

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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

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## Does the child have ADHD, depression, anxiety disorder?

Or does he have trouble seeing? A careful evaluation can reveal the causes(s) of the symptoms and lead to effective treatments.

**M**any of the symptoms that are classified as ADHD also can apply to vision problems. A child might have 20/20 vision and be able to see clearly, but that doesn't mean that his eyes are able to work together smoothly, especially at close range. The problem is called "convergence insufficiency" or CI.

Dr. David Granet, a professor of ophthalmology at the University of California, has found that nearly 10% of children with CI had been diagnosed as having ADHD, and that 16% of children with an ADHD diagnosis had the vision problem. Some of the children are also diagnosed with anxiety disorder or depression.

### Symptoms of CI

These children typically have trouble in school as they go into higher grades where they are required to do more reading and writing. They are not able to see clearly up close, so academic work is extremely frustrating for them and they will try to avoid these tasks as much as possible. Their resistance may be taken as laziness and they might be given any of the various labels currently being applied to children who don't fit the norm.

The child whose eyes don't work together properly might tilt his head, or hold the book too close, or cover one eye when he attempts to read. He might complain of a headache.



Children with vision problems may also have trouble with athletic activities. If your eyes don't work well together it's very hard to estimate how fast a ball is traveling toward you and to have your hands in the right place at the right time, to catch it. Hitting a ball with a bat is a challenge for anyone, but for the child who cannot see clearly it will be nearly impossible.

Convergence insufficiency and other vision disorders can be successfully treated with special glasses and vision therapy provided by doctors, such as behavioral optometrists, who are knowledgeable in this area.

Look for other problems that often go along with attention deficits and hyperactivity. They might be able to provide a clue to some of the causes of the child's symptoms.

#### Does his behavior become worse in the winter months?

He could be sensitive to fireplace smoke, a wood stove, or kerosene heaters.

**Does she become very irritable in the afternoon?** Perhaps she's hypoglycemic, and needs to have protein snacks throughout the day.

**Does he refuse to attend church or athletic events?** He might have an extreme sensitivity to loud noises.

**Did she throw a tantrum after the class Valentine party?** That could be a reaction to the red dye and artificial flavorings in the candies, cupcakes and drink.

**Does he want to wear short pants, even in cold weather?** He might have sensory deficits, and the feeling of fabric on his legs is uncomfortable.

**Did she act badly in a beauty salon?** The petroleum-based fragrances could be to blame.

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.

## Do you *really* need to go gf/cf?

### Some editorial comments

A child's welfare is very important, but so is Mom's! No family should have to make a drastic change in their diet because it's currently the cool thing for a practitioner to recommend. It should be suggested only if it is necessary.

The mom visited her chiropractor, hoping to find help for her three children, and he recommended she place them on a gluten free/casein free diet. She studied the information she was able to find on this regimen, sought out suitable foods, completely revised her way of shopping and cooking, and placed the family on the new diet. The good news is that the children's behavior became normal and they were able to focus and learn in school. But the bad news is that there is no guarantee that the children had trouble with gluten or casein.

A diet that removes gluten and casein involves a great deal of food preparation, so the cook has control over what goes into the dishes, and what her family eats. Prepared gf/cf foods (and personal care products) are unlikely to contain the additives eliminated on the Feingold Diet. So this means that when the family went gf/cf



they also went on Stage Two of the Feingold Program. If the children were not salicylate sensitive, or were able to tolerate some salicylates, there may be no reason to suspect that gluten and casein were not the culprits.

Just as bi-polar disorder in children appears to be grossly over-diagnosed (See *Pure Facts* for October 2007) a similar trend may be occurring with gluten and casein sensitivity. New information indicates that gluten sensitivity is far more common than was previously recognized; but that does not mean that a gf/cf diet should be suggested without some solid evidence that there is a need.

Eating out can be extremely difficult for the person on a gluten-free diet. The good news is that restaurants are responding to the need. To locate restaurants with suitable food, visit [www.glutenfreeceliacweb.com](http://www.glutenfreeceliacweb.com).

