

Food dyes and behavior/learning problems are in the news

FAUS parents appeared on national and local news programs throughout the United States and in Canada, describing the effects synthetic additives have on their children.

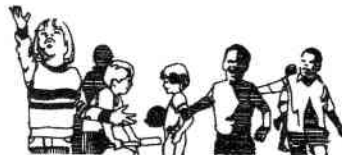
On June 3 the Center for Science in the Public Interest (CSPI) held a press conference in Washington, DC. The agency's Executive Director, Michael Jacobson, announced a petition to the US Food and Drug Administration (FDA), calling for the banning of synthetic food dyes and an interim warning label on foods that contain them.

FAUS moms Judy Mann and Beth Tribble participated in the event, while Laura Koffman and her children were interviewed in New York and Shelly Thorn appeared on Seattle TV.

When FAUS asked parents in the Washington, DC area if any of them would be able to participate in the press conference, the response was overwhelming. Busy families were willing to rearrange their jobs and schedules, and to travel long distances to help other families find help. One mom regretted that she would not be able to offer to help, as her baby was due to be born at the same time.

While we have learned not to expect much from the agency that is supposed to be protecting consumers from harmful chemicals in their food, we were pleased by the phenomenal media exposure, and the articles that have followed. As a result, many more parents will be noticing a connection between their child's food and his behavior.

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Removing dyes and preservatives should be a standard part of ADHD treatment

The May issue of the *British Medical Journal* contains an editorial by Andrew Kemp, M.D., professor of pediatrics at the University of Sydney in Australia. Dr. Kemp calls on doctors to recognize that dietary intervention is a valid treatment for ADHD, and should be part of the standard initial treatment for children with these symptoms.

Referring to 22 studies conducted between 1975 and 1994, Dr. Kemp notes that 16 of them found that diet showed a positive effect for at least some of the children. He points out that of the three major treatments for ADHD in children -- medication, behavioral therapy and diet, only drugs and diet are supported by scientific data. Nevertheless, behavioral therapy, which Kemp says has no scientific evidence base, is considered necessary for "adequate treatment." But diet, which is science-based, is widely dismissed and regarded as an "alternative" treatment.

An elimination diet is a conservative, traditional medical approach, not an "alternative."

Dr. Kemp writes, "In view of the relatively harmless intervention of eliminating colorings and preservatives, and the large number of children taking drugs for hyperactivity, it might be proposed that an appropriately supervised and evaluated trial of eliminating colorings and preservatives should be part of standard treatment for children."

This editorial follows a February article from the American Academy of Pediatrics (AAP) calling on doctors to revisit the diet/behavior connection in view of the new 2007 *Lancet* study showing that food dyes and the preservative sodium benzoate triggered ADHD symptoms in most children. The AAP also referenced an earlier meta-analysis from Harvard and Columbia universities, showing that research supports the link between food dyes and ADHD.

Feingold and Spelt -- the answer for Spencer

Our search for answers took us to unexpected places.

by Beth George

Our young son was quite sick during his infancy and early years, and also had a host of behavioral problems. From age 4 through age 6, he was provisionally diagnosed with various neurological disorders, including: ADHD, Asperger's, Sensory Integration Disorders, Pervasive Developmental Disorder (PDD), and last, but not least, G&T (gifted and talented). He was a virtual alphabet soup!

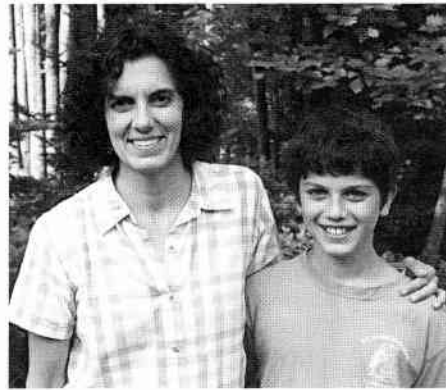
Sometimes his behavior was fine and other times it was out of control.

As a lawyer representing special needs kids, I was skeptical of the alarming number of children being put on psychotropic drugs, and was not willing to go that route. I was determined to find the causes of his problems.

