxicity." What she didn't mention is that there is no governmental agency supervising perfumes; companies don't even need to let any authority know what ingredients go into these high-priced bottles. If a company does do any testing, they need not disclose their results.



Children who have been exposed to lead have trouble in school, and young adults who have suffered lead exposure are seven times more likely to drop out of school than their peers.

At one time policy makers believed that there were "safe" levels of lead, but thanks to the work of scientists who have challenged the government's claims we now know that there is no safe level of lead exposure. An article published in the *New England Journal of Medicine* in April of 2003 concludes that "more U.S. children may be adversely affected by environmental lead than previously estimated." Some researchers suggest the number may be 1 child in 30.

Did you know?

Lead is one of the contaminants that is permitted to be in synthetic food dyes? (Arsenic and mercury are other heavy metals that are allowed, and they are also extremely dangerous.) US government regulations specify that up to 10 parts per million of lead is permitted in dye.

Many food additives are imported from China

In his fascinating book, *Twinkie, Deconstructed*, Steve Ettlinger takes us through the complex chemical manipulations that are behind much of the highly processed, foodless foods that line supermarket shelves.

The synthetic dyes in these products are likely to originate in petroleum refineries in China. Ettlinger writes, "Benzene, a colorless, light, flammable oil, is one of the first things to come off crude oil when it is heated in a forty-meter-tall steam cracking tower at China's largest refinery, Sinopec, in the Shengli Oilfield on China's east coast, between Beijing and Shanghai."

He continues, "Benzene is the source of the basic materials for food colors and other dyes as well as products as diverse as solvents, detergents, gasoline, plastics, perfume, and, of course, flavors (as in artificial vanilla, or vanillin). A reaction of benzene with nitric acid, itself a product of hydrogen (usually from natural gas) and nitrogen (usually from liquid air) that have been passed over a thin platinum wire mesh, makes nitrobenzene and leads to the all-important aniline, a colorless, oily liquid with a strong, pleasant odor that happens to be highly poisonous."

Continued on page 4

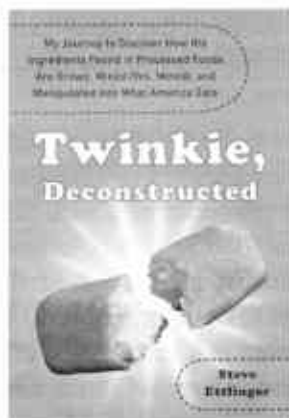
Children's jewelry can also be a lead hazard

Jewelry imported from China can contain high levels of lead, and some pieces have been found that are actually made of lead. One child died last year after he swallowed a lead charm that came off of an inexpensive bracelet. In addition to the fact that young children tend to put things in their mouth, lead has a sweet taste, making it appealing. Parents are urged to refrain from giving jewelry to children under the age of six.

Iowa's Department of Public Health is drafting a law that would require children entering school to be tested for lead poisoning.

Food additive imports, from page 1

"Toxic or not, aniline is the backbone of the dye industry. It is the basic chemical from which most dyes are made, including inks, paints, and varnishes."



Most of the synthetic vanilla flavoring (vanillin) now used also originates in China. Ettlinger writes, "The name 4-hydroxy-3-methoxybenzaldehyde is not very elegant for the synthetic equivalent to the fruit of a beautiful tropical orchid (real vanilla). This is vanillin, and rather than hailing from exotic islands, just about all of it is made in two major petrochemical plants in China and one in Baton Rouge, Louisiana....For years vanillin was extracted in the form of lignin from wood as a by-product of papermaking, but now less than 10 percent... of food-grade lignin comes from wood pulp..."

"Making vanillin is complex and not at all appetizing."

"Artificial vanilla manufacturing starts a long way from the flower fields, with crude oil and one of its basic components, benzene, a colorless, sweet-smelling, flammable liquid solvent..." He cautions, "it's important to note that making benzene is a bit dangerous: not only is it a known carcinogen, but in March 2005, a benzene tank at a refinery in Texas City, Texas, exploded, killing fifteen and injuring 170."

"Buttery" Twinkies

The danger of exposure to artificial butter flavor has been in the news after it was found that some of the workers in factories that made this chemical suffered from severe lung damage. Employees in the Glister-Mary Lee Corporation, which makes synthetic butter flavoring for popcorn, suffered from lung damage so severe, they had to undergo lung transplants.