### Links between gluten sensitivity and ADHD

While a gluten-free diet may not be needed for the majority of children with ADHD, some people who have symptoms of ADHD could be reacting to gluten. (See the June 2007 issue of *Pure Facts* for more information.) Researchers at the Regional Hospital of Bolzano in Italy found that among patients with celiac disease, a larger percentage of them had ADHD symptoms than would be found in the general population. They write, "The data indicate that ADHD-like symptomatology is markedly over represented among untreated CD (celiac disease) patients and that a gluten-free diet may improve symptoms significantly within a short period of time."

*published in the Journal of Attention Disorders, November 2006*

### New research on Autism

♦ Women who were exposed to organochlorine pesticides because they live near farmland where the chemicals are used, are six times more likely to have an autistic child than women not exposed. This was the conclusion of a study conducted by the California Department of Public Health and published in *Environmental Health Perspectives* in July of last year.

♦ The drug Risperdal, given to some autistic children, has raised new concerns about adverse side effects. In addition to significant weight increase, blood sugar abnormalities and possible pituitary tumors, researchers in New Zealand have found that it causes tooth decay, sleepiness and increases the risk of depression in children taking the drug.

♦ Other drugs appear to benefit autistic children. In 2006 the Autism Research Review reported promising information on drugs that appear to offer benefits without harmful side effects. These include spironolactone, pioglitazone and oxytocin, all normally used for other conditions.

For comprehensive information and support on dealing with autism visit the Autism Research Institute's new site at [www.Autism.com](http://www.Autism.com).

♦ Researchers at the University of Western Ontario found that eating bread and dairy products which contain gluten and casein leads to the production of propionic acid in the gut. When the acid was administered to the brains of mice, Dr. Derrick MacFabe reports, "They immediately engaged in bouts of repetitive behavior, hyperactivity and impaired social behaviours which had close similarity to what parents are seeing with autism."

## Industrial chemicals cause damage to children

Children who are exposed to the thousands of synthetic chemicals in our environment are at greater risk of developing various health, behavior and learning problems. When the exposure takes place before birth or in the early months of life, the potential for damage is particularly high. What's more, the research suggests that not only is the infant likely to be harmed, but succeeding generations may be impacted as well.

In 2007 two hundred scientists from around the world met at the Faroe Islands to share their findings and call for decisive steps to address the thousands of toxic chemicals in our environment that are causing harm. Industries and governmental agencies have resisted taking any action, claiming that there is little evidence of harm from the thousands of chemicals in our air, water, food and consumer products.

(In the United States, a key figure in determining policy has been James L. Connaughton, Senior Environmental Advisor and Chairman of the White House Council on Environmental Quality. His appointment was unanimously confirmed by the Senate in June of 2001. The Environmental Working Group reports "Before being appointed to this position, Connaughton was one of Capitol Hill's most successful lobbyists for the mining, chemical, industrial and asbestos industries.")

Of all the organs impacted by exposure, the developing brain is the most vulnerable. Not only is the child's IQ likely to be reduced, the early exposure can impact on the muscles and nerves and possibly lead to Parkinson's or Alzheimer's diseases later in life.

Exposure to lead, pesticides and cigarette smoke has been found to set a child up for ADHD symptoms.

The baby's immune system and cardiovascular system can be damaged by chemical exposure and the reproductive system is especially vulnerable.

If an infant's metabolic system is damaged by such chemicals he will have a difficult time using nutrients appropriately, putting him at risk for obesity and diabetes.

Among chemicals named as most hazardous by the researchers are: pesticides, lead, arsenic, mercury, flame retardants and PCBs.

### Prenatal exposure to cigarettes

Researchers at the University of Washington studied a group of 133 children ages 7 to 15 with behavioral disorders. They found that children whose mothers smoked during their pregnancy or whose mothers were exposed to second-hand smoke during the pregnancy had more severe behavior problems than those who did not have the exposure. They believe that exposure to nicotine could make the child more likely to exhibit impulsive behaviors.

*Child Psychiatry and Human Development, May 2007*

## Chemicals and Genes

Researchers from the Department of Neuroscience and Physiology at SUNY Upstate Medical University in Syracuse, NY have published a review of the studies on ADHD and environmental chemicals.

