

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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Good food leads to good grades

The results of a Canadian study will come as no surprise to *Pure Facts* readers.

About 5,000 fifth-grade children in Nova Scotia were included. Details were collected on their birth weight, dietary habits, current weight and school test scores. Those children who ate more fruits, vegetables, and wholesome foods performed better academically. Nova Scotia was selected because it is the province with the poorest health; about 38% of the adults are overweight.

The research, led by Dr. Paul J. Veugelers of the University of Alberta, was published in the April issue of the *Journal of School Health*.



New products for babies and mommies

In just the past few years new products promise to make life easier for Baby, Mom, and also for Mother Earth.

The Feingold baby has a nursery free of synthetic fragrances -- scented disposable diapers, air fresheners, diaper pail deodorizers, and plug-ins.

Now there's a new option in diapers that is quickly gaining popularity; it's a different type of cloth diaper. At first glance it looks like the plastic pants that are made to slip over old fashioned diapers, but these new versions incorporate everything in one package. There are many designs, but the one that wins the most praise from new moms appears to be a diaper option called Bum Genius One Size Pocket Diaper.

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Pressure to ban food dyes in Europe

The British government is taking steps to ban them and urges reform throughout Europe.

The United Kingdom's Food Standards Agency (FSA) is heeding the demands of many professionals and the general public to get rid of the synthetic dyes that have been found to trigger ADHD symptoms in children. The agency is working to phase out the use of the petroleum-based dyes. Food manufacturers and British supermarkets are already making these changes, as the industry sees that the days of cheap food dyes have passed.

But it's a different story for the agency that oversees food regulations in all of Europe. The European Food Safety Agency (EFSA) convened a panel to review the *Lancet* study on food additives and ADHD, and make recommendations on how to use the data. The study showed that a modest amount of dyes and the preservative sodium benzoate brought on ADHD symptoms in children with no prior history of problems. The EFSA panel concluded that since the children were given a mix of additives it was not possible to identify which ones caused which problems. Thus they did not feel it was necessary to restrict them.

The *Lancet* study found that food dyes damage the intelligence of children.

Dr. Stevenson and three of the other researchers who conducted the study wrote to the panel, "The position in relation to AFCs [artificial food colors] is analogous to the state of knowledge about lead and IQ that was being evaluated in the early 1980s.... Needleman [researcher studying lead] found the difference in IQ between high and low lead groups was 5.5 IQ points.... This is very close to the size obtained in our study of food additives."

Now the EFSA is being pressured by groups throughout Europe, as well as by Britain's FSA, to eliminate synthetic food dyes in the European Union. The coalition representing many nations has written "We call on the European Health Commission, as risk manager, to make a decision in favour of precaution and consumer protection."

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate 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.

Jack's Day Care

Jack was a difficult child -- I would call him "intense" -- from early infancy.

I was breast feeding, but the doctor thought he needed to have more iron, so he put him on baby vitamins, which I later learned contain artificial flavorings.

At 9 months Jack began having night terrors, something that rarely happens with a baby so young. He would be sleeping peacefully and a few hours later he would suddenly awaken, screaming uncontrollably.

One memorable event took place when he was two-and-a-half; we were visiting our family and he had consumed quite a lot of gummy worms. Jack's night terrors took a particularly violent form that night, as he began throwing anything he could get his hands on, including the lamp near his bed. He was completely out of control and tried to push a bookcase over on me. When we got home I began searching for some answers. One of the Internet sites I found was a blog for parents of difficult children. A mom posted a message about food additives and said "Feingold saved our family."

I thought it sounded good but that my child was too extreme to be helped by a simple diet. Besides, I felt that much of it was just his personality. But I found the Feingold web site and when I read the portion of *Why Can't My Child Behave?* that was online and the stories of families like mine, I started crying. It was such a relief to hear that other parents are facing the same challenges we were, and we weren't crazy when we said something was wrong with our son! Most people didn't see him enough to think there was a real problem. They thought we were complainers and didn't realize what parenting is really about, or they discounted his actions by saying he was young and would grow out of this phase.