Ettlinger notes that the most surprising thing about imitation butter flavoring is that "it really stinks."

It comes as no surprise that the buttery flavoring in Twinkies comes from a collection of synthetic chemicals, beginning with diacetyl, an extremely flammable substance which is related to acetylene welding gas. Actually, diacetyl is created from natural gas. Most of the raw materials that end up in Twinkies and movie popcorn start in factories in Germany and China.

Twinkie, Deconstructed gives a clear picture of what has gone amok with food, particularly food in the United States. The author follows each of the Twinkie ingredients and shows how far they have come from their basic beginnings. Foods have been replaced by "things" and while it may look like a little yellow cake with cream in the middle, it's anything but that!

Aspartame can come from China too

In August an Illinois company, DMH Ingredients filed suit in federal court against Changzhou Kelong Chemical Company, Ltd., saying that DMH found metal shavings in 11,200 kilos of aspartame the Chinese company shipped in 2005.

Cbs2chicago.com reported that DMH seeks more than \$174,000 from the Chinese company to cover the costs DMH has to pay to the Wisconsin-based Sturm Foods, where the shavings were discovered.

Children with ADHD are at greater risk for delinquent behavior and substance abuse

This was the conclusion of four studies published in the August issue of the *Journal of the American Academy of Adolescent Psychiatry*.

The research supposedly looked at the available treatment options for ADHD, but the only options that were included were: 1) do nothing, 2) use drugs, 3) use behavior modification, or 4) use drugs + behavior modification.

Funds came from various government agencies, which means taxpayer dollars were spent to confirm what is already known: if you don't address the cause(s) of the problem, your results are going to be disappointing.

- No effort was made to determine if the children were suffering from exposure to lead, mercury, cadmium or any of the other damaging heavy metals.
- No effort was made to see if removing synthetic food additives would help.
- No effort was made to see if allergies or intolerances (including gluten or casein) were responsible for the symptoms.
- No effort was made to see if any of the children were deficient in vitamins, minerals or fatty acids.

Sweet new things are coming our way

The notorious aspartame could be on its way out; and the future for Splenda and the other synthetic sweeteners doesn't look too bright either.

Could the reason be that the Food and Drug Administration (FDA) has finally decided to ban these chemicals? (Pause for laughter.) No, the impetus comes from some unexpected sources.

For about a decade the Coca-Cola company has been searching for a no-calorie sweetener that would be more acceptable to health-conscious consumers. The likely source is a little leaf native to Paraguay, which produces a no-calorie sweetener about 300 times as sweet as sugar. This plant, called "stevia rebaudiana" has been used in South America for hundreds of years and is now widely used in some other countries. Stevia works well for some foods, especially beverages, but it is difficult for the home cook to use in baking.

For several years the Coca-Cola company has been working with the even larger multi-national, Cargill, to modify stevia so it will deliver natural sweetness without a down side. They have named the new version "Rebiana" and Coca-Cola has filed 24 patents to protect its formula. Anticipating an enormous demand, they have been developing stevia plantations in China, Paraguay and Argentina.

FDA critics are outraged that the agency has continually defended aspartame despite overwhelming evidence it is harmful. And at the same time the agency has done all it can to restrict the use of stevia. Until recently, the proponents of stevia were small companies, health-oriented professionals and consumers. Now that multi-billion-dollar Coca-Cola and Cargill have money invested in stevia, it is a foregone conclusion that the FDA will approve it.



stevia plants

Cargill is reported to be conducting clinical trials of Rebiana which will be submitted to the FDA to seek approval for use in food. The two companies hope to gain approval by 2009. Coca-Cola, with nearly 400 brands in over 200 countries, would use Rebiana in beverages and Cargill would use it in foods. They would begin by marketing products in the 12 countries that currently allow stevia (these include Japan, Brazil and China), possibly as early as 2008. They would later expand to the US and Europe.

Commenting on the development of Rebiana, Donna Gates, a pioneer in the introduction of stevia in the US, notes "Hopefully this will ensure the eventual death of aspartame."

Stevia is native to Paraguay, but today most of it is grown in China.