It took us several years (and many tears), but ultimately we were able to pinpoint specific behaviors and health issues (including lots of digestive problems) to what he was eating. It all seems so simple and obvious now, but at the time we were really perplexed. After removing the offending foods and additives the results were amazing. Spencer's health and behavior problems virtually evaporated.

So, what did we remove? Wheat, for one. We learned that some people like our son (who is not celiac) are really sensitive to wheat and have a difficult time digesting it. He can, however, digest an ancient cousin of wheat, known as spelt, which is making a comeback in natural food circles.

Note: Because it contains gluten the FDA requires spelt (which is the same botanical genus as common wheat) be labeled as "wheat."



We also removed artificial colors, flavors and preservatives -- why have them?

We would learn that giving Spencer high fructose corn syrup was like giving him a shot of adrenalin! And in keeping with removing the bad stuff, we also got rid of hydrogenated oils and anything that reeks of an artificial process to stabilize food.

The results were amazing. Spencer is no longer diagnosed with any disorders. He is not on any medication, he has no digestive disorders, his ears don't go bright red, his hands don't flap, he doesn't have outbursts (other than the normal ones directed at his little sister). I consider him our "canary in the coal mine" as he seems to detect what is bad for all of us.



Spelt Right frozen bagels and pizza dough are currently available in stores throughout Maine, and we hope to be expanding to nearby states soon. The bagels can also be purchased by contacting: info@speltrightbaking.com.

So, he's just a kid, and kids need to like the food they eat. But he was bumming out because he thought he could no longer have pizza, bagels, focaccia and good breads. We knew he could eat spelt, but the spelt products I found were not "kid friendly" so I started lobbying the bakeries around Portland to use spelt. They were not interested so we developed our own recipes. They were so popular with our friends and colleagues, we decided to obtain a home license and sell them. We eventually moved into a bakery and have just recently opened our own eco-friendly facility in Yarmouth, Maine.

We have started to share our story publicly, especially the part about how changing a child's diet can change his/her life, and that parents have the power to do so. A few people have said, "Oh, I feel sorry for you...you have to watch what your son eats..." My response is, "What? Why feel sorry for me? I am elated! With a few relatively simple changes we were able to change a kid's life, MY KID'S LIFE, from a tough, unhappy one to a happy, healthy and food-conscious one." Spencer is now 11-years-old and is his own best advocate; he reads every label.

This past year Spencer has done well in school, both socially and academically, and was recommended by his teacher for the gifted math program. He is a great help at the bakery, assisting with both the chores and marketing. This is pretty amazing considering what this child went through from infancy to age 7!

CSPI Citizen Petition to the FDA

Unlike most such documents, this petition to the Food and Drug Administration is good reading, providing an overview of the subject and what has taken place over the past few decades.

It was especially gratifying to Feingold volunteers to see the introduction:

"This petition is dedicated to the late Dr. Ben Feingold, whose astute clinical observations and relentless advocacy helped thousands of parents protect their children from the neurotoxic effects of food dyes and other food ingredients."

The preliminary statement reads: "About 3 to 10 percent of school-age children in the United States suffer from hyperactivity, attention-deficit/hyperactivity disorder ('ADHD'), or related behavioral problems. In the early 1970s Dr. Ben Feingold popularized a dietary treatment that appeared to reduce symptoms of hyperactivity in many children....numerous scientific studies have provided at least partial substantiation of what became known as the 'Feingold Diet.' Those studies show that in some children behavioral problems are exacerbated by Yellow 5 and other synthetic food dyes."

How to access the CSPI Petition to the FDA: Go to the CSPI Newsroom and click on "CSPI Petition to FDA on Food Dyes, 2008." The site is www.cspinet.org/new/200806022.html.

The petition states, "It is medically and ethically unwise to burden hyperactive children and their parents with concerns about foods with synthetic dyes....The appropriate public health approach is to remove those dangerous and unnecessary substances from the food supply."

The document provides an excellent review of the history of this topic, including the many studies that have been done, as well as the failure of the Food and Drug Administration to enforce the law, and the blind eye that government agencies have turned to addressing the needed research.

It shows how researchers have manipulated statistics to change test results, such as lumping all of the responses together and averaging them. So, if a study shows a few children exhibiting a dramatic response to dyes, and you combine their reaction with the others, the average response will appear to be very small.