It was such a relief to read the first part of the book! I really thought my entire family was starting to go insane. I kept telling my husband that I felt like I was in an abusive relationship because no matter what I said to our son, he would freak out. I never knew if he would be nice or aggressive and I dreaded the thought of spending the entire day with just him. (My husband works most weekends.) The book was really a Godsend!

I printed the PDF of the book from your website so I could start right away, and sent off for my program package. As soon as we received the Getting Started list via email, we changed the things we were feeding Jack and began to notice positive changes in him after only the first 2 to 3 days.

The Feingold Program has brought huge improvements in Jack's behavior, and enabled us to be a normal family. Now at age 3 ½ he is still a very intense little boy and we are working with a counselor to find positive ways to channel his energy and creativity. But it is such a joy to me that rather than dreading the time I spend with our little boy, I now look forward to it.

One of the first concerns I had was Jack's day care center. The children get two snacks and lunch, and he is there five days a week. We are so fortunate that the people at the day care are willing to work with us. Can you give me some suggestions of what I need to provide for them or how I can work with them?

Mary Brosnan



How to work with the day care providers

1. Find out what they serve for snacks and lunch.
2. Look in your Foodlist and see what products come closest to them. Use this to put together a list of basic brand name products the director can buy. If you're especially lucky she will decide that all of the children will do better when they eat natural food.
3. Try to locate the least expensive (but natural) options; no doubt they have a budget to watch.
4. If you have difficulty finding any products, consider asking on the member's message board, or email someone at the Helpline.
5. Think about basic food options...for example, fruit punch is nice, but water is fine too.
6. If there are some things the day care would prefer not to supply, ask if you can give them a package of the product for them to have on hand for your child.
7. You may want to offer to buy a few things for everyone's use, such as soap with no fragrance for the bathroom.
8. Be sure to give the director a copy of one or more of the news articles such as the *Lancet* study that links diet with hyperactivity and attention problems in all children, not just those with ADHD.

Preschool problems with air fresheners

One mom wrote to FAUS: "His school uses a strong scented bathroom deodorizing spray. He has to be restrained at the same time each day and I think he is reacting to the deodorizer. Is there an alternative I can offer them?"

For the chemically-sensitive person, the best rule is "if you can smell it, avoid it." Of course there are some things that have fragrances/smells which are unlikely to be offensive, such as fresh flowers or vinegar. But most commercial products use petroleum-based fragrances, and today most perfumes are petrochemicals, so avoidance is the best option.

The ideal solution for the school would be to install a good ventilation system, or a fan, or even just to open the windows. But they probably wouldn't go for that.

One mom says her daughter uses a staff bathroom in the nurse's office that is odor-free.

Commercials have convinced Americans that magical things happen when you spray something into the air, but most of these products simply mask one smell with another. Since the school staff will probably want to use a spray of some sort, your best bet is probably to offer to supply a substitute.

Other members have suggested these products (none of which have been researched by FAUS): Tub O'Carbon Odor Buster, Approach Odor Eliminator, Oust fragrance free, and AirZyme.

Researching a product like an air freshener is much different than a food, and the criteria we use is the absence of artificial fragrances.

The sweet smell of nothing

Debbie Mabrouk is a nurse who was looking for an effective odor-removing product that could be used in hospitals, where fragrances are banned. This led to the development of Zorbx, which absorbs odor molecules, regardless of their source.

Zorbx unscented liquid has recently been accepted for use on the Feingold Program so it would be a good option for bathrooms in schools, day care centers, and elsewhere.



The product can be sprayed into the air, sprayed directly on the odor source, or mixed with cleaning solutions and used on carpets, floors, etc. Since it is safe to use around children and those with allergies and respiratory problems, it's a good choice for homes, schools, nursing care facilities as well as offices, gas stations, and factories. It's especially helpful for treating pet odors.

Zorbx is sold at various stores including Lowe's and Walgreen's and can be ordered online. For additional details and locations where it is sold see www.zorbx.com or call (800) 201-5530.