Sunwin International Nutraceuticals, based in China, makes traditional Chinese medicines from organic herbs. They also make OnlySweet a blend of stevia and maltodextrin (corn sweetener) plus a flavoring agent that the company keeps secret, but claims is natural. They are working on a product that can be used in baking.

Stevia and products that contain it are permitted to be sold in the US, but they must be called a dietary supplement, not a sweetener or a food. Most health food stores sell stevia.

Companies are searching for better sweeteners

Merisant, the manufacturer of Equal (aspartame), has created a company called Whole Earth Sweetener Company to develop and market natural sweeteners.

Sweet 'N Low is working on natural no-calorie products.

Less impressive is the NutraSweet Company's new product they call "new" NutraSweet - a blend of aspartame and acesulfame potassium. It is being sold in some supermarkets. The company is also testing blends that include saccharin. None of these are Feingold-acceptable.

The sweetener market

Splenda quickly gained large market shares but sales have stopped rising at their previously high rate. The cost of corn sweeteners, including the undesirable high fructose corn syrup, has risen due to the greater demand for corn in ethanol production.

Agave nectar is gaining interest among health-conscious shoppers.

Is Rebiana safe?

The answer is "probably" and the Feingold Association's position is that almost anything is better than the current synthetic sweeteners. But Americans tend to overdo things, and if they consume excessive amounts of this new sweetener, it could have negative effects.

The Bipolar Child

New research suggests that most children and teens labeled as bipolar have been misdiagnosed.

In recent years there has been a huge increase in the number of children being diagnosed with bipolar disorder and being placed on various powerful drugs.

A study published in the September issue of *Archives of General Psychiatry* found that the numbers of diagnosed children increased forty-fold between 1994 and 2003. In comparison, the number of diagnosed adults increased two-fold.

And an earlier study published in the June issue of *Biological Psychiatry* showed that US children hospitalized for bipolar disorders increased from 1.3 per 10,000 in 1996 to 7.3 per 10,000 in 2004.

Once called "manic depressive disorder," the label now in favor is "bipolar."

One psychiatrist who has studied bipolar disorders in children reports that only one child in five who is referred to her for treatment of this condition actually has it. And the National Institutes of Mental Health Director, Dr. Thomas Insel, says that of the children referred to them for studies on bipolar disorder, only a small fraction of the children actually had the disorder.

Some doctors are calling it a "catchall" diagnosis.

There's another reason critics are skeptical. For children the bipolar diagnosis is most common in boys, but for adults, it is most common in women.

Like ADHD and depression, bipolar disorder appears to run in families. But allergies and chemical sensitivities also tend to run in families; so do vitamin and mineral deficiencies.

The drugs

Two of the antipsychotic drugs given to these children are Resperdal and Seroquel, both developed for schizophrenia. Also, antidepressants, stimulants, and a drug for epilepsy (Depakote) are being prescribed.

Doctors are using the information they have gathered from treating adults, and are applying this to children, but the symptoms of children and adults are not the same. Then they are prescribing drugs that have been used in adults, but do not have a history of successful use in children.

About half of the children diagnosed with bipolar disorder were also diagnosed with other disorders, primarily ADHD.



Big drug profits

Newer, more expensive drugs are being heavily promoted over older ones, and might not be any more effective. (The cost of one year of drug treatment can run as high as \$8,000.)

Some doctors who treat bipolar children receive large payments from companies making antipsychotic drugs. This is bringing sharp criticism from fellow physicians.

Irritability is a characteristic of bipolar disorder, according to Dr. Insel, but it is also a normal part of adolescence.

ADHD

Many of the bipolar symptoms overlap ADHD symptoms. The dietary program that addresses causes of ADHD could be effective for the symptoms of bipolar disorder.

Feingold parents have reported countless examples of extreme mood and behavior swings that have been triggered by food additives and other petrochemicals. Here are a few:

◆ Andrea had a drink of *red* punch in the church meeting hall; shortly afterward her behavior changed drastically and she ran around the room, biting people.

◆ Johnny went to a restaurant with his family and behaved well until he ate some *green* pistachio ice cream. After that he tore around the restaurant, out of control.

◆ Billy wanted a Coke with his hamburger, but mom didn't want him to have caffeine and gave him the *orange* colored drink instead. Before they finished their meal, he was climbing all over the chairs and tables.

