

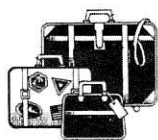
Out on their own

The Feingold teen going off to college, or the young adult who is moving out of his home, faces an additional challenge.

The young Feingolder will need to know how to find the food he needs when he's far from the security of home and its additive-free kitchen.

One member wrote: "Our son received tremendous help with the Feingold Program. My husband and I knew it had to be Kevin's decision as he was 16 years old at the time. Kevin chose to begin the program; we noticed a big change in his behavior and his thought process is much clearer too. He is very careful about his diet as he notices a huge difference in his schoolwork."

As they make plans for college, his mom explained that he would be attending school 2,000 miles away, making it impossible for her to provide any of his food, and asked for suggestions.



Where to begin

Considering how common food allergies and sensitivities are, the college might already have ways students can make special arrangements; speak with your contact at the college and try to arrange for a meeting with the food service director.

Continued on page 3

ADHD problems in Australia

The Royal Australasian College of Physicians (RACP) is working to squelch non-drug options for ADHD.

Astonishingly, as scientists around the world are recognizing that diet is a valid option for people with attention and behavior problems, a group of Australian professionals and organizations are working to prevent doctors from offering drug-free options for their patients.

RACP has published new guidelines on the treatment of ADHD, to be used by teachers, child care providers and the legal system, as well as by doctors. They stipulate that consumers should be told that diets are of little benefit; the same is true for other non-drug treatments such as the use of supplements and essential fatty acids. Parents and adults with ADHD symptoms are also to be discouraged from using complementary and alternative treatments.

Things had been looking promising for families in Australia. Several studies supporting the use of diet were conducted in that country, and just recently Dr. Andrew Kemp, professor of pediatrics at the University of Sydney, wrote the *British Medical Journal's* editorial calling for diet to be considered a standard treatment for ADHD.

So, what's going on down under?

The document is impressive in many respects. It is lengthy, with hundreds of footnotes, and it gives a long list of professionals and organizations that participated in compiling the information. Unfortunately, there is no way to know how many of those professionals and organizations receive money from pharmaceutical companies -- a common practice.

The guidelines describe the Feingold diet: "Modified diets to assist symptoms of ADHD came into prominence in the early 1970s, when Feingold published *Why Your Child is Hyperactive* (1975). In this book he proposed that many children were sensitive to dietary salicylates and artificial colours, flavours and preservatives, and that learning and behavioural problems could be improved by eliminating all food additives and naturally occurring salicylates from the diet."

[This is almost right. Dr. Feingold did not eliminate ALL food additives, and the salicylates are not eliminated; they are temporarily removed and later may be reintroduced.]

Continued on page 4

The story of my ADHD child

by Shirley Fadden

Walk, stop running, be careful, listen, stay in bed, sit and eat, talk quietly, pay attention, focus, what did I tell you? All day long, and for years I have repeated these words to my son James, who is now six.

People told me to quiet him down and make him stop running. "If you can think of a way, let me know," I'd answer. They didn't understand that although I reprimanded James, it did little good. I'm certain they doubted my parenting skills. Others thought he had a hearing problem.

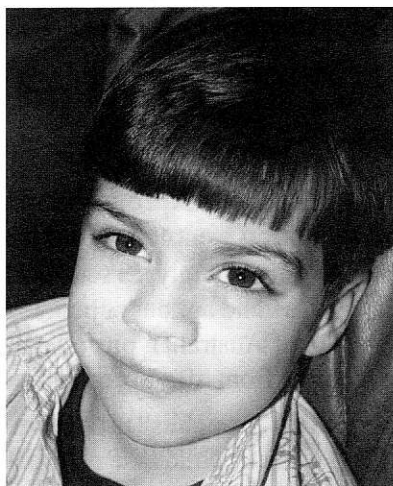
There was no speed control when James' motor started running. Most holidays were spent watching James run around in circles, yelling. I fretted about how he would behave at parties, dinners, and church. I worried that he was hearing too many negative comments about himself. It was hard to catch him doing something good.

James wasn't learning like my daughter had. He did not remember the letters I taught him. His fine motor skills were poor. He was five and could not sing the alphabet song. "Boys learn slower than girls," people would say.

He had no speed control.

I hoped that James would outgrow all these things. Instead, he got worse. While all the others kicked the ball at soccer, James stood at the other end of the field looking at the sky, conversing with players as they ran by. Once he ran up to a boy on the sideline and pushed him for no reason.