Pediatric cough and cold medicines

The efforts of manufacturers to make medicine appealing to children may have another down side.

In January the journal *Pediatrics* published their findings on the adverse effects of cough and cold medications in children. More than half of the admissions to emergency rooms for children ages 2 to 5 were the result the child consuming cough and cold medicine without adult supervision.

Pediatric cough medicine is no more effective than a placebo, and an old fashioned remedy is even better.

Earlier research at the Penn State Children's Hospital showed that the two active ingredients found in most over-the-counter cough medicines were no more effective than a syrup without them. The ingredients are dextromethorphan (DM), and diphenhydramine (an antihistamine). Actually, the placebo syrup proved to be more effective.

More recently, the Penn State team, headed by Ian Paul MD, found that a small dose of buckwheat honey given before bedtime was more effective than medicine in quieting children's nighttime coughs. Their study was published in the December issue of the journal *Archives of Pediatrics and Adolescent Medicine*. (Honey is not recommended for children under one year of age.)

For effective cough remedies see our article in the February 2008 issue of *Pure Facts*, on page 4.

An FDA advisory board has recommended that over-the-counter cough and cold medicines not be given to children under age 6. They cite the potential for harmful side effects plus the lack of effectiveness of the medicines.

"Consumers spend billions of dollars each year on over-the-counter medications for cough"

Ian Paul, MD,

Babies & Moms, from page 1

The outside is made of waterproof polyurethane and the part that touches baby is made of a soft fabric to wick dampness away. There is a pocket to hold an absorbent insert, elasticized legs to prevent leaks, and Velcro closures. Best of all, they have sets of plastic snaps that enable you to make it extra small and unsnap to enlarge it as baby grows. The manufacturer says this diaper fits babies from 7 pounds to 35.



Our consultants for this article are Karen Doherty and her little test subject, 8-month-old Jake.

The price tag of about \$17 each sounds high until you calculate the cost of disposable diapers over the period a child will need them. These cloth diapers wash well but moms recommend that a disposable diaper be used for the first week or so of baby's life when the tar-like meconium is passed, since it will leave a stain.

The March/April issue of *Mothering* magazine has a comprehensive review of the many cloth diaper options available. Lots more information and reviews of cloth diapers and other new baby products can be found at diaperpin.com and cottonbabies.com.

Wipes

Baby wipes can be Earth-friendly too. Bum Genius makes soft cloths from bamboo. Karen keeps them in a wipes warmer, and moistens them with plain water. Even without using any creams, Jake has never had diaper rash.

Wash & Dry

Karen washes the diapers in Allen's detergent since regular detergents, even the new fragrance-free ones, can leave a build-up that reduces absorbency. The same is true for fabric softeners and fabric softening strips, so the diapers get tumbled dry with "dryer balls" added to the drum. There are several types of dryer balls, including a set of 2 blue plastic balls that have "spikes" and look like a dog's chew toy. Bring your 20% off coupon to Bed Bath & Beyond to save on costs; some people recommend using four balls. They can be used in all of your laundry and will enable you to avoid the chemicals in liquid and strips, not to mention unwanted fragrances. When you first turn the dryer on, you'll hear thumping, which will diminish once the plastic balls get mixed in with the clothes.

Lunch time for Baby

For the first six months, Jake's food consisted of breast milk, with Mom taking omega-3 essential fatty acids. Now he enjoys a selection of fruits and vegetables made at home. Karen cooks up a batch of organic fresh or frozen vegetables in a little water and purees them before storing them in ice cube trays.

She generally cooks whole sweet potatoes in the oven along with butternut squash that has been cut in half and roasted, cut-side down. Canned pureed pumpkin designed for pies is another option. (Do not use the canned pumpkin pie mix!)

Most vegetables and fruits can be cooked on the stove top in a small amount of water till soft, and the whole mixture can be pureed and frozen for future use. The one exception is carrot, as the cooking water should be discarded.

See wholesomebabyfood.com for tips on how to make your own.

