

## Meat, Corn and *The Omnivore's Dilemma*

Who would have thought that a book about corn would make for fascinating reading?

**B**ut a book about corn in the United States is also a book about meat. We eat corn, but what we eat also eats corn, and so this book, *The Omnivore's Dilemma* by Michael Pollan, is also about meat.

Corn takes up 125,000 square miles of crop land in this country, which is twice the size of New York State.

Cattle do not naturally eat corn; it is their nature to eat grass. But 60% of America's corn is used to feed livestock, and much of it turns into beef. (Other animals are also fed corn and it even makes up part of the diet of farmed salmon. But unless salmon eat sea life which is rich in omega-3 essential fatty acids, they are not a good source of this important nutrient.)

Grass-eating animals once used to play an important part in keeping the land healthy. They ate grass (and converted it into high-quality protein), then nourished the soil and replanted the grasses by spreading manure and seeds with their hooves. Such animals could thrive on grassland that was not suitable for growing crops.

An old fashioned farm is an efficient system that uses all of its components. Once they have grazed on grasses, animals are moved to a new area and chickens are brought in to feed on grubs and pests while the grasses are allowed to regenerate.



On such a well designed farm the animals eat the waste products of the crops grown on the farm, and can dine on the spoiling fruit that has fallen in the orchards, leaving their manure to encourage more growth.

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The recent attention to the cruel treatment of animals at a California facility and the recall of 143 million pounds of meat (much of which ended up in school lunches) has focused attention on one of America's favorite foods. The Humane Society, which took the undercover films, has accused the Agriculture Department of allowing cows that may be sick to enter the food supply. Pollan's book shows why most of these animals are sick.

## What's the best way to help autistic kids?

The Autism Research Institute has published the results of their latest survey comparing drugs, supplements, and diets.

**T**he survey included dozens of drugs, from Adderall to Zoloft and the tabulated results show if the child got worse, had no effect or got better. Antifungals and seizure medicine showed mostly positive results, but ADHD medicine had more negative outcomes than positive. Most supplements showed a high percentage of improvement and generally small numbers of children whose behavior got worse.

The fewest negative effects were reported for the diets. Both the Feingold Diet and the Candida Diet helped 56%, the Gluten-Free/Casein-Free diet helped 66% and the Specific Carbohydrate Diet (SCD) helped 69%. The SCD aids the digestive system in healing by limiting selected carbohydrates. A feature of most healing diets is the fact that they generally do not contain the synthetic additives excluded by the Feingold Diet, so children on other regimens are likely to also be on Stage Two of our diet.

Survey results are found at [www.autism.com/treatable/form34qr.htm](http://www.autism.com/treatable/form34qr.htm).

## Tammy & Kevin's astonishing family

How many different problems can be helped by a good diet? This remarkable family keeps learning of new ones.

After they had raised their children, Tammy and Kevin Grindheim began again five years ago with the adoption of three siblings. Dustin is now 13, Kyle is 12 and Travis is 10. Tammy had used the Feingold Diet years earlier to help her son, Andrew. Sadly, she didn't know there was a Feingold Association and just did her best based on Dr. Feingold's 1975 book.

But her work paid off and Andrew's seizures, dyslexia, migraines, and ADD were all under control after she figured out (on her own) all of the things that set him off. She was even able to identify the hidden preservatives that are often in low fat and skim milks. As long as he stayed on the diet Andrew thrived.

When the three brothers arrived at the Grindheim's they brought multiple problems and a long list of labels: ADD, ADHD, reactive attachment disorder, mood disorder, severe dyslexia, oppositional defiant disorder. They were defiant, destructive, and generally out of control; taking them out in public was impossible. Tammy was exhausted and didn't think she was going to make it, but she recalls "I don't know at what point we remembered Feingold but we put it to work for us. It made a world of difference."

With their doctor's guidance they began weaning the children off of the medicine, but it was rough going since they were on multiple drugs and consequently had little experience in developing any self-control.