His behavior at church was awful. One time he did a somersault at the altar. I'm sure the priest hadn't seen that before! Ashamed, I tried to make him walk back to our pew. "Stop running" I said, squeezing his hand. "I want to stop Mommy, but I can't," he replied. I cried, knowing that he was right. He was not in control of his own body.



Other times he placed himself in danger because of his impulsivity. I was constantly worried that he would bolt in front of a car in the parking lot or run off in a store.

I began to fight with my husband because I felt James might need medication in the future. "He isn't going to learn or have friends," I argued. I was depressed and stressed out. I spent Thanksgiving 2007 in the bathroom crying. I made an appointment with my doctor to see about getting medication for myself because the chaos was taking its toll on my own mental health.

In the meantime I heard that red dye 40 caused hyperactivity and I took it out of his diet. I didn't think it would work but I tried it anyway. This eliminated the strawberry milk he was drinking twice a day. After two weeks I noticed a change. I would not need medication and I hoped James would not either.

One trip to the doctor's office, and a green lollipop, and I knew all artificial colors were bad for James. He ate the pop in the waiting room and twenty minutes later he was like a rabid squirrel in a phone booth.

I was encouraged and started to do research on the Internet. Finally I found the Feingold organization. I had so much more to learn, but the knowledgeable and supportive Feingold organization made it easy.

I went through my cabinets, removing all foods that contained the additives. I changed our home and personal products. I monitored James' reaction to natural salicylates and found this particularly interesting because, prior to Feingold, I had noticed that he reacted to apples.

James understands his diet and does not complain when I bring foods to parties. At Halloween he looks forward to trading in his candy for a toy and at Christmas Santa brings all-natural candy. I send treats in to school. Grandparents and family see the diet working and ask what they can give him.

James has gone from being a 10 on my hyper scale to being a typical, active 6-year-old boy. He is learning how to read and do math. He plays soccer. He has no problem falling asleep. He talks with a regular volume and tone. He says, "thank you," "I love you," and hugs me more. He even sits in church. He answers me when I speak to him and follows directions. I laugh when I have to ask him to walk faster. The biggest evidence of his change is that a family member was distressed, thinking we had medicated him. Our biggest compliment is that his teacher has put her own son on the Feingold Diet.

Each Thanksgiving, when I sit back and reflect on what I am thankful for, I will always remember the year I found Feingold.

Ask about cooking facilities in the dorm; if freshmen are allowed to live off campus a kitchen will be available.

Read the local newspaper and look for restaurants and stores that offer natural food. If there's a Trader Joe's or healthy market like Whole Foods nearby, the options will be amazing, not only for eat-in and carry-out food, but for mixes and frozen meals of all types. Consider calling the food editor of the paper and ask about natural food options in the area.

Don't forget to visit the local supermarkets. Many of them have an impressive selection of healthy products. Rudi's Organic bread products are distributed throughout the country and we now have many acceptable luncheon meats so sandwiches need not be boring.



Ethnic restaurants often have foods with fewer additives than those that serve American cuisine. Be sure the contacts at the restaurant understand English well enough that you can communicate with them. When you visit a restaurant and want to ask about ingredients in their food, always go at a time when they are not busy.

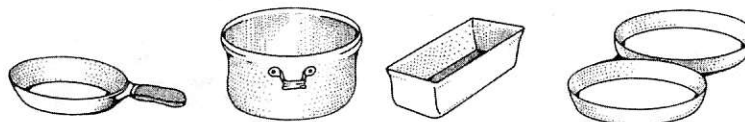
Enjoying Mom's recipes away from home

A good way to prepare for life away from home is to learn some basic cooking skills in the year before the move. A repertoire of a dozen favorite dishes, supplemented by sandwiches, will give all the variety needed. If larger portions are prepared they will provide meals for several days. You may want to write up the recipes on large cards, with a corresponding shopping list on the reverse side.

Consider experimenting with equipment like crock pots, food-sealing appliances and George Forman-type grilling devices. But for most people, a few good pieces of cookware are all that will be needed. This would include a large saucepan and frying pan, as well as a sturdy whisk and good knife, plus the usual things like measuring cups and spoons and a cutting board. Don't skimp on the cookware because a flimsy saucepan that heats unevenly and a frying pan that burns food will end up costing more in ruined meals. It isn't necessary to have an entire set of cookware, just a few reliable pieces. [A good cook deserves good cookware, but a poor cook needs it!]

Another option for Feingold-friendly meals

Busy cooks of all ages are finding that hours in the kitchen can be cut by spending a little time at one of the meal preparation franchises that are appearing all over the US and Canada.