Graduating to a bowl

Once it seems clear that Jake will be able to eat from a bowl and get most of the contents in him (not on him) he will use bowls made from bamboo. The bowls are unbreakable and decorated on the outside with non-toxic paints. He will also graduate to a stainless steel sippy cup with a rim and spout made from nontoxic plastic.

For the time being, others are in charge of transporting food from dish to baby, while Jake's shirts are covered with Karen's favorite bibs, the large Bumpkins, with a Velcro fastener and roomy pocket at the bottom to catch everything that misses his mouth.



Busy moms on the go

Nursing moms can go on business trips if they bring a breast pump, and the favorite seems to be the Medela electric version.

And when baby is going too, the Regalo hook-on dining chair goes to restaurants with Jake and the family.

Playtime

Many parents are looking for wooden toys to avoid the potential exposure to lead that has been found in some toys imported from China.

In the nursery

Cloth diapers are surprisingly easy to "empty" so there is no need for a diaper pail with a smelly disk inside the lid. There are also no plug-ins or "miracle" sprays.

Jake's mattress has a fitted sheet, covered with "The Ultimate Crib Sheet," a washable cover that attaches to the crib rails with tabs and snaps. The surface stays dry and cozy.

No wonder he's such a happy baby!

Famous Dave's

This restaurant chain has many dishes, but only a few that look like a good option for Feingold families.

Like most restaurant chains, corn syrups and monosodium glutamate are liberally used in their dishes, some contain artificial flavors, and the cooking oils have a petroleum-based preservative. In some cases the dish is okay but the sauce is not. A detailed list of ingredients is found at www.famousdaves.com.

The best choices appear to be:

Kid's Burger

Sesame Bun (CS, CP) - Do not eat the pickle chips, which contain dye.

Baby Back Ribs* (CS, SB, MSG) - Other rib dishes are not acceptable.

Cole Slaw (SB)

Firecracker Green Beans* (N)

Fresh Garden Salad* (CS, CP, N)

Caesar Dressing (CS, SB, MSG)

Ranch Dressing* (CS, SB, MSG, SM)

* = salicylate, CS = corn syrup, SB = sodium benzoate,

MSG = monosodium glutamate, N = nitrites, SM = natural smoke flavoring

Batter Blaster Organic Pancake & Waffle Batter

Pancakes and waffles from a can! They are fast, free of mess, and Feingold acceptable. The refrigerated product comes in an aerosol can resembling whipped cream containers. But unlike most whipped cream canisters, this one uses the more Earth-friendly CO₂, not nitrous oxide. The entire package can be recycled.

You just heat a griddle or waffle iron, add oil to prevent sticking, and squirt out the number needed. It won't match the taste or economy of homemade, but for someone in a hurry or if you want only one or two, the convenience factor is huge.

Batter Blaster can be found in many San Francisco area stores, as well as Whole Foods and Costco. Currently it's available in AZ, CA, NV, OR, WA, and in the Meijer stores in IL, IN, KY, MI, and OH. See www.batterblaster.com

What's in a name?

The new group, American Farmers for the Advancement and Conservation of Technology (AFACT), calls itself a grass-roots organization designed to defend the right to use Monsanto's artificial bovine growth hormone, Posilac (rBST). But dairy farmers already have the right to use this Monsanto chemical, so why the need for such a group? And why did a marketing firm, whose founders include a former Monsanto executive, help establish AFACT?

As more consumers choose to avoid milk from rBST treated cows, the future of Posilac is looking dim. The FDA requires milk advertised as hormone-free to also state "no significant difference has been shown between milk derived from rBST-supplemented and non rBST-supplemented cows." Recently the Ohio Department of Agriculture has ruled that labels may print this disclaimer in smaller type; it's a small but significant victory for consumers.

High Fructose Corn Syrup

The FDA gets this one right!

In order to change corn into high fructose corn syrup it has to undergo a series of treatments that drastically change it into the sweet syrup that has become so prevalent in our foods. Now the Food and Drug Administration (FDA) has told manufacturers that they can no longer call a product "natural" if it contains the sweetener.