Tammy recalls the first time she heard 5-year-old Travis "laugh from the depths of his soul. It was the most wonderful sound. He had more anger in him than I have seen in anyone and today he is well behaved, loving, helpful, smart, happy, and certainly all boy, mischief included, when he is on Feingold."

The next of the Grindheim boys was Michael, who was 11. He was also totally out of control, with diagnoses of ADHD, reactive attachment disorder, and bipolar. Despite the fact that he was on strong medicines he was destructive and defiant. "Now, at age 14 Michael is probably the most responsible of the boys," Tammy believes. "He is a great help and enjoys so many different things."



the Grindheim clan

Kyle was severely dyslexic, could not read and didn't know the sounds of the letters. Writing and coloring were terrible chores for him. Today he reads very well, is a whiz in math and enjoys writing stories. He is the most calm of the children and content in about any situation, even boring ones. The most sensitive to additives of all the children, Kyle will refuse foods with the additives because he knows he can't function when he has them; all of the symptoms return.

"Dustin was the child I swore I would not take off his medicine because his behaviors were so extreme," Tammy remembers, "but the others were doing so well, and my husband insisted that we try. I waited till Kevin was on vacation since I knew I couldn't go it alone. Once the medicine was out of his system, Dustin was a different child. He is very caring, jumps to help anyone, loves writing and drawing and reads more than any child I have ever come across. He loves to be active and play outdoors."

Michael loves eating his mom's healthy cooking and will avoid offending foods. He still struggles with ADD but is learning to manage it. "He is overly dramatic and hilarious," Tammy says "he has come running to me, arms flailing, and says 'Mom, did you see how much food coloring is in that cake! It will kill us!'"

Cole has been with the Grindheims almost two years. His symptoms were not as extreme as those of his brothers, but his ADHD was severe, despite the medicine he was on. "He couldn't behave to save his life," Tammy recalls. "I told Kevin there was absolutely no way I was going to take him off his medicine; they would have to shoot me first. Well dear old hubby persisted. There were many rough days but today Cole is fine. He has a zest for life, is always happy and laughing at something. But when he eats an offending food we are all miserable."

A few months ago 13 year-old CJ joined the clan and more recently 9 year-old Timmy, who suffers from seizures. Now, CJ is just one of the boys, and while his behavior is not yet a model, he is on his way to becoming a very nice young man.

In just one month Timmy's behavior problems have diminished dramatically and he is now on dye-free medicine. Tammy and Kevin are hopeful that the seizures will respond positively to his new, healthy diet.

## Life with the Grindheims

I first met the Grindheims when Kevin and Tammy came by my home to purchase several cartons of the book *Why Can't My Child Behave?* which they wanted to give to other families.

They have been amazed at the difference the diet has made and want to share this information with as many people as possible. At that time they had five boys, and we all gravitated toward the kitchen, where I had set out a snack of popcorn and lemonade. The adults quickly became engaged in discussing our mutual interest in Feingold while the boys sat at the kitchen table, quietly talking among themselves. They were so soft spoken, we forgot they were there, and it wasn't until later that I learned the tumultuous background each of these kids brought with them. There were multiple diagnoses of serious disorders and countless medicines for each of them.

With their current family numbering nine, the Grindheims are working on a much-needed addition to their home. The foundation has been built and the carpentry is being done, primarily by Kevin and the boys. But they also needed a new septic system and this has meant tearing up the entire yard, leaving no suitable place for seven active boys to run and play.

Tammy cooks nearly all of their meals from scratch and keeps everyone happy with her wonderful homemade bread. She has found that they all do much better sticking to Stage One, and when an offending food or additive is consumed (by Tammy or any of the kids) the effects are unmistakable. Kevin is a super Dad, and now a carpenter in addition to his full time job. And both parents are active in their community.