These are small shops set up like a slick and sanitary commercial kitchen, with all of the food components ready to use; they need only to be assembled. You make an appointment in advance, selecting the dishes you want to prepare. Then when you arrive, all of the ingredients are ready and waiting. Typically there will be six or more stations, each devoted to a particular dish. You read the instructions, and compile the needed ingredients. Other people have already assembled what you need, cut up ingredients, and they are there to whisk away any used measuring cups or spoons, to be washed by some unseen hands.

Each meal is in its own package, with cooking instructions, and can be stored in your freezer till it is needed. (You will need an oven for these dinners; a microwave won't do it.) For a busy mom or student it's "money in the bank."

There are benefits for the chemically sensitive person. You can select those dishes that best fit your diet and modify those that may need to exclude a particular ingredient. Another big benefit is that these businesses are much more likely to avoid the mystery chemicals found in most restaurant food.

Some of the prep centers will assemble the meals for you, for an additional charge, and you need only stop by to pick them up. These businesses are run by people who love food, and they should be especially receptive to helping a college student or novice cook. They may also be able to suggest other food resources for the young person on a special diet.

The typical price is \$20 for a meal that will feed four hungry people, though they are usually marketed as enough for six. This comes to \$5 for each meal, and side dishes are not included, but it's still far less than restaurant food. There is a minimum number of meals you must order, so the student will need to be prepared to pay the \$150 or \$200 cost up front.

The concept of simple meal prep centers for busy consumers began in the Northwest and in Texas about ten years ago. They encourage friends to combine meal prepping with a girl's night out, and for many it is a social as well as practical event. The web site Easy Meal Prep currently lists 1176 stores. They go by a variety of names including Super Suppers, Dinner Thyme, Cook's Corner and Dinner By Design. To find a franchise near you visit www.easymealprep.com.

Editorial comments

Although the newest research on diet and ADHD can be found in various places in the document, what do the authors use to justify their claim that the Feingold Diet is ineffective? They cite articles that were published in 1983, 1978 and 1976! These articles are 25, 30 and 32 years old -- using such old information would be unacceptable in a high school science report, yet this is what we frequently see in attempts to discredit non-drug options.

The 1983 "science"

This is an analysis of the early studies by Kavale and Forness, which has been disputed by others. In their defense, the studies prior to 1985 had many design flaws, but even with them, they yielded some very positive evidence of the role food additives play.

The 1978 "science"

This is the Harley study, which has long been reported as negative despite the fact that 100% of the mothers of the preschoolers reported their child improved on the Feingold diet.

The 1976 "science"

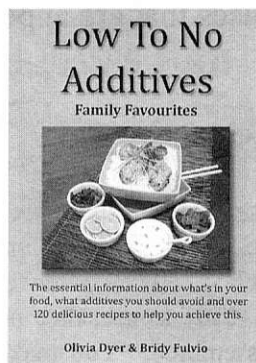
Dr. Connors conducted several studies and has written articles about the Feingold diet over the years. The problem is that sometimes Dr. Connors reports his studies support Feingold's work and sometimes he writes that they do not.

It's a good thing the doctors in the College of Physicians who are involved with this document have already received their degrees...they would never make it through the pre-med courses with this type of "science"!

The draft report may be seen at: <http://www.racp.edu.au/index.cfm?objectid=6EBAB63E-FFF9-2CED-52102DC3369183AB>. Whew!

Low to No Additives

It isn't easy to avoid synthetic food additives when you live in Australia!



The newly published book *Low to No Additives* describes the problem: "Under current Australian labeling laws there is something known as the 5% labeling loophole. This means additives are not always declared on the labels because they may exist in an ingredient which makes up less than 5% of the product."

The book is composed primarily of recipes that are a blend of fresh food and brand name products.

For details visit their web site: www.lowtonoadditives.com

Approximately 100 products are listed in the back of the book. There is also a list of additives with their corresponding numbers, and notes on known health risks. (In many countries additives are given numbers rather than names.)

Low to No Additives began when good friends, Olivia Dyer and Bridy Fulvio, found that their children's health and behavior problems were being triggered by things they ate.

Olivia's son was believed to be autistic and her daughter suffered from pains in her legs as well as mood changes. Bridy's son reacted with aggressive behavior, hyperactivity and slurred speech. The children now enjoy healthy food and no longer have these symptoms.

The book addresses additives but does not restrict salicylates or provide information on non-food products.