Another flaw the document discusses is the very small amount of dyes used in many of the studies. A dose of 27 mg of dye does not reflect the real-life situation where a child in America can easily ingest ten times this amount, along with synthetic flavorings, sweeteners, preservatives, flavor enhancers, etc.

Good news from Europe

While the US Food and Drug Administration ignores all that is happening in the world, the European Parliament has agreed to require warning labels on foods that contain synthetic dyes. The labels will state: "May have an adverse effect on activity and attention in children."

Manufacturers will have 18 months to comply, but it is likely they will find that replacing synthetic dyes with natural ones is preferable to adding warnings to their food labels. This is already happening in England, where supermarket chains and candy companies are removing the dyes.

Fact and Fancy at FDA

The CSPI petition calls on the Food and Drug Administration to remove the erroneous information on their web site, stating that studies show no link between dyes and hyperactive behavior. A footnote quotes Dr. Bernard Weiss: "This is a rather baffling statement. In fact, my own study (Weiss 1982) was funded by the FDA, and its results, along with a number of others from that period, definitively demonstrated adverse behavioral effects of synthetic food colors. During the intervening years, with a plethora of confirmations, the FDA has remained blindly obstinate. It continues to shield food additives from testing for neurotoxicity and apparently believes that adverse behavioral responses are not an expression of toxicity." Weiss B. Food additives and hyperactivity. *Environ Health Perspect.* 2008; 116 (6)June.

Who's in charge at the Food & Drug Administration?

The FDA's web page, Food Color Facts, claims that there is no evidence that dyes can cause hyperactivity or learning disabilities, and they misquote the panel report of the 1982 National Institutes of Health conference on diet and hyperactivity.

At the end of the section it says that the information was prepared in cooperation with the International Food Information Council (IFIC). This is another of many industry-supported lobbies that portrays itself as an independent scientific organization working for the benefit of the consumer. In addition to defending the use of food dyes, the IFIC claims that aspartame is safe and defends the use of biotechnology and genetic engineering of foods.

IFIC isn't really international at all, but is based in Washington, DC, convenient to government agencies and politicians.

Should the FDA ban food dyes?

First, let's ask, "What is the purpose of the Food and Drug Administration?"

If it is to protect the public from harmful foods and ingredients, then these dyes would have been banned a long time ago; studies on synthetic food dyes have shown they not only trigger learning and behavior problems, but they are also linked to DNA damage, reproductive abnormalities, immune system damage, nerve damage and cancer.

The questions should not be, "Should petroleum-based dyes be banned?" but rather, "Why are they still allowed?"

Food dyes are tested one at a time, on healthy animals. There is no requirement that they be tested in combinations, as is the case in real life. Animals are observed for tumors, cancer, death. An animal's behavior or ability to learn is not tested.

Actually there are some good tests being done on food dyes and behavior/learning; they are being done by Feingold children in their science fair projects.

Not only has the FDA failed to assume its responsibility to remove harmful additives, they are promoting misinformation on the website they have created in cooperation with an industry lobby. (Would the FBI allow its website to be written by the Mafia?)

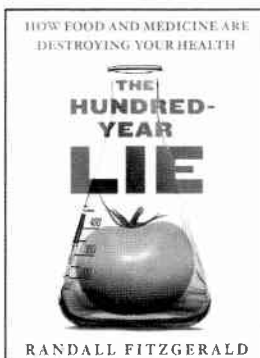
When consumers understand the risks posed by these dyes, they will stop buying products that contain them.

This is already happening in England, where naturally colored M&Ms and Skittles are sold and where a McDonald strawberry sundae is made with strawberries, not Red 40 as in the United States.

When adults recognize that their headaches, hives or asthma are being triggered by dyes, they will avoid them as well.

The Hundred-Year Lie ~ How Food and Medicine are Destroying Your Health

Investigative journalist Randall Fitzgerald has addressed the major issues on the failure of the US regulatory system to protect us from damaging chemicals. Along with some depressing statistics, the author includes a wealth of information on practical solutions in this very readable book. *Pure Facts* readers will see many of the topics we have covered in past newsletters.