High fructose corn syrup (HFCS) has been blamed for multiple health problems and many people on the Feingold Program prefer to avoid it.

Hansen's, the manufacturer of the Blue Sky line of soft drinks which are sweetened with sugar, will be removing the HFCS from their Hansen's line and replacing it with cane sugar.

For many years food companies made claims of "natural" on some very unnatural products. While the FDA still does not have a comprehensive definition of the term "natural," this is a big step in the right direction.

Fake sweeteners now have fake versions

In a curious twist, synthetic sweeteners are now being counterfeited by small manufacturers in China. This cuts into the profits of its American manufacturer.

The super-intense sweetener called "neotame" is a rapidly growing product which is up to 60 times sweeter than aspartame, which is as much as 13,000 times as sweet as sugar. Both are eliminated on the Feingold Program.

The neotame manufacturer cautions that the fake neotame may contain "alarming amounts of unknown impurities." In our view, any amount of neotame is alarming!

Big Tobacco is after the kids...again!

A recent report from the Campaign for Tobacco-Free Kids has accused the tobacco industry of bold new initiatives to lure young people into smoking and to discourage smokers from quitting.

Camel No. 9 (called "Barbie Camel" by critics) is R.J. Reynold's answer to Virginia Slims. Packaged in sleek black and bright pink, it has been heavily advertised in fashion magazines.

Black & Mild cigars, with added flavorings of apple, cherry, cream and wine, are said to be targeting African Americans with ads suggesting they are cool and hip.

Liquid Zoo cigarettes look like boxes of candy and come in various fruit flavors.

Camel has a line of cigarettes with the flavors of various alcoholic beverages: "Blackjack Gin," "Screwdriver Slots," and "Snake Eyes Scotch."

Phillies makes smaller sized cigars in flavors of banana, chocolate, peach, berry and sour apple. And **White Owl** includes strawberry, pineapple and watermelon flavored cigars.

Skool chewing tobacco offers flavoring choices of grape, apple, vanilla and berry blend.

Camel Exotic Blends contained a hidden blue pellet in the filter. It was found to contain a long list of chemicals the Campaign for Tobacco-Free Kids charges are dangerous.

New brands of cigarettes have made claims that they are less toxic than conventional ones, but without documentation to support such claims.

See <http://tobaccofreekids.org/reports/products>

Some of the many additives used in tobacco products

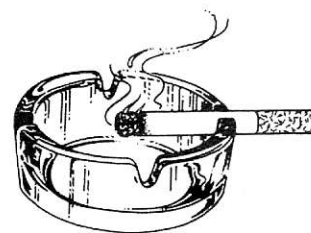
Ammonia - increases nicotine absorption.

Eugenol, menthol - numbs the throat to minimize irritation.

Glycerin, cocoa - enable deep lung exposure. Cocoa produces cancer-causing chemicals when it is burned.

Sugars, chocolate - make smoke milder, more appealing to new young smokers.

Also, ventilation holes in the cigarette allow deep penetration of nicotine into the lungs.



Food dyes in Europe, from page 1

Despite the European agency's lukewarm review of the study, England's Food Safety Agency (FSA) has recommended the removal of the six dyes used in the study. By the end of next year food manufacturers will be expected to replace the synthetic dyes with natural versions whenever possible. While this is not an official ban, it is an important first step in this direction.

Public pressure has already led to the removal of dyes from many supermarket house brands, and major candy companies are reformulating their recipes. Nestle, Mars and Cadbury (owned by Hershey) are ditching the artificial food colorings in their candies that are sold in England, but have not announced any plans to do the same with their candies sold in the United States and other countries.

FDA and Tobacco

The two Illinois senators, Durbin and Obama, have introduced legislation to give the Food and Drug Administration the authority to regulate tobacco products. In just the state of Illinois alone, tobacco use is estimated to cost \$4.10 billion in related health care and to kill 16,900 residents each year. More than twenty percent of the state's high school students now smoke.