Progress in New Zealand

While Australian physicians are heading in the wrong direction, New Zealand's food is beginning to change.

Progressive Enterprises, the country's largest manufacturer of supermarket brand name foods, has announced it will be removing artificial food dyes from all of its foods and beverages.

This appears to be in response to the research from Southampton University and the subsequent action by Britain's Food Standards Agency calling for the removal of petroleum-based dyes from food. The Southampton researchers have also warned that these chemicals could be having the same effect on damaging the intelligence of children as was found from the lead that was once added to gasoline.

A spokesman for an ADHD support group in New Zealand, ADDvocate, said there was "no doubt whatsoever" that artificial colors affected children's behavior. But despite the compelling evidence, New Zealand's Food Safety Authority and Food and Grocery Council do not believe that dyes are linked with behavior and learning problems in children.

Prior to 1991 New Zealand did not allow dyes to be added to staple foods like cereals.

A treat for the lunchbox

Sisters, Mindy and Joelle, were searching for a healthier treat for their children, and came up with X-treme Fruit Bites.

They call themselves the Yum Yum Sisters because they have found a way to create a product that is made primarily from fruit, yet is extremely sweet. The fruit bites are little nuggets that are a blend of concentrated fruit juices, evaporated cane juice, rice syrup and/or corn syrup, maltodextrin, sugar, apple pectin, citric acid, sodium citrate, natural flavor and ascorbic acid (vitamin C).

Check out their website, Brookside Fruit Company, for details on purchasing them: www.x-tremefruit.com.



All of the X-Treme Fruit Bites flavors contain salicylates and may be introduced in Stage Two.

When is a food not a food?

Proctor and Gamble, the manufacturer of Pringles, has convinced a British tax court that their product is not a potato chip, and therefore the company should not be required to pay the higher rate of tax that is levied for potato chips (or "crisps" as they are called in the UK). The court had previously said that Pringles fall within the category of "potato crisps, potato sticks, potato puffs and similar products made from the potato, or from potato flour or from potato starch." The court's reversal will mean a savings of millions of pounds in taxes for the US manufacturer.

So what exactly is a Pringles? The potato content is 42% and the remainder consists of corn flour, wheat starch, rice flour, among other interesting potato-less edibles.

The P&G lawyers successfully argued that Pringles "has a shape not found in nature, being designed and manufactured for stacking." What's more, "A Pringle does not taste like a crisp or otherwise behave like one. Crisps give a sharply crunchy sensation under the tooth and have to be broken down into jagged pieces when chewed....It is totally different with a Pringle. Indeed, a Pringle is designed to melt down on the tongue."

Alcohol energy drinks pose problems for young consumers

Alcoholic beverages that have added caffeine and look very much like non-alcoholic energy drinks have sounded alarms among public health officials. They have fruit flavorings which appeal to underage drinkers, and the combination of stimulants and alcohol can give a consumer the impression that he is not impaired.

The products, known as "alcospeed," have names like Tilt, Liquid Charge, Rockstar 21, Joose, Amp, Sparks, and Bud Extra. They have been sold to minors by convenience store employees who did not recognize them as alcoholic. These drinks are a staple on many college campuses. (In addition to alcohol and stimulants, many have synthetic dyes, flavorings, and artificial sweeteners.)

The nation's largest brewer, Anheuser-Busch, has agreed to stop selling these drinks after a coalition of eleven state attorneys general showed that the company was illegally marketing the beverages to underage people. Busch will stop manufacturing and marketing alcoholic drinks that contain stimulants including caffeine, guarani, taurine and ginseng.

Other companies continue to sell alcospeed beverages, and various states are investigating their practices.

Non-alcoholic energy drinks are a \$3.2 billion market and the majority of consumers are between the ages of 12 and 17 years old.

CSPI takes on the Girl Scouts

The Girl Scout organization calls it "milk and cookies" but critics call it an outrage.

The non-profit Center for Science in the Public Interest (CSPI) is appalled that the Girl Scouts of the USA has signed a deal with Dairy Queen to use the organization's name in promoting their Thin Mint Cookie Blizzard.

CSPI notes, it is "a soft-serve mint and vanilla ice cream combined with Thin Mint cookies and topped with a creme-de-menthe flavored syrup made out of high-fructose corn syrup

and containing the controversial artificial food dyes Yellow 5 and Green 3....The large, which weighs more than a pound, has more than 1,000 calories, 31 teaspoons of sugars..."

Those Girl Scout cookies

Considering how many alternatives are now available, including natural versions of cookies like Oreos, it's odd that no company thus far has created a natural thin mint.