◆ Harry went out to fill up the gas tank. He left in a good mood and returned shortly afterward (having breathed in the fumes from the gas-line), very agitated and irritable.

◆ Jenny behaved so well, she was rewarded with a bright *pink* slushee and by the time the family got home she was out of control.

For each of these people, the answer was to identify and remove the offending substances, not to attempt to disguise the symptoms by adding more chemicals in the form of drugs.

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.
SM = Natural smoke flavoring / N=Nitrites

Stage One

365 (Whole Foods Market) Honey Sweetened Egg Nog
365 EVERYDAY VALUE (Whole Foods Market)
Souffle with Swiss Cheese
365 ORGANIC^ (Whole Foods Market) Unsalted
Soynut Butter, Creamy & Chunky
AMY'S* Breakfast Patties (SM)
CARANDO Kielbasa Polska Sausage (N,SM)
CARL BUDDIG The Original Lean Beef (N, SM)
CARLSON'S FOR KIDS^ Chewable Calcium (CS),
Norwegian Cod Liver Oil, Very Finest Fish Oil
EMPIRE KOSHER Smoked Turkey Breast Slices (N, SM),
Turkey Pastrami Slices (N, SM)
ELAYNE'S GARDEN ORGANICS^ Feet Emollient
Foot Balm; Honey Oatmeal Soap
FREEDA^ Alpha Lipoic Acid, L-Tryptophan 500mg
www.freedavitamins.com
JOBY & MARTY'S AMAZING ALL NATURAL^ Double Dark
Delight Pearlies - *available only for Halloween*
www.jobyandmartys.com
KETTLE BAKES^ Hickory Honey Barbeque chips (CS, SM)
LYDIA'S ORGANICS* Carob Hazelnut Bar, Sunflower
Seed Bread, Tropical Mango Bar; Italian Crackers
MAZOLA PURE Original Canola Oil Cooking Spray
MAZOLA PURE SIMPLICITY (*sold in Canada*) Original
Canola Oil Cooking Spray
OSEM^ Mini Croutons Soup Mandels, Onion Soup &
Seasoning Mix (CS)
PEANUT BETTER Organic Hickory Smoked Peanut Butter
(SM) www.peanutbetter.com
SEPP'S^ Organic Homestyle Pancake (frozen)
THUMANN'S The Deli Best: (all contain CS, N, SM)
Bologna, Bologna Chubs, Braunschweiger, Cooked
Salami, Garlic Bologna, Golden Roasted Skinless Filet of
Turkey Mesquite Smoked, Ham Bologna, Kielbasi,
Kielbasi Loaf, Luncheon Loaf, Natural Casing Beef
Frankfurters, Old Fashioned Cap Liverwurst,
Our Delicious Jumbo Frankfurters, Old Fashioned
Bologna, Oval Minced Loaf, Ring Bologna
WESTERN FAMILY (*available on the West Coast*) All
Vegetable Shortening
WHOLE FOODS MARKET (Whole Foods Market)^
Organic Soynut Butter
YOUR ENERGY SYSTEMS^ Lipoceutical Glutathione
(MSG/HVP) www.gshnow.com

Product Alert!

BOBOLI Italian Bread Shell now contains artificial flavor and needs to be removed from your *Foodlist & Shopping Guide*. We do have a Stage Two Gourmet Pizza Crust you can enjoy by MAMA MARY'S.