What do two such busy parents want more than anything? No, not a vacation in Hawaii! They want to get the word out about the help the Feingold Program can provide and they want a really nice yard with equipment that will offer physical activity for their boys. Another wish list item is a vehicle large enough to transport everyone to the many soccer games and other activities, and Kevin is thinking of trying to find a small bus, but the expense of caring for such a large family makes this hard. Most couples who have finished raising their children relax, travel and enjoy a slower pace of life. And then there are the Grindheims!

## Europe won't ban food dyes

The European Food Safety Authority (EFSA) has turned down requests to ban the food dyes and preservative that were found by the University of Southampton study to trigger ADHD symptoms in children from the general population. Despite this action, Britain's Food Standards Agency reiterated its advice that parents limit their children's intake of these additives if they show signs of ADHD. (Details on the Southampton study are at [www.feingold.org](http://www.feingold.org).)

The EFSA describes "limited evidence that the mixtures of additives tested had a small effect on the activity and attention of some children."

But the EFSA did not consider that:

- Most of these children had no history of ADHD; the fact that their behavior and learning were impacted at all was significant.
- The amount of dye used was very small. Beverage A contained 25 mg, and Beverage B contained 62.5 mg. But in 1977 the US National Academy of Science conducted a survey of 12,000 people and found that 99% of them ate up to an average of 327.6 mg of dye per day. Since that time the production of dyes has risen dramatically (increasing 400% between 1955 and 1998) and a trip down the aisle of any supermarket will show how widely they are used in foods and non-food products designed for children. There has been a similar increase in Britain.

One step that the EFSA could take would be to require product labels to disclose how much dye is in them.

Part of the problem the EFSA had was that the study did not identify exactly which additive(s) were causing which problems. But there are numerous studies showing damaging health effects of the various individual dyes; that alone should be reason to remove them. (See [www.diet-studies.com](http://www.diet-studies.com))

Adoptions can be tough. Some of the boys were born in Eastern Europe and came to Tammy and Kevin after their new parents were not able to manage. It is not unusual for a child who was deprived of love in his early years to have trouble trusting adults, but the Grindheims have helped their boys overcome this trauma. But some adoptions don't work out as well. For a child born with fetal alcohol syndrome (FAS), it can be very hard to heal the damage the child suffered before birth. The University of Washington, under the guidance of Dr. Ann Streissguth, has long been in the forefront of research into FAS. Dr. Streissguth's book *Fetal Alcohol Syndrome, A Guide for Families and Communities* is a valuable resource for families and professionals dealing with this very difficult issue.



But today most animals are crowded into mega-cities, crammed together in close quarters. They are given drugs to prevent the illnesses that can come from such bad conditions, and their manure has become a source of pollution, not a valuable part of agriculture.

Today's cattle no longer have a diet of grass, which would take four to five years to produce a full grown animal. Factory-raised cattle fed a corn-based diet plus the fats and drugs that are required by their unnatural diet, reach one thousand pounds and are ready for slaughter in just 14 months.

Cattle raised on an abnormal diet get sick from it and are given antibiotics to prolong their lives. This means these drugs lose their effectiveness when they are needed by humans.

The message from a growing number of consumers to our government and industries is "Stop messing with our food."

This is all made possible by the mountains of corn produced in the Midwest. But while miles of single crop agriculture produce a product that is cheap, the costs are very high in terms of the damage to the soil and the enormous amounts of oil needed to grow and process it. Thanks in part to government subsidies, most of the money generated by it goes to agribusinesses, not to the farmer who grows it.

Then the processed food industry takes its share of the profits. Pollan writes, "In many ways breakfast cereal is the prototypical processed food: four cents' worth of commodity corn (or some other equally cheap grain) transformed into four dollars' worth of processed food."

The Almond Board of California has said they will not use heat or radiation to "pasteurize" their almonds (the PC term for irradiation). Instead they will use propylene oxide, a flammable chemical once used as a racing fuel.