Their paper, titled "Environmental risk factors for attention-deficit hyperactivity disorder" notes, "...several biological and environmental factors have also been proposed as risk factors for ADHD, including **food additives/diet**, lead contamination, cigarette and alcohol exposure, maternal smoking during pregnancy, and low birth weight." [emphasis added]

They conclude: "Although a substantial fraction of the aetiology of ADHD is due to genes, the studies reviewed in this article show that many environmental risk factors and potential gene-environment interactions also increase the risk for the disorder."

*Acta Paediatr. 2007 Sep;96(9):1269-74.*

### Chromosome abnormality and autism

A new study in the *New England Journal of Medicine* has found that in 1% of children diagnosed with autism a genetic abnormality was discovered on a section of chromosome 16. But, interestingly, the abnormality was not inherited from either parent. Editor's note: This suggests that some outside factor may have triggered the change in this chromosome, and this further supports the work of the Faroe Island researchers.

The article was published online January 9 and in print February 14.

### When toxins and genes collide

Dr. Feingold is often described as having believed that food additives *cause* behavior problems; but he did not. His hypothesis was that there are many things that combine to make one child more sensitive than another. These factors include the genetic inheritance, any "insults" (i.e., trauma, exposure to toxins) during pregnancy, difficulties during delivery (such as temporary loss of oxygen), and exposure to toxins after birth. For a child who is already vulnerable as a result, he said that the petroleum-based additives could "trigger" (not cause) the disturbed behaviors.

He did not rule out other causes, but believed that since things like synthetic dyes and flavorings have no nutritional value and are easily replaced with natural additives, this is a good place to start in the search for causes and treatments.



## Coughs and colds

How can you best handle the coughs and colds that are especially prevalent this time of year?  
Our readers share their favorite tips.

If you are looking for antihistamines or decongestant medicines that are free of unwanted additives, a good person to consult is a **compounding pharmacist**. They can create many medicines to your specifications. You should be able to locate one through the International Academy of Compounding Pharmacists. Their web site is [www.iacprx.org](http://www.iacprx.org) or call (800) 927-4227.

One of our pharmacist/members cautions parents to first check with their doctor before giving these medicines to a small child. There is a dye-free **benadryl** available over the counter (OTC) but it might be too large for a child to swallow. Some sleep aids are made of the same chemical as benadryl (diphenhydramine hydrochloride) and come in an uncolored form.

The US Centers for Disease Control and Prevention has cautioned parents not to give **over-the-counter cold medicines** to children under the age of two without first consulting their doctor. Some babies have died and many were taken to emergency rooms.

Before you use medicine, our pharmacists recommends trying a **saline nasal spray** or saline nose drops in the case of a baby. You can spray the solution or use nose drops and then use a bulb to pull the congestion out of the nose, or the child can blow her nose if she is able to do so herself. The saline often brings the congestion to the front of the stuffy nose. There are a number of Feingold-acceptable OTC nasal spray products including Simply Saline Nasal Mist.

Thanks to an Oprah show that featured her frequent guest and alternative medicine advocate, Dr. Mehmet Oz, Americans have been introduced

to the **ancient Indian neti pot**, which is used to wash the sinus cavity with a saline solution (salt plus water). The small ceramic pot, which looks like a gravy boat, is now widely available in drug stores as well as health food stores. Bathing the sinus cavities in a warm saline solution can help reduce the symptoms of colds, allergies and flu.

Another good option is **hot steam** which acts like an expectorant, helping the child cough up mucus, and thus relieving croupy coughs. You can turn on the hot water in the shower and sit by the child, or put a steamer next to the child's bed at night for easier breathing. Or add a drop or two of **Olbas Oil** to a bowl of steaming water, and put a towel over the child's head and bowl to make a tent, then breathe in the vapors.

An ancient remedy for coughs, as well as countless other health issues, is **oil of wild oregano**. Dr. Cass Ingram's book *The Cure is in the Cupboard* is a treasure of information on this little known resource. (Be sure you use the real thing, which is expensive but goes a long way. Bargain-priced oil of oregano is most likely made from Mexican sage, and does not provide the benefits of wild oregano.)

Dr. Ingram cautions that a cough is a symptom of some problem and it's important to try to identify the underlying problem if a cough doesn't go away in a short time. But good ways to control the irritating coughing are to inhale the strong-smelling oil or place a few drops in salt water and use it as a gargle, or put a drop or two of the oil of oregano in a small glass of water and drink it.