Money and Tobacco

It has been revealed that a major new study on smoking and lung cancer received \$3.6 million from the tobacco industry. A parent company of the Liggett Group helped to fund a Cornell Medical College study on whether lung scans could help detect cancer in smokers. The combination of tobacco money and research disturbs many scientists.

Sugars in Tobacco

Tobacco contains some naturally occurring sugars, but cigarette companies like to add additional sugar to their products, as well as many other substances. In addition to reducing the harsh taste and making tobacco smoke more pleasant smelling, sugars do many other things.

Dutch researchers have found that "sugars generate acetaldehyde, which has addictive properties and acts synergistically with nicotine...many toxic (including carcinogenic) smoke compounds are generated from sugars. In particular, sugars increase the level of formaldehyde, acetaldehyde, acetone, acrolein, and 2-furfural in tobacco smoke."

From the National Institute for Public Health and the Environment in The Netherlands; published in the journal *Food Chemical Toxicology*, November 2006.

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

365 EVERYDAY VALUE (Whole Foods) Macaroni & Cheese Dinner (CS), White Cheddar Macaroni & Cheese Dinner (CS); Egg Noodles: Extra Wide, Wide, Medium
365 EVERYDAY VALUE^ (Whole Foods) Fragrance Free Shampoo: For Dry and Normal Hair, For Normal and Oily Hair
AMF SAFE CHOICE Head & Body Shampoo
www.afmsafecoat.com
BABY'S BLISS Baby Derma Cream
BABY'S BLISS^ Gripe Water (CS)
BEE BALM Bee Balm Hand & Body Lotion, Old World Bumble Bee Balm, Pack Balm Lotion
DIETZ & WATSON Angus Beef Burger, Chicken Bratwurst, Italian Chicken Sausage (CS)
GOOD EATZ Gluten Free Not Taste Free White Chocolate Chip Pecan Cookie www.goodeatz.org
HOUSTON ENZYMES^ Tri Enza with DPP IV Activity
www.houstonni.com
HUBS Home Cooked Salted Virginia Peanuts, Home Cooked Unsalted Virginia Peanuts; Big Reds Home Cooked Redskin Peanuts; Hubbies Home Cooked Salted Virginia Peanuts
ISLAND GROVE Key Lime Honey Mustard Dressing (CS), Mango Poppy Dressing (CS) www.islandgrove.com
KABANA NATURAL SKIN CARE Green Screen SPF 15 Unscented www.kabanaskincare.com
KINESYS^ Performance Sunscreen: Kids SPF 30+ Sunscreen Cream with Titanium Dioxide, SPF 30+ Sunscreen with Titanium Dioxide
www.maggiespureland.com
MOMMY'S BLISS^ Omega-3 DHA Plus Fish Oil Soft Gels
NATUREBAKE Vegan Chocolate Chip Cookies (CS), Vegan Ginger Meltaway Cookies www.naturebake.com
NEW BEGINNINGS NUTRITIONALS^ Calcium Powder, Pycnogenol, Saccharomyces Boulardii
NEW BEGINNINGS NUTRITIONALS Evening Primrose Oil, Inositol Powder, L-Arginine, Phosphatidyl Serine, Ultra Omega, Chelate-Mate, Liquid Calcium, Liquid Magnesium www.nbnus.net
WILDERNESS FAMILY NATURALS^ Certified Organic Coconut Oil Cold Pressed Centrifuge Extracted, Extra

Product Alert

MAY'S Unique Vinaigrette contains TBHQ so please remove it from your Foodlist & Shopping Guide.