## Altered foods causing health problems

Not only are food animals being changed, but the food they consume is being altered in bizarre ways.

Genetically modified corn has a pesticide that is engineered into the DNA of the plant. The pesticide kills the insect who eats it, but critics show that it also impacts the person who eats it, and the person who eats the cattle that eats the corn.

Jeffrey M. Smith is a consumer activist working to alert the public to the down side of GMO foods. He is the author of *Seeds of Deception* which describes what goes on behind the scenes in government and industry, and *Genetic Roulette*, which documents the health risks of such food.

Smith and his colleagues operate The Institute for Responsible Technology, their web sites [www.responsibletechnology.org](http://www.responsibletechnology.org), [www.seeds-of-deception.com](http://www.seeds-of-deception.com) and their Enewsletter *Spilling The Beans*.

The Food and Drug Administration (FDA) does not believe there is any need to let consumers know which foods are engineered. And recently, the FDA has said that all almonds, even raw ones must be irradiated.

## [www.Allergykids.com](http://www.Allergykids.com)

One mother has given a face and a family to the growing problem of manipulated food. Robyn O'Brien's story has been the topic of TV interviews and articles in newspapers and magazines. She quickly changed from a trusting consumer to an angry mother after her youngest child had a severe allergic reaction to food. Her web site [www.allergykids.com](http://www.allergykids.com) offers innovative stickers, lunch bags and wristbands to help parents let others know of their child's sensitivities.

## How far is too far?

Technology seems to know no limits. Everyone cheered when a man first set foot on the moon. But when it comes to pushing the envelope on things as basic as humans, animals and our food supply, Nature appears to have built-in limitations to what can be safely tolerated. At one time, government agencies kept the balance between the ambition of business and the welfare of the public. That time appears to be past.

Irradiated almonds, cloned meat, hormone-treated dairy cows, genetically modified foodstuffs of all kinds -- giant corporations push for a food supply that offers greater profits, but with little understanding of the consequences. The brave new world of manipulated foods is a risky experiment in the eyes of many who believe our government continues to put the needs of industry ahead of public safety.

As a plus for agribusiness, such technology makes it harder for small farmers to compete and forces many of them out of business. It also allows companies to be lax about cleanliness. "Consumers prefer to have no filth on meat," says Michael Jacobson, director of the Center for Science in the Public Interest, "than to have filth sterilized by irradiation."

It may be difficult to identify which foods are adulterated. The Food and Drug Administration wants to remove any labels identifying food that has been irradiated and does not want to have labels to identify food from cloned animals.

## Bevi Bags for beverages on the go

The Bevi Bag is an alternative to drink pouches filled with highly sweetened beverages. You fill them with your child's favorite beverage and insert a straw when it's time to drink. They are spill proof and disposable. For information visit [www.bevibags.com](http://www.bevibags.com) or call the Bevi Corporation in Monroe NY at (866) 475-694.

## Scientists call for freedom

A group of prominent scientists, organized by the Union of Concerned Scientists (UCS), has released a statement calling on the next president to put an end to political interference in science and create changes that would allow federal science to flourish.

Recognizing that good federal policy depends on reliable and robust scientific work, UCS and the scientists are urging the next administration to guarantee basic scientific freedoms for government scientists.

The UCS is working with all three Academies, the American Association for the Advancement of Science, and scores of universities nationwide to hold a presidential science policy debate in April. The candidates have been invited to debate in Philadelphia, prior to the Pennsylvania primaries.

## Gross Candy!

Toxic Waste is the name of a line of sour candy sprays (designed to be squirted into the mouth). The synthetic flavors offered are: Cherry, Green Apple and Strawberry. They contain: high fructose corn syrup, water, citric acid, malic acid, artificial flavors, aspartame, acesulfame K, potassium sorbate, sodium benzoate, and several artificial colors. The plastic lids are in shapes of an evil scientist, a mushroom cloud and a deformed rat. Eewww!