Leading bi-polar drug proponents lied about payments from Big Pharma

Dr. Joseph Biederman and two colleagues have been the subject of investigations by Iowa Senator Chuck Grassley.

Dr. Biederman is credited with the explosion in the number of children being diagnosed with bi-polar disorder, a 40-fold increase between 1994 and 2003. The use of anti-psychotic drugs for children is the fastest-growing segment of this \$11.5 billion market.

The psychiatrists in question each accepted over a million dollars from drug companies at the same time they were receiving federal funds for drug research at Harvard, and failed to accurately report this.

Biederman is also a strong proponent of drugs for ADHD and illegally accepted money from both Eli Lilly and the National Institutes of Health while he was conducting research on the use of Strattera in children. He is currently recruiting children as young as four years old to test out various antipsychotic and anticonvulsant drugs.

Badmouthing natural treatments

The very busy Dr. Biederman also participated in a recent study of a different sort. The *Journal of the American Medical Association* published the findings of a supposed study on the effectiveness of the herb St. John's Wort for treatment of children with ADHD.

The study claimed that the herb did not help symptoms of ADHD. But what the media articles did not say was that the dose used was a tiny fraction of what is recommended, and that the herbs were oxidized, thus making them inactive, and of no therapeutic use!

The FDA and Women

After studies showed that the synthetic hormones Premarin and Prempro cause significant increases in breast cancer, blood clots to the lungs, heart attacks and strokes, the sale of these drugs plummeted, being replaced by plant-based natural hormones. This has cost

the manufacturer, Wyeth, a loss of over \$500 million per year. As a result Wyeth has filed a "Citizen's Petition" with the FDA, calling for the banning of the natural hormones. The FDA is working to carry this out.

About one-third of the agency's budget is supplied by drug companies, leading to many such conflicts of interest.

The truth but not the whole truth

Tyson's Foods has been told by a federal judge that it must discontinue advertisements claiming that their chickens are "raised without antibiotics."

The full claim made by the huge poultry corporation is that the chickens are "raised without antibiotics that impact antibiotic resistance in humans."

What the ads do not tell consumers is that the eggs are injected with antibiotics before hatching and that antibiotic molecules are found in the feed given to the chickens.

Animals are routinely given antibiotics in order to promote faster growth and to prevent the spread of disease when they are raised in close quarters and in huge facilities. Unfortunately, this leads to the development of even stronger strains of bacteria which are resistant to the medicines, making them ineffective in treating human illnesses.

The company's response: "The claim we're making is 'raised without.' And our consumer research would say that 'raised without' in the consumer's mind, is from hatchery to when they buy the chicken in the store."



Keep cool and well hydrated this summer

Here's a natural alternative to those sugary blue "sports drinks" as well as a Stage Two option for pediatric electrolyte drinks.

Ultima Replenisher offers a line of powdered drink mixes that are free of synthetic additives as well as sugar, corn syrup and synthetic sweeteners.

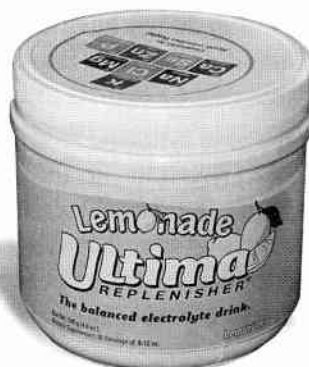
The drinks contain a balanced combination of minerals that help keep us hydrated: calcium, chloride, magnesium, potassium and sodium, as well as selenium, zinc and phosphorus.

They are free of caffeine, synthetic flavors, and use stevia, lo han guo, and maltodextrin for sweetening. Stevia is a natural zero-calorie product and lo han guo is a very sweet berry native to China. The maltodextrin is derived from non-GMO corn.

These drinks are well tolerated by most people, including young children, diabetics, vegans and those sensitive to gluten. Because they are offered in a powdered form there is no need for added preservatives such as sodium benzoate, which is used in many so-called health products.

There are 4 Stage Two flavors: Banana Berry, Orange, Wild Raspberry, and the new Ultima Kids Pediatric Electrolyte Formula Wild Raspberry flavor. The Ultima Stage One flavor is Lemonade.