Stage One, continued

Virgin Coconut Oil Traditional Philippine Fermentation Process, Powdered Coconut Milk (CS); Healthy Addictions Raw Cacao Chocolate Syrup
www.wildernessfamilynaturals.com
WILDTREE (DIS)^ Banana Banana Bread, Dill Dip Blend, Garlic & Herb Blend, Texas Corn Bread, Whole Wheat Beer Bread Mix www.wildtree.com
ZORBX Unscented Odor Remover www.zorbx.com

Stage Two

BABY'S BLISS^ Apple Flavor Gripe Water (CS)
BROWN COW Cream Top Coffee Yogurt (SF, apples, citrus pectin)
DIETZ & WATSON Adouille Chicken Sausage (N, paprika), Buffalo Style Chicken Sausage (CS, paprika), Canadian Center Cut Pork Spare Ribs (CS, SM, paprika, tomatoes), Jerk Chicken Sausage (CS, chili peppers), Pepper & Onion Chicken Sausage (bell & red peppers), Southern Fried Breast of Chicken (paprika)
GT'S Organic Raw Kombucha Original Flavor (tea)
KINESYS^ Performance Sunscreen Fragrance-free SPF 30+ Sunscreen Spray with Parson 1789 (octisalate)
MIESENCE ORGANICS Aroma Free Deodorant (oranges), Breath Fresh Spray (SB, cloves, oranges), Freshening Mouthwash (SB, cloves), Jaffa Lip Balm (oranges), Mascara Pure Black (rosehips), Mint Toothpaste (SB, cloves)
MIVITALITY CERTIFIED ORGANICS Berry Radical Antioxidant Superfood (coffee, goji berries, blueberries, strawberries, raspberries)
MOMMY'S BLISS^ Morning Sickness Magic (raspberries), Pregnancy Heartburn Comfort (berries)
NANCY'S^ Organic Cultured Soy Plain (grapes)
SWEETPEA BABY FOOD^ Organic Banana Blueberry
UV NATURAL Lip Sunscreen: SPF 30+ (grapes, tea), Sport SPF 30+ (grapes, tea); Sunscreen: Baby SPF 30+ (grapes, tea), SPF 30+ (grapes, tea) www.uvnatural.com
WORLD HARBORS Jamaican Style Jerk Sauce (CS, SB, MSG/HVP, chili peppers, cloves, raspberries), Pacific Fusion Maple Wasabi (CS, SB, MSG/HVP, wine) www.worldharbors.com
XTREME FRUIT Grape Burst (apples), Lemon X-Plosion (CS, apples), Mega Mango (CS, apples), Strawberry Blast (CS, apples)

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.

Happy Birthday, FAUS

Our organization is 32 years old this month!

A Feingold mom reported her conversation with an angry doctor who told her "I wish you people would just go away!"

Actually, he is not alone; there are many folks who wish the Feingold Association would go away. These include: the chemical industry, the pharmaceutical industry, much of the food industry, policy makers at most government agencies, support groups that are funded by drug companies, and some practitioners who have positioned themselves as ADHD experts.

In 1976 when the Association was formed, we never believed that we would still be doing this work 32 years later. We were sure that once a few good studies were complete the issue would be resolved, and we could go back to our regular lives.

Well, the studies came, followed by more studies with better designs, and then even more studies. Every day children and adults were helped by our program, and new research was published on drug-free options of all kinds, but the medical organizations seemed oblivious to all of this.

- ◆ It shouldn't be necessary to have a national organization to teach people how to shop in the supermarket and avoid chemicals that can harm them.

- ◆ It shouldn't be necessary to teach parents how to protect their child from the various chemicals in their child's school that can harm him.

- ◆ It shouldn't be necessary to have an organization that teaches consumers how to protect themselves from the bad decisions made by the government agencies which are designed to protect us.

Non-profit organizations form to address a need that is not being met.

- ◆ Use safe, effective ways to help our kids and we will go away.

- ◆ Use methods that don't include a black box warning of stunted growth, damaged hearts, depression, cancer, sleep disturbances, chromosomal damage, or alterations in personality.

They wish we *would* go away

We wish we *could* go away

Happy Mother's Day



Thanks to Pat Palmer

Former FAUS President, Pat Palmer has given us a grant from the Bob Palmer Memorial Fund. It will be used to attend a national conference of health care professionals.

Calendar Photos

Last call for pictures of your Feingold children and teens, to be published in our annual School Year Calendar. Please email them to ckharrell@att.net and write in "FAUS Calendar" on the subject line.

Moving?

Be sure to let us know your new address; the post office will not forward your newsletters.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

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

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