## Lake Country Family Farms Direct

More consumers are searching for meat that is not raised in factory farms and is not the product of GMO feed, growth hormones, antibiotics and cruelty.

Lake Country is composed of a group of small family farms near Lake Erie. Here, cattle, pigs, and sheep are raised humanely, and fed native grasses and grains. The meats are hand trimmed in a USDA inspected facility, and the meat from different animals is never mixed. Every animal is tracked to prevent any E. coli scares.

They deliver their meat to homes in New York State, Western Pennsylvania and Ohio. Visit [www.lakecountrydirect.com](http://www.lakecountrydirect.com).

Co-owner, Dave Van Horn, is enthusiastic about the help his family has received from the Feingold diet and is eager to share this information with others. Lake Country will be enclosing Feingold brochures in with their orders.



## Healthier Meats

Some health food stores and markets offer products from farms like Lake Country. Even supermarkets are beginning to carry them.

Food co-ops and farmers' markets are likely sources, and you can find a listing of farms selling meats, poultry, eggs and dairy products which use natural methods. Check out the web site for the non-profit organization Humane Farm Animal Care, located in Herndon, VA. They provide a listing of farms around the country. Visit [www.certifiedhumane.com](http://www.certifiedhumane.com). Here are some of the farms that offer meat:

California: Range Brothers, Capay Valley - [www.rangebrothers.com](http://www.rangebrothers.com)

California: Prather Ranch, Northeastern California - [www.pratherranch.com](http://www.pratherranch.com)

California: Hearst Ranch, Central California Coast - [www.hearstranch.com](http://www.hearstranch.com)

Connecticut: Footsteps Farm, Stonington - [www.footstepsfarm.com](http://www.footstepsfarm.com)

Georgia: White Oak Pastures, Bluffton - [www.whiteoakpastures.com](http://www.whiteoakpastures.com)

Indiana: Fiedler Family Farms, Rome - [www.fiedlerfamilyfarms.com](http://www.fiedlerfamilyfarms.com)

Missouri: Newman Farm (pork), Myrtle - [www.newmanfarm.com](http://www.newmanfarm.com)

Montana: Meyer Natural Angus, Helmville - [www.meyerbeef.com](http://www.meyerbeef.com)

Ohio: Heinen's Market, Cleveland - [www.heinens.com](http://www.heinens.com)

Oregon: Knee Deep Cattle Co, Coburg - [www.kneedeepcattlecompany.com](http://www.kneedeepcattlecompany.com)

Pennsylvania: Hendricks Farms, Telford - [www.hendricksfarmsanddairy.com](http://www.hendricksfarmsanddairy.com)

South Carolina: Caw Caw Creek (pork), Columbia - [www.cawcawcreek.com](http://www.cawcawcreek.com)

Texas: Pederson's Natural Farms (pork), Hamilton - [www.healthypork.com](http://www.healthypork.com)

Virginia: Against the Wind Ranch, Highland Co [www.againstthewindranch.com](http://www.againstthewindranch.com)

Virginia: Touchstone Farm, Rappahannock Co - [www.touchstonefarm.org](http://www.touchstonefarm.org)

## April Fool Foods

For those who want more caffeine with their coffee, a North Carolina scientist has found a way to use caffeine in baked goods without the bitter taste of the stimulant. Will this mean caffeine-laced doughnuts? Years ago parents gave caffeine to their hyperactive children to help them focus; let's hope schools don't start serving those doughnuts in their breakfast programs!

Japanese farmers have found an innovative way to grow easy-to-handle watermelons. The fruits are grown in a square box and the fully-grown melons look like the conventional ones, only they're square!

A new beverage Promise Activ™ Supershoots™ promises to lower cholesterol by using natural plant sterols. The odd thing is that this beverage designed for "heart health" contains synthetic sweeteners and several dyes. "Sports drinks" are a new favorite way to sell beverages loaded with synthetic additives.