Check your Feingold materials for a large assortment of cough and cold products. Both **Boiron** and Boericke & Tafel (**B&T**) have natural remedies that are available in well-stocked health food stores or can be ordered online.

Don't overlook the old fashioned honey/lemon juice combination. You can add hot water for a soothing drink.

Several of our members have used a rather unusual remedy for their child's chronic cough. At bedtime they liberally apply Vick's VapoRub to the bottoms of the child's feet and then put on socks. They report that even persistent coughing will stop in about 5 minutes and the child will have hours of relief. Sadly, Vicks is no longer on our list of acceptable products since Proctor & Gamble, which owns Vicks, will not fill out our inquiry forms.

Olbas has Stage Two products that might be of help; look in your Foodlist under "first aid" and "Penn Herb Company." Their **Olbas Salve** might be a good replacement for Vicks VapoRub. See [www.olbas.com](http://www.olbas.com).

Whole Food Farmacy has a **Vaporescent All Natural Vapor Rub** that is Feingold-acceptable. See [www.wholefoodfarmacy.com](http://www.wholefoodfarmacy.com).

One of our members, who is a nurse, suggests this remedy for quieting a chronic cough: rub peppermint oil on the bottoms of your feet and then put on a pair of cotton socks. Apparently peppermint is a weak vasodilator, which opens up the airway, and the many pores on the bottoms of the feet readily absorb oils. If you are on Stage One just be sure it is a peppermint oil, not oil of wintergreen, which is a salicylate.

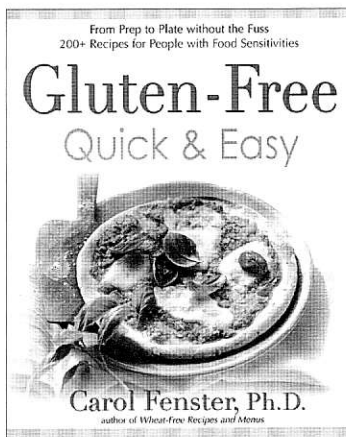
## Gluten-Free Quick & Easy

By Carol Fenster, PhD

Carol Fenster grew up on a Nebraska farm where wheat was a major crop. But in 1988 she discovered that she could not tolerate gluten, and began her journey of learning how to eat well without it. This was a time when few people knew about gluten sensitivity. She brings many years of experimentation together in this book, along with her own favorite recipes.

But this is more than a cookbook; she shows you how to organize your kitchen for gluten-free cooking, suggests which equipment works best, and offers many shortcuts. One of her favorite time-saving ideas is to cook for several meals, so that roast chicken you enjoyed on Monday is the basis for a chicken pot pie on Wednesday and ends the week as chicken salad sandwiches on Friday.

Carol provides information about the various flours that can be substituted for wheat flour, and how to create flour blends that are ready to go. She has recipes for make-your-own mixes for baked goods.

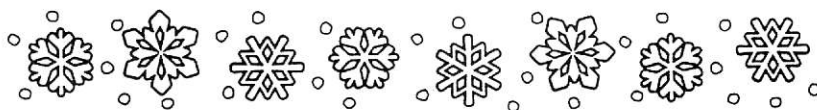


There are ethnic dishes as well as some dairy free choices. Carol names her favorite brand name foods and lists support groups and resources for ordering prepared gluten-free foods.

### Spangler's candy canes - People power prevails!

Spangler was planning to discontinue their all natural white peppermint candy canes, but due to many requests they have decided to continue to offer them.

For the coming year the canes will be available via their web site: [www.spanglercandy.com](http://www.spanglercandy.com). Click on the green candy store box and then candy canes. It is listed as Item # 77933 All White Peppermint Cane.



### Gluten-free, great tasting Stage Two product

When I saw the frozen Allergy Free Foods chicken tenders, proclaiming no gluten, no soy, no nuts, no milk, no eggs it was almost a "given" that something like this would also be free of the unwanted additives. But how about taste? I was not optimistic. What a pleasant surprise to find that these breaded easy-to-fix chicken pieces were scrumptious! I now serve them by themselves when I need to fix dinner in a hurry or use them when I'm preparing a more complicated dish and want a little help.