Many health food stores and healthy markets carry Ultima Replenishers and it can be ordered online from www.ultimareplenisher.com.



Einstein Bagel Alert!

There have been changes in some of the Einstein Brothers Bagels, listed in the first printing of the *2008 Fast Food Guide*.

These are no longer acceptable:

- Cinnamon Sugar Bagel
- Egg Bagel
- Spinach Florentine Bagel
- Blueberry Bagel
- All of the pretzel bagels
- Honey Butter Spread

The following bagels currently are acceptable:

- Asiago Cheese (CS)
- Garlic Dip'd (CS)
- Onion Dip'd (CS)
- Cinnamon Raisin* (CS,SF)
- Everything (CS)
- Good Grains
- Honey Whole Wheat
- Onion (CS)
- Plain (CS)
- Poppy Dip'd (CS)
- Potato (CS)
- Power Bagel Fruit & Nut* (CS)
- Pumpernickel (CS,SF)
- Sesame Dip'd (CS)
- Sun Dried Tomato* (CS,SF)

Safe No-Cal Sweetener?

In the October 2007 *Pure Facts* we described the efforts by food giants Coca-Cola and Cargill to produce a new no-calorie sweetener. It would be based upon stevia, favored by health-conscious consumers, but the companies would need to modify stevia in order to be able to patent the new product.

Given the name "Truvia," it is a blend of stevia and erythritol, a sugar alcohol, and is now available for sale at limited locations.

Until FAUS receives completed forms we will not be able to add the product to our *Foodlist*, but it is good news to see a product that might replace the notorious aspartame.

Scientists Urge Congress to Ban Synthetic Food Dyes

With numerous recent studies showing a strong link between synthetic food dyes and hyperactivity in children, a group of prominent scientists has called on Congress to ban the use of these chemicals in our food.

Nineteen psychiatrists, toxicologists, and pediatricians have co-signed a letter urging members of Congress to hold hearings about the adverse effects of synthetic food colorings and certain other additives on children's behavior and to pass a law prohibiting their use.

"The undersigned physicians and researchers are concerned about the effects of food ingredients, especially food dyes, on children's behavior, including children with hyperactivity and attention-deficit/hyperactivity disorder (ADHD), and are troubled by federal inaction," they said.

CSPI and FAUS

This letter to Congress is part of a campaign by the Center for Science in the Public Interest, with the support of the Feingold Association of the United States, to educate the public about the connection between synthetic food dyes and behavior problems and to press the U.S. government to investigate and ban these additives.

In their letter, the scientists stress that the link between food dyes and children's behavior has been confirmed by numerous controlled studies since Dr. Ben Feingold, a pediatrician and allergist, first discovered it over 30 years ago. They wrote:

"The first hints that food ingredients could impair children's behavior came in the mid-1970s, when the late Dr. Ben Feingold publicized his clinical findings ... Many of the studies done over the years, in the U.S. and abroad, have confirmed that some children are adversely affected by foods, with food dyes being the ingredients most intensively studied."



Dyes cause harm to all kids

The researchers also wrote: "These findings show that adverse effects are not just seen in children with extreme hyperactivity (i.e., ADHD), but can also be seen in the general population and across the range of severities of hyperactivity."

Volunteers at the Feingold Association have long suspected this. Parents often report that all of their kids improve when they cut out the dyes and other troublesome additives — not just their hyper child. So, it was interesting when this study concluded that 'regular kids' can be affected too!

The authors of the recent study from Southampton University in England later said that synthetic food dyes affect children's IQ as much as lead in gasoline. Yet the U.S. government largely looks the other way while the food industry dumps huge amounts of these harmful chemicals into our children's foods.

The usage of synthetic food dyes has increased five-fold in the last 50 years, with the amount certified by the FDA rising from 12 milligrams of synthetic food coloring per person in 1955 to 59 milligrams per person in 2007.

Dramatic response abroad

In Europe, Britain's Food Standards Agency (FSA) called on manufacturers to remove the dyes by the end of 2009. The FSA also advised parents to limit their children's intake of these additives if they show signs of ADHD.

The Environment Committee of the European Union voted to ban artificial dyes in foods for babies and small children. This bill, which is expected to be approved by the European Parliament, would also require a warning label on other children's foods that contain these dyes.