## Autism and Vitamin D3

The Vitamin D Council recently published a paper proposing a theory on vitamin D3 deficiency and autism.

Vitamin D is essential for the healthy development of the brain and nerves of an infant, both before and after birth. Until relatively recently, humans obtained most of their vitamin D through exposure to the sun, but in recent years, we have been advised to avoid the sun. The amount of D added to milk and supplements is only a tiny fraction of what people previously obtained.

Conscientious parents might actually be increasing the risk for the child, the authors suggest, by keeping him out of the sun or using sunscreen. (The authors do not suggest a child have enough sun exposure to get sunburned.) And the mother who breast-feeds might not be providing enough of the vitamin unless she has sufficient amounts, either through sun exposure or taking supplements.

Vitamin D deficiency is believed to lead to brain inflammation while adequate amounts are thought to help protect the brain from heavy metals, including the mercury preservatives in vaccines. A deficiency of vitamin D has also been linked to some of the health issues that accompany autism, including seizures, poor muscle tone, delays in motor development, and frequent infections.

The paper hypothesizes that because estrogen enhances vitamin D metabolism, that could be a clue to the reason why boys are far more vulnerable to autism than girls. Also, dark skinned children, who don't absorb sunlight as well are at greater risk.

This is only one of numerous theories being investigated. It could be that the child who is already at risk due to numerous factors, is pushed "over the edge" by exposure to mercury preservatives used in vaccines, particularly if he is very young or is fighting an infection when the shots are administered.

See [www.vitaminDcouncil.com/health/autism](http://www.vitaminDcouncil.com/health/autism).

## Test your Additive I.Q.

Pure Facts readers will know most of these answers, but try them out on your friends!

1. What is "pumped meat"?
  - a. Meat that was fed steroids
  - b. Meat pumped through a tube
  - c. Meat with injected solution
2. What food additive has been linked to obesity?
  - a. Equal (aspartame)
  - b. High fructose corn syrup
  - c. Monosodium glutamate (MSG)
3. The preservative TBHQ is similar to:
  - a. Tuberculosis
  - b. Butane (lighter fluid)
  - c. Table salt treated with kerosene
4. What is a Grapple?
  - a. A grape flavored apple
  - b. A board game with letter tiles
  - c. A hook to hold meat
5. What is the legal definition of "natural"?
  - a. Made with only natural ingredients
  - b. Made with 85% natural ingredients
  - c. Made with 50% natural ingredients.
6. What is the source of most Yellow food dye?
  - a. Marigold flowers imported from Holland
  - b. Petroleum refineries in China
  - c. Yellow sea urchins from Indonesia

4. An apple that has been soaked in grape flavoring.  
5. There is no legal definition of the word "natural."  
6. Chinese petroleum refineries.

1. Meat injected with a "solution" that can contain synthetic additives.  
2. All of them have been linked to obesity.  
3. TBHQ (TertiaryButylHydroquinone) is related to butane.