Stage Two

A&J's Lasagna Chips - Wild West BBQ Flavor
(SM, tomatoes)
ANDREW & EVERETT Monterey Jack Cheese
with Jalapeno Peppers (chili peppers)
CRISPY CAT^^ Toasted Almond candy (CS)
www.treehuggintreats.com
DL JARDINE'S 5 Star BBQ Sauce (SM), Buckin' Berry
Raspberry Chipotle Sauce (SM) www.jardinefoods.com
ELAYNE'S GARDEN ORGANICS^ Gardener's Delight
Soap (coffee)
EMPIRE KOSHER Chicken & Turkey (N,SM)
FOODS ALIVE Organic BBQ Golden Flax Crackers
(SM, tomatoes, apple cider vinegar, paprika)
GOLDEN VALLEY Organic Beef Jerky: Original, Peppered,
Teriyaki, Sweet n' Spicy (SM)
L'BRI PURE N' NATURAL Daily Moisturizing Hand & Body
Lotion (SB, cucumbers, tea) www.lbrionline.com
LYDIA'S ORGANICS* Apple Fig Bar (almonds), Apple
Ginger Bar (almonds), Crystal Manna Bar (almonds),
Raspberry Bar, Savory Trail Mix (almonds, chili peppers),
Spirulina Bar; Cereal: Berry Good (blueberries,
strawberries, raspberries), Grainless Apple (almonds,
raisins), Sprouted Cinnamon (almonds); Crackers:
Curry (cloves, chili peppers), Ginger Nori (almonds)
MRS. DASH^ Grilling Blends - Mesquite (CS, SM)
POTENT FOODS^ Organic Maca Bar: Cherry Chunk
Fudge (almonds), Maple Chunk Fudge (almonds),
White Chocolate Chunk Fudge (almonds)
PRIMO NATURALE* Genoa Salami (red peppers),
Premium Sliced Salami Coated with Black Pepper
(red pepper, wine), Premium Sliced Salami Coated with
Herbs (red pepper, wine), Sliced Dried Chorizo (paprika),
Sliced Hard Salami (red pepper), Sliced Uncured
Pepperoni (red pepper, paprika), Thin Sliced Sopressata
(red pepper) www.wellshirefarms.com
REBAR* Supplement Bars: Caramel Energy Bar
(CS, bell peppers, cucumbers, raisins, rosehips, apples,
tomatoes), Original 100% Organic Energy Bar (apples,
raisins, rosehips, cucumbers, bell peppers, tomatoes),
WILD THYMES^^ Hawaiian Teriyaki Marinade (cider
vinegar), Indonesian Peanut Sesame Dipping Sauce
(cider vinegar, chili & red peppers), Mango Salad
Refresher (apples, oranges) www.wildthymes.com

The Feingold Association does not endorse 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.

Goodie Baskets

We are gathering delicious treats for use in our annual Goodie Basket fund raiser. The colorful baskets will contain Stage One and Stage Two treats, donated by manufacturers. For each donation of \$50 FAUS will send a holiday gift basket via Priority Mail to you or to the person you choose. We can include a message; just let us know what you want us to say.

You can call our office (631) 369-9340 or mail a check, or go to our web site to order online (www.feingold.org). There will be a total of 200 baskets offered and they will be available beginning in mid November.

Treats without Tricks

One resourceful mom is sharing information about additive free treats. This Halloween she will be giving out natural lollipops, attached to a card that has a holiday picture on one side. On the other side is a brief description of symptoms that can be triggered by food additives, plus the FAUS web site.

Yummy Earth, College Farm and Pure Fun all have delicious, colorful, natural pops that may be found in health food stores and supermarkets.

College Farm's Naturepops are now available in Halloween colors orange and "black" -- which actually is chocolate flavor.

Share the good news!

Do you want the teachers in your child's school to understand why they should not hand out Jolly Ranchers? Visit your school's web site to obtain the email addresses of the teachers, principal and vice principal. Then use a search engine to bring up articles on the new study. (Type in words like: food dyes, hyperactivity, children, Southampton, the *Lancet*, Dr. Stevenson.)

Then, look for email addresses for the Superintendent and school board members in your community, and send the articles to them all.

And while you're at it, you might want to email this to your doctor, your mother-in-law, and that neighbor who gives her kids Kool-Aid!



What's A Koolickle?

If you live in the Mississippi Delta, you know the answer. The rage, which began in the deep South, and is quickly spreading, is dill pickles marinated in Kool-Aid. Yes, the sour pickles do pick up the flavor of the drink and take on its garish colors.

The creator of this culinary oddity appears to be a special ed teacher. The irony will not be lost on Feingold members!

Want to help?

You might be able to designate the Feingold Association as a recipient of some or all of your United Way or Combined Federal Campaign donations. Ask the rep at your office if you can make a "designated donation."

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Bridget Becker

Lorraine Cordo

Markey Dokken

Cindy Harrell

Janice Shelton

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

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 Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's 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, Riverhead NY 11901 or phone (631) 369-9340.

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

www.feingold.org

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

Permission to Reprint

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

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold Association of the United States, www.feingold.org.