Call for more research

In their letter, the scientists call on Congress to fund the Institute of Medicine so it can review the research linking food additives and behavior problems, recommend additional research, and formulate child protection policies. In addition, they want the Institute to make a determination as to whether food additives should be tested routinely for neurobehavioral effects, as numerous researchers have proposed in the past.

The Feingold Association has long recommended that regulators test food additives for their effects on behavior and concentration. Considering that some of them have already been shown to be neurotoxins, we think this is a 'no brainer'!

The letter can be found at http://cspinet.org/new/pdf/cong_dyes.pdf

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

BLUE DOMINOES art supplies Domino Dough - a play dough-type product www.bluedominos.com
BREAD OF LIFE* Gluten Free: Flax Shortbread Cookie, Snickerdoodle Cookies, Ultimate Cake, Muffin & Brownie Mix, Ultimate Cookie Mix breadoflifebakery.com
CRYSTAL RIVER SOAP Hand & Body Soap Bar: Anise Breeze, Chamomile Castile, Flower Power, Lavender Calm, Maple Chocolate, Sweet Oatmeal; Cinnamon Herbal Tooth Soap Shreds; Agave Balm Shampoo Soap www.crystalriversoap.com
DANNON All Natural Flavors Yogurt (trace salicylate in pectin): Lemon, Vanilla
EDEN^ Wild Rice; Organic: Black & Tan Gomasio (sesame salt), Black Gomasio (sesame salt), Brown Rice Flakes, Hulled Buckwheat, Kamut Flakes, Millet, Oat Flakes, Rye Flakes, Spelt Flakes, Pistachios
EDEN^A 100% Whole Grain Kamut & Buckwheat Rigatoni
EDENSOY**Organic Soy Milk: Light Original, Light Vanilla
FUNKY MONKEY freeze dried fruits: Bananamon (banana), JiveALime (pineapple)
GLUTEN-FREE NATURALS Cookie Blend Flour, Cornbread & Corn Muffin Mix (CS), Homemade Brownie Mix, Multi Grain Bread Flour, Pancake Mix (CS), Pizzeria-Style Pizza Crust Mix, Yellow Cake Mix (CS) www.gfnfoods.com
KONA SELECT HARVEST^ (Costco) Roasted Salted Macadamia Nuts
LARABAR** Peanut Butter Cookie, Pistachio larabar.com
MACFARMS Roasted Salted Macadamia Nuts
MARIPOSA Coconut Lemon Squares, Sour Cream Coffee Cake www.mariposabaking.com
RUBY RANGE Gluten Free: Chocolate Truffle Cake, Old Fashioned Cookies, Southwest Pancake Mix www.therubyrange.com
RUSTIC CRUST* Ready Made Old World Crust: Great Grains Organic, Napoli Herb Gluten Free
SMART BALANCE Organic Whipped Buttery Spread
THUMANN'S The Deli Best: Baby Swiss Cheese, Lower Sodium Bologna (CS,N,SM), Lower Sodium Swiss Lace, Natural Casing Liverwurst (CS,N,SM), Natural Casing Smoked Liverwurst (CS,N,SM), Pork & Beef Bologna (CS,N,SM)

Product Alert

FREEDA VITAMINS Zinc Lozenges 10 mg now contain oranges so please move them to the stage two section of your Supplement List. EDEN FOODS Golden Amber Durum Pasta Vegetable Shells no longer contain tomato and can be moved to stage one of your Foodlist.