## 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

### Stage One

APPLEGATE FARMS Smoked Turkey Breast (SM)  
BOBOBABY^^ Organic Frozen Pureed Baby Food:  
Vegetable Medley  
CRAZY RICHARD'S\* All Natural Peanut Butter - Smooth, Chunky  
EARTH SCIENCE^^ Fragrance Free Shampoo, Fragrance Free Conditioner [www.earthessentials.com](http://www.earthessentials.com)  
EYE Q^ Capsules; Liquid: Citrus, Vanilla  
HORMEL NATURAL CHOICE Pre-Sliced Deli Sandwich Meats: Cooked Deli Ham, Honey Deli Ham (SM), Honey Deli Turkey (SM), Oven Roasted Deli Turkey, Roast Beef, Smoked Deli Ham (SM), Smoked Deli Turkey (SM)  
KREMA Natural Peanut Butter: Creamy, Crunchy, Smooth [www.krema.com](http://www.krema.com)  
IMMACULATE BAKING CO.\* Better Bakes: Chocolate Chunk Cookie Dough (CS), Triple Chocolate Chunk Cookie Dough (CS), Vanilla Sugar Cookie Dough; Cookies: Coca Doodle Doos Chocolate Chip Oatmeal (CS), Hunka Chunka Chocolate Double Chocolate Chip (CS)  
LIVING HARVEST^ Hemp Milk: Chocolate, Original, Vanilla; Hemp Protein Powder: Original, Vanilla Spice [www.livingharvest.com](http://www.livingharvest.com)  
LUNDBERG^^ Original Sea Salt Rice Chips  
MORNING FRESH 10 Ct. Hash Brown Potato Patties (CS)  
PACIFIC VALLEY 10 Ct. Onion Hash Brown Potato Patties (CS), Hash Brown Potato Patties 10 & 20 Ct. (CS)  
PATHMARK (Pathmark) Hash Brown Potato Patties 10 & 20 Ct. (CS)  
PIGGLY WIGGLY (Piggly Wiggly) 10 Ct. Hash Brown Potato Patties (CS)  
PRICE RITE (Shop Rite) 20 Ct. Hash Brown Potato Patties (CS)  
RICHFOOD 10 Ct. Hash Brown Potato Patties (CS)  
SHOP 'N SAVE 10 Ct. Hash Brown Potato Patties (CS)  
SHOP RITE (Shop Rite) Hash Brown Potato Patties 10 Ct., 20 Ct. (CS)  
TOM'S OF MAINE^^ Natural Clean & Gentle Care SLS-Free Anticavity Plus Dry Mouth Soother Fluoride Toothpaste - Lemon-Lime; Natural Clean & Gentle Care SLS-Free Antiplaque Plus Whitening Fluoride Free Toothpaste - Spearmint  
TWIN HENS Chicken Pot Pie  
VALLEY VIEW (Aldi) Hash Brown Potato Patties (CS)  
WEIS (Weis) 10 Ct. Hash Brown Potato Patties (CS)

### Stage Two

365 ORGANIC (Whole Foods) Golden Flax Flakes (CS, apples, peaches)  
365 ORGANIC^ (Whole Foods) Honey Nut Morning O's (CS, almonds)  
ADINA MIRACLE FRUITS Super Acai (apples, grapes), Super Goji with Mango (apples, oranges)  
ADINA ORGANIC Ethiopian Iced Espresso (coffee), Indian Iced Chai Latte (tea), Mayan Iced Mocha (coffee), Sumatran Iced Vanilla Latte (coffee), Tango Tropical Passion Fruit Yerba Mate (oranges)  
ARTISANA\* Organic Raw: Almond Butter, Goji Bliss (goji berries) [www.premierorganics.org](http://www.premierorganics.org)  
CALIFORNIA SUNCAKES Date (peaches, plums, prunes) [www.suncakes.com](http://www.suncakes.com)  
GLEE^ Bubble Gum (CS, oranges) [www.gleegum.com](http://www.gleegum.com)  
HEART THRIVE Vegan Date Energy Bar (plums, peaches, prunes)  
LIVING HARVEST^^ Chocolate Chili Hemp Protein Powder (chili peppers)  
MAUK FAMILY FARMS\* Raw Wheat Free Crusts [http://maukfamilyfarms.com](http://http://maukfamilyfarms.com)  
NEW BEGINNINGS NUTRITIONALS Artichoke Extract, Chelated Calcium, Chelated Magnesium, Chelated Selenium, Chelated Zinc, GABA 500 mg, L-Glutathione, N-Acetyl Cysteine, Probiotic Support Formula, Malic Acid (apples)  
OLIV Dressings: Aged Balsamic (red wine vinegar) [www.olivdressings.com](http://www.olivdressings.com)  
PROSPERITY ORGANIC FOODS\* Organic Coconut Flax Butter - Sweet Orange  
PURE ENCAPSULATIONS Cognitive & Calming (grapes)  
STASH TEA^^ Mango Passionfruit Herbal Tea (oranges, rosehips) [www.stashtea.com](http://www.stashtea.com)  
TWIN HENS Beef Pot Pie (tomatoes, wine), Gluten Free Beef Pot Pie (tomatoes, wine)  
WHOLE KITCHEN Pissaladiere A La Tomato  
WILDERNESS FAMILY NATURALS^^ Organic Mayonnaise (paprika), Healthy Addictions Green Food Feast Raw Health Bar (acerola, almonds, cranberries, raisins, rosehips) [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com)  
WILDTREE (Dis)^ Cranberry Horseradish Blend, Hearty Spaghetti Sauce Blend (CS, wine), Hot Chili Pepper & Garlic Blend (CS, bell peppers, wine), Mango Peach Salsa (chili & green peppers, tomatoes), Natural Grapeseed Oil, Pumpkin Bread Mix (cloves), Roasted Garlic Grapeseed Oil, Robust Tortilla Soup (CS, red wine, chili & red peppers, paprika), Scampi Blend (CS, wine); Jumpin' Jambalaya Slow Cooker Mix (red & green bell peppers, cayenne pepper) [www.wildtree.com](http://www.wildtree.com)  
WONDERBAR\* Almond Apple Cranberry, Almond Apple Ginger (cranberries), Almond Protein, Cashew Almond Pineapple, Hazel Date (cranberries, raisins), Macadamia Pineapple (raisins, cranberries), Pistachio Apple (almonds, raisins), Pumpkin Seeds Sesame Raisin