Wit's End

This is a book to help parents deal with the period of temporary insanity commonly referred to as "adolescence."

Even with a good diet and caring parents, some teens will be unable to cope with what life has dealt them, and act out in self-destructive behaviors. When the counseling alternatives have been exhausted, families may seek out a boot camp or a residential treatment facility to help their child learn the coping skills they need. Sue Scheff found herself in this situation when a series of events changed her formerly cheerful daughter into a teen headed for destruction.

Sue, and her daughter Ashlyn, learned first-hand that some of the so-called therapeutic programs are little more than prisons for children. The companies use carefully crafted sales techniques to prey on desperate parents, draining these families of their financial resources while they do nothing to help the children.

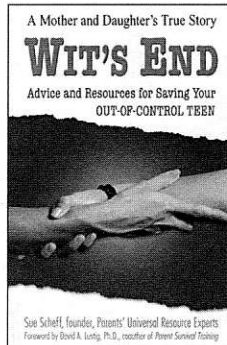
Sue is an enthusiastic supporter of the Feingold Program and understands what a vital part diet can play in a child's behavior. P.U.R.E. can be reached at (866) 798-2285 or via: www.HelpYourTeens.com.

Look for causes

Children don't come with instructions and it can be difficult to figure out what is behind the behaviors.

Connor was having a hard time in kindergarten. It was only a half day, but was a very academically oriented program, with little time provided for children to play and run off steam. Although he was doing well academically, his teacher felt he was too immature to go on to first grade and suggested keeping him back in kindergarten for another year. She told his parents that an example of Connor's immaturity was his behavior after story time was over. Instead of quietly going back to his desk he did a cartwheel.

But physical activity like this is not necessarily an indication of immaturity. It could be that the lack of physical exercise was the cause. Or, it could be that he was experiencing a reaction to a chemical in his food or environment. Veterinarians say that when a pet is exposed to a toxin, one of the symptoms is hyperactivity. (Take a look at the side effects listed for some drugs and you will see hyperactivity included.) And then there are all of the additives and possibly natural salicylates that the Feingold Association has identified as potential culprits. The solution for Connor could be diet, removing toxins in the room, or adding recess.

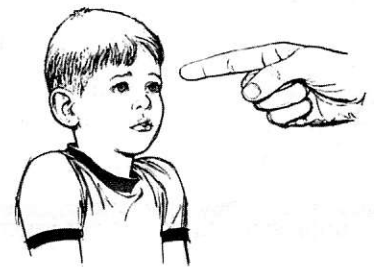


As a result of their nightmare experience, Sue and Ashlyn found a way to fight back, and Sue formed an organization she named "P.U.R.E. - Parents Universal Resource Experts. The organization researches the programs that are available and guides parents to those that are genuinely effective, using therapy instead of coercion. Sue has written about her family's experience in her book *Wit's End, Advice and Resources for Saving Your Out-Of-Control-Teen*.

Sometimes discipline is not the answer

One mom wrote to FAUS about her family's experience:

When Evan was in the first grade my husband and I were told he was extremely intelligent, but lacked motivation. We were told "you have to be consistent in disciplining at home for a child who is headstrong." So, although we felt we have always been consistent, we cracked down even more. The result? We broke our child. He now had facial and hand tics and his self-esteem was plummeting. He also had emotional outbursts on a scale that would make some parents consider hospitalization.



His behavior was not consistent, so this seemed to indicate that his actions were willful; it didn't occur to me that he was not eating the same food every day, and that could account for the variations in his behavior.

After trying to "be all that we could be with the use of discipline according to his teacher" and feeling like I was pulling my hair out on a daily basis, we found the Feingold Program.

On a scale of 1-10, before diet I had a 8-9 child; post diet I have a 3-4 child. Does he still have some quirks from time to time? Yes, but they are extremely manageable. I honestly think he is so much better off by changing his diet than he would have been on medication and I am grateful for all my family has learned from the Feingold Program.