The frozen cutlets work well in chicken Parmesan, cutting the prep time way down. Since they contain paprika and red peppers as seasonings they are Stage Two, and they have some added CS in the form of dextrose.

In addition to frozen chicken they offer other foods, including baked goods. Some are available by mail order, and others soon will be. Chicken Tenders and Country Fried Tenders are available in stores in eastern and south-central states (Regions 1, 2, 3, and 5). Visit Allergy Free Foods at [www.allergyfreefoods.com](http://www.allergyfreefoods.com).

## O'Naturals ~ Coming to a work- place near you?

One of the chains listed in our 2008 *Fast Food Guide* is O'Naturals, which has restaurants in Portland and Falmouth Maine and another in Acton, Massachusetts. They also have franchises in Wichita, KS and Orlando, FL, with additional restaurants planned for Asheville, NC and Greenville, SC.

Last April O'Naturals opened their first franchise within a corporate headquarters when they began serving the employees of the Stratham, NH corporation, Timberland. In December they came to the American Express headquarters in Manhattan.



The mission of O'Naturals is to blend the advantages of healthy food with the convenience of typical fast food. Their diverse menu is made from ingredients that are natural, with many of them organic and locally grown.

More and more businesses are recognizing that a healthy workforce is good for the bottom line, so we should be seeing an expansion of good food coming to the workplace. Hospitals and colleges could be next.

## Questions parents ask

Here are some messages taken from our Helpline.

**Q:** I'm overwhelmed with all the information I am reading; every group thinks they have the right answer.

**A:** True. Basically, there are two ways to help these kids:

1. Strengthen their immune system so that the child is better able to cope with the toxins (including the food additives) that come his way.
2. Identify and remove some of the worst things out there.

Actually, there really are three options. The third option would be 1+2.

**Q:** I am excited about the fact that we can have an alternative way to help us deal with the situation and hope that the entire family can benefit from it.

**A:** When you stop eating chemicals made from petroleum, good things are bound to happen!

We like to start with a change in diet, and then if you find that either 1) there is no improvement (unlikely) or, 2) you need to do more, then you can go another step -- possibly remove gluten or casein or (much simpler) introduce supplements.

**Q:** I read a lot about the gluten free diet. How does this coexist with the Feingold Program? It seems that there are success stories from this diet as well.

**A:** Yes, some of our members are combining the two. Feingold is the easy part. Many people who are using only a gluten-free/casein-free diet report success. But take a closer look at the gf/cf regimen. When you use it you do a lot of food preparation from scratch, and most of the basics would be free of synthetic colors, flavors, aspartame & preservatives. (*More on this in our article on page 2.*)

Then take a look at the special gf/cf foods out there. You'll notice they don't contain those additives either.

So when you go gf/cf you automatically cut out the additives we eliminate. True, the children will still get the natural salicylates, but getting rid of the additives is a huge step.

Some doctors and nutritionists claim their diets are the only way to go; they cut out processed foods and all sugars. When they do that they are putting the children on Stage Two of the Feingold Diet, but they generally force the family to give up more foods than is necessary. If you put a child on a diet of crackers and water you might see a big improvement, but that's taking away far more than is necessary.



**Q:** How long after we start the program should I expect to see results?

**A:** We don't know how soon you may see results; we can't even predict if your child will benefit. But for families that use the program carefully, most see positive improvements in anywhere from a few days to a few weeks. Every child is different, so we can't say for sure.

**Q:** What about sugar? I always hear the sugar is a trigger for hyperactivity as well.

**A:** Give any child a big dose of sugar on an empty stomach and he will probably get hyper.

But people who recommend cutting out "sugar" are missing some important facts.

1. Very few processed foods today contain "sugar." Most are sweetened with high fructose corn sweetener and there's a big difference in the way our bodies handle them.

2. When people say they "cut out sugar" they generally mean that they eliminate candy and various sugary foods. They use the words "sugar" and "candy" interchangeably, as though they were the same thing, but they aren't! So when these folks "cut out sugar" they are getting rid of sugary foods that are loaded with synthetic additives.

**Q:** Because there are so many theories out there, I am confused about where to start.

**A:** We believe in starting with the simplest things first. Actually, taking cod liver oil is simpler than the Feingold diet, but the Feingold diet is simpler than most of the other things out there...including drugs, which can take weeks to get right and usually have troublesome side effects.