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.

## Faus reprints its popular "Bluebook"

This resource has been expanded to include even more of the science that supports the link between nutrition and behavior.

Thanks to generous donations, the Association has updated the Bluebook, edited by our research librarian, Shula Edelkind. The book includes information about the diet/behavior connection as well as: symptoms that may be helped by the Feingold Program, a description of the Program, frequently asked questions, information about the additives and salicylates we address, environmental chemicals, ADHD, asthma, violence, bed-wetting, autism, PST and Sulfation, and a layman's explanation of the early studies and why they were inadequate.

This is the book for you to give to doctors, teachers, counselors and is a valuable resource for anyone studying or writing about ADHD.

To order your copy of the Bluebook visit our web site [www.feingold.org](http://www.feingold.org) and click on the button on the left under "resources." There is no charge for the book but we would appreciate a donation to cover the costs of postage and handling.

You can also read the entire book at [www.feingold.org/BUEBOOK.pdf](http://www.feingold.org/BUEBOOK.pdf).

### Thank you!

To these friends who made this latest edition possible:

Susan and Marty Berkoff

Betty Ruth and Milton Hollander

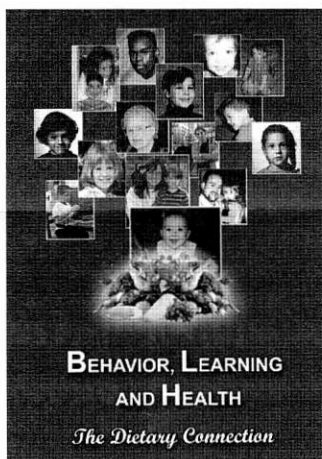
Kuriansky Foundation

B. L. Manger Foundation

Alice D. McDonald

Melissa and Greg Milbank

Annette and William Miller



### Send us your kids!

Each year FAUS publishes a School Year Calendar providing tips on using the Program and information on hard-to-find products. It is mailed out to members in the US at the end of summer.

It's time to email photos of your children and teens, to be included in the 2008-2009 calendar. Send informal shots, but no portraits or school photos please. Email your photos to [ckharrell@att.net](mailto:ckharrell@att.net). Write in "FAUS Calendar" in the subject line.

You are welcome to include information about how your child is doing on the Program.

## Pure Facts

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Markey Dokken

Cindy Harrell

Pat Schaible

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

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