Stage Two

BEST CHOICE Cheese Crackers (paprika)
BREAD OF LIFE* Roasted Garlic & Herb Dipping Sauce (wine vinegar)
COLAMECO'S* Beef Bolognese (tomatoes, wine), Beef Ravioli (oranges, tangerines), Cannelloni Chicken with Spinach & Feta (oranges, tangerines), Chicken Ravioli (oranges, tangerines), Pomodoro Italian Style Tomato Sauce, Turkey Bolognese (tomatoes, wine)
DAKOTA LAKES Gluten Free Gourmet Coating (bell, chili & red peppers, paprika) www.dakota-lakes.com
DR. ORGANICS Body Shot Multivitamins (CS, boysenberries, apples, blueberries, blackberries, cherries, elderberries, grapes, raspberries, tomatoes, tea, wolfberries), Fruits First with Marine Complex (cranberries, raspberries, strawberries, plums, blackberries, tea, wine, grapes, blueberries, bilberries, prunes, apples), Greens Now with Marine Complex (blueberries, bilberries, cherries, cranberries, grapes, oranges, prunes, raspberries, strawberries, tea, tomatoes) www.drorganicsfreedom.com
ENER-G* Chocolate Chip Snack Bar (CS, oranges, plums)
FLAT OUT Mini Harvest Wheat Flatbread Wraps (CS, prunes)
GARRETT COUNTY All Natural Chicken Apple Sausage Links, All Natural Uncured Turkey Bacon 97% Fat Free (paprika), Andouille Pork Sausage (paprika), Apple Skinless Chicken Sausage, Chorizo Sausage (paprika), Gluten Free Chicken Bites (paprika), Natural Uncured Turkey Franks (paprika), Original Tom-Toms Turkey Snack Sticks (paprika), Pan Roasted Turkey Breast (paprika), Sliced Uncured Pepperoni (paprika), Smoked Fresh Turkey Kielbasa (SM, paprika), Sundried Tomato Skinless Chicken Sausage, Turkey Andouille Sausage (SM, red pepper)
LIBERTY BAKERY Muffins: Blueberry, Spice (cloves)
MERABY'S Allergy Family Foods: Classic Blueberry Muffin & Quick Bread Mix, Cranberry Orange Muffin & Quick Bread Mix www.meraby.com
NATIVE FOREST**A Marinaded Artichokes (white wine vinegar, chili peppers); Organic Chutney (all contain chili peppers and cloves): Hot Mango, Mango Passion, Papaya, Pineapple

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.

FDA forced to warn of mercury dental fillings

After many years of denying that the mercury in "silver" fillings can be harmful, the Food and Drug Administration has been required to change; now its website says: "Dental amalgams contain mercury, which may have neurotoxic effects on the nervous system of developing children and fetuses."

The agency's about-face came after losing a law suit to a coalition of advocacy groups who link mercury exposure to a range of health problems including Alzheimer's disease and multiple sclerosis.

The AMA revises its stand on vitamin D3

In response to the growing evidence that vitamin D3 is essential in protecting us from a wide range of illnesses, the American Medical Association has recognized that its recommendations have been too low.

"The health benefits of Vitamin D are plentiful, such as strong bones and a reduced risk of breast cancer and cardiovascular disease," said AMA Board Member Steven Stack, M.D. "It's time to take a good look at the current daily recommended levels of Vitamin D and ensure that Americans know the appropriate levels so they can reap the full health benefits."

Recent research on Vitamin D3 shows it protects against blocked arteries in the legs, diabetic neuropathy, heart attacks and strokes, angina, increased rate of tissue aging, cancers of the breast, lung and colon, diabetes, as well as helping with pain control and reducing the risk of falls by keeping muscles strong.

Few people in the US receive sufficient sunlight to create adequate amounts of the vitamin, and infants who are breast fed are at risk of being deficient without supplementation.

Thank you!

...to the **Dale Family Fund** for their donation to enable us to create a new information brochure and for FAUS to be represented at several professional conferences. You can contact our office in New York for extra copies of our brochure and other literature to give to doctors, teachers and friends.



Thank you!

...to **Wellshire Farms** for donating their luncheon meats and to **Late July** for donating cookies for our Friday night event held at our annual meeting in June.

Thank you!

...to Karen and the staff at the **Marriott SpringHill Suites Hotel** at the Baltimore Washington International Airport for once again helping to make our meeting such a successful event.

Thank you!

...to the Officers and Board of Directors for your willingness to donate your time and talents to serve the Association during the coming year: Annette Miller, Larisa Scarbrough, Kathy Bratby, Gail Wachsmuth, Megan Browne, Donna Curtis, Charice deVidal, Sandra Ehrenkranz, Katy Wisch, Nancy Kemble, Sarah Roley. And special thanks to the Kemble Kitchen!

Pure Facts

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Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail 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.

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