**Q:** Is there a support group that meets on a regular basis?

**A:** Our materials are very comprehensive so they will answer most of your questions. But we also have helplines and a wonderful on-line member's message board.

**Q:** I'm nervous, but at the same time excited about this diet.

**A:** We understand that it *sounds* hard and for the first two weeks or so it will be, well -- different. But before long it's routine and you will most likely be enjoying the benefits.



## PIC Report

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

Products with this symbol ^ are available in Canada.

### Stage One

365 EVERYDAY VALUE Arnica Gel; Oscillocoquinum (homeopathic remedy)

365 ORGANIC Flax Waffles, Homestyle Waffles, Mini Homestyle Waffles, Mini Vanilla Waffles

DIETZ & WATSON Pepper Loaf (CS, N), Premium Angus Roast Beef, Spiced Beef Pastrami (CS, N, SM), USDA Choice Eye Round Roast Beef (CS), USDA Choice Pepper Eye Round Roast Beef (CS, N), Prosciutto Classico - Hand Trimmed Skinless & Shankless, Prosciutto Pre Sliced Case Ready (CS, N)

DIETZ & WATSON Catering Ready Turkey Breast, Herb Lemon Butter Breast of Turkey (CS), Maple & Honey Cured Turkey Breast (CS, N), Our Original Breast of Turkey

DIETZ & WATSON Aalsbruk Smoked Gouda Cheese (SM), Baby Swiss Cheese, Lacy Swiss Cheese, Monterey Jack Cheese, Mortadella (CS, N, MSG/HVP), Mortadella with Pistachios Traditional Style 9" and 6" Diameter (CS, N, MSG/HVP), Mozzarella Cheese, Muenster Cheese, New York State Aged Cheddar Cheese/Horseradish, New York State Sharp Cheddar, Premium New York State Creamery Cheddar Cheese, Provolone Cheese (SM), New York State Cheddar Cheese with Roasted Garlic (CS)

JIGSAW HEALTH^ Activated B with SRT, Digestive Enzymes, Essential Blend Multi Mineral, Essential Omega-3 Fish Oil, Magnesium with SRT, Probiotics - Essential Blend [www.jigsawhealth.com](http://www.jigsawhealth.com)

MONA'S GLUTEN FREE Happy Day Cake Mix, Multi Mix [www.madebymona.com](http://www.madebymona.com)

NEW BEGINNINGS NUTRITIONALS^ Methyl-Mate

REAL PURITY Hair Repair Shampoo [www.realpurity.com](http://www.realpurity.com)

RICERA\* Organic Vanilla Rice Yogurt (trace salicylate in pectin from citrus)

SEITENBACHER^^ Cashew Star, European Pumpkin Seeds

SIMPLE FOOD\* Soynut Butter: Cinnamon Sugar, No Sugar, No Salt, Sea Salted, Simple Chocolate (CS), Slightly Sweet [www.simplefood.com](http://www.simplefood.com)

SUNSHINE BURGERS^ Garden Herb, Original

WELLSHIRE KIDS\* All Natural Uncured: Beef Corn Dogs, Chicken Corn Dogs

## PIC Update

We have just confirmed that the wonderful Pure Fun red & white striped candy canes featured in our Holiday Goodie Baskets are Stage One! We have some left over; see the note on our home page if you would like to order them.

### Stage Two

B.A.M. ENERGY BAR^^ Fruit and Nut Performance Bar (almonds, apples, apricots, cranberries, prunes, raisins, strawberries) [www.matabolicmaintenance.com](http://www.matabolicmaintenance.com)

CROFTERS ORGANIC^ Superfruit Fruit Spread (acai berries, grapes, cherries)

DIETZ & WATSON Hot Pepper Jack Cheese (chili peppers), Hot Pepper New York State Cheddar with Buffalo Wing Sauce (chili peppers), New York State Cheddar Cheese with Jalapeno and Cayenne Peppers (chili peppers), Oven Classic Turkey Breast (paprika), Pancetta (CS,N,wine), Slicing Pepperoni (CS,N,paprika), Sopressata Calabrese - Hot (CS,N,wine)