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

ALPENROSE 2% Vitamin A&D Reduced Fat Milk, 3.8% Milkfat Vitamin D Milk, Lite & Trim 1% Vitamin A&D Lowfat Milk, Vitamin A&D Fat Free Milk

ANDREW & EVERETT Burger American Cheese, Italian Blend Fancy Shredded Cheese (SM), Mozzarella String Cheese, White American Cheese

BREAD OF LIFE* Asiago Cheese & Spinach Bread, Honey Glazed Pecan Roll, Maple Nut Granola, Oatmeal Cookies, The Ultimate Cinnamon Roll, Totally Nuts Now with Flax, Wheat Challah; 100% Whole Grain Bread: 100% Locally Grown Whole Grain Wheat, Ezekiel, Flax Multi Grain, Flax, Spelt; 100% Whole Grain: Ezekiel Pizza Crust, Spelt Pizza Crust, Whole Wheat Pizza Crust
www.breadoflifebakery.net

CLEARLY NATURAL^ Liquid Glycerin Hand Soap - Unscented www.clearlynaturalsoaps.com

COCOA COMINO^ Organic Bittersweet Bar (CS), Organic Chocolate Syrup (CS), Organic Cocoa Powder, Organic Dark 55% Bar (CS), Organic Dark Hot Chocolate (CS), Organic Milk Chocolate Bar (CS), Organic Milk Hot Chocolate (CS), Organic Semi Sweet Chocolate Chips (CS)

COLAMECO'S* Sausage Stuffed Shells

EDWARD & SONS^ Bouillon Cubes: Garden Veggie (CS), Low Sodium Veggie (CS), Not-Beef (CS), Not Chick'N (CS); Japanese Style Panko Organic Breadcrumbs

EDWARD & SONS MISO CUP*^ Japanese Restaurant Style

FRENCH MEADOW* The Fat Flush Plan: Organic Tortillas 6 inch and 10 inch; Yeast Free Bagel: Healthy Hemp™ Sprouted: Yeast Free Bread: Healthy Hemp™ Sprouted, Organic Men's Bread

LET'S DO...ORGANIC® *^ Black Licorice Bars & Chews (CS), Creamed Coconut, Organic Tapioca Granulated, Organic Tapioca Small Pearl, Shredded Coconut

LIBERTY BAKERY Chocolate Chip Muffins, Pumpkin Muffins

LIBERTY BAKERY Cupcakes: Chocolate Cupcakes with Chocolate Frosting, Chocolate Cupcakes with Vanilla & Chocolate Frosting, Chocolate Cupcakes with Vanilla Frosting www.libertybakeryonline.com

Product Alert

WELLSHIRE FARMS All Natural Uncured Hot Dogs Cheese Franks now contain paprika and need to be moved to the Stage Two section of your *Foodlist & Shopping Guide*.

Stage Two

BAHAMA RICE BURGER Jerkin' Spicy (SM, chili peppers), Mediterranean (tomatoes), Pineapple Mango (cloves, oranges)

BAKERY ON MAIN^ Gluten Free Granola: Apple Raisin Walnut, Cranberry Orange Cashew (cloves, raisins), Extreme Fruit & Nut (almonds, apricots, raisins), Nutty Maple Cranberry (almonds, raisins), Rainforest (raisins); Gourmet Naturals Ultra Premium Granola: Apple Cinnamon Walnut, Cranberry Maple Almond, Maple Raisin Almond, Pecan Cranberry Crunch (oranges), Super Fruit & Nut (almond, apricot, cranberries, raisins); Granola Bar: Cranberry Maple Nut (almonds, raisins), Extreme Trail Mix (almonds, apricots, cranberries, raisins), Peanut Butter Chocolate Chip (raisins)

CHUKAR CHERRIES Cherry Pancake & Waffle Mix

DIETZ & WATSON Black Forest Breast of Turkey/Smoked Breast of Turkey (CS, N, SM, cloves, paprika), Black Forest Turkey Filet (CS, N, SM, cloves, paprika)

ENJOY LIFE FOODS*^ Not Nuts! Trail Mix Beach Bash (apricots, cranberries)

FOODS ALIVE^ Goji Berries Raw

KATYSWEET Bar-B-Que Pecans (CS, chili peppers, cloves, tomatoes), Holy Mole' Pecans (chili peppers), Smokin' Chipotle Pecans (SM, chili peppers)

KUNER'S OF COLORADO Southwestern Refried Beans with Lime Juice (SF, chili peppers)

LA FAMIGLIA DELGROSSO Aunt Cindy's Sun-Dried Tomato Sonata, Aunt Linda's Arrabiatta Memories (bell & red peppers, tomatoes), Aunt Mary Ann's Sunday Marinara (tomatoes), Chef John's Tomato Basil Masterpiece (red peppers), Uncle Bo's Roasted Red Pepper Tour (tomatoes)

MERRILLY GARDENS* Frog Jam (CS, oranges, raspberries) www.merrililygardens.com

PASTA SELECT Mini Beef Ravioli & Meatballs in