F.M.B. (DIS)^ Feed My Brain Adult Formula (CS, apples, cherries, cranberries, grapes, oranges, peaches, rosehips)

F.M.B. (DIS)^ Feed My Brain Children's Formula (CS, apples, cherries, cranberries, grapes, oranges, peaches, rosehips)

MONA'S GLUTEN-FREE Sunny Bun & Pizza Mix (almonds)

MONA VIE^ (DIS) Active (SB, acai berries, grapes, acerola, aronia, cranberries, apricots, prune, blueberries, wolfberries, bilberries), Gel (CS, SB, acai berries, grapes, acerola, aronia berries, cranberries, apricot, blueberries, bilberries, wolfberries, prunes), Original (SB, acai berry, aronia berry, acerola cherries, blueberries bilberries, wolfberries, grapes, cranberries, apricots, prunes)

NEW ENGLAND NATURAL BAKERS^ Save The Forest Chocolate Trail Mix (almonds, apples, raisins)

PUBLIX (Publix) Pasta Sauce: Garden Style (CS, tomatoes), Super Chunky Mushroom (CS, tomatoes), Tomato-Garlic-Onion (CS), Traditional (tomatoes), Traditional Meat Flavored (tomatoes)

PUBLIX PREMIUM (Publix) Pasta Sauce Basil & Tomato, Creamy Vodka Pasta Sauce (tomatoes, red peppers), Six Cheese (tomatoes)

RICERA\* Rice Yogurt: Organic Blueberry, Organic Peach, Organic Strawberry

SAVE THE FOREST^^ Organic Cereal Bars: Cinnamon Raisin (almonds), Raspberry; Organic Granola: Absolutely Nuts (apples, raisins), Cravin' Cranberry, Going Bananas (apples, raisins), Raspberry Razzmatazz

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.

## Candy Holidays

Easter comes early this year (March 23) so you may want to start checking out the candy options.



**Y**our *Foodlist & Shopping Guide* has a large assortment of natural treats for both Stage One and Stage Two.

Natural candies can be found in stores of all kinds including, supermarkets, drug stores, discount stores, and health food stores. The Squirrel's Nest Candy Shop offers a huge assortment of Feingold-acceptable treats, including chocolate bunnies and Passover candies. See [www.squirrels-nest.com](http://www.squirrels-nest.com) or call (302) 378-1033, but please order early since this is a very busy season.

There are several options for natural marshmallows, including Tiny Trapeeze, Elyon, Allereenergy, and marshmallow creme from Pure Fun. You can also make a sheet of your own marshmallow and use metal cookie cutters to create holiday shapes. See the recipe section in your spiral bound Program book.

Years ago Feingold parents could only dream of finding natural jelly beans for their child's Easter basket. Now there are several companies that make them including Sun Ridge Farms and Planet Harmony. Even Jelly Belly has recently introduced a natural line. (All of the jelly beans are Stage Two.)

Dried fruits are every bit as sweet as candy, and there are many choices beside raisins. Check out dried pineapple, papaya, pears and mango (all Stage One). Your child might be game to try dried figs (Stage One) and prunes (Stage Two).

Easter baskets don't need to contain only sweets. Fill hollow plastic eggs with trinkets, small toys, party favors or coins. One mom delighted her son by filling the eggs with batteries for his electronic toys. Another option is a "ME FIRST" badge, which allows the child to get to be first all day long.

Please try to hold off on the sweets until your children have had a nourishing meal. Sugary foods on an empty stomach are a recipe for trouble for most children.



## Sodium Benzoate Replacement?

Beverage companies in Britain are looking to potassium sorbate as a replacement for the notorious sodium benzoate, found to contribute to ADHD symptoms in children. (See [www.feingold.org](http://www.feingold.org) for details on the new study.)

Another possible alternative is Herbal-Active, a blend of Australian herbs whose potency is dramatically increased when they are combined, and which can be used in very small quantities. In addition to beverages, the herbs have been found to be useful in other foods that have typically used sodium benzoate, and even in cosmetics. The small quantity required to preserve most foods means there is no taste of the herb, but larger amounts are used to prevent molds, and then the product adds its own flavor. See [www.cherikoff.net](http://www.cherikoff.net) for details.

## Pure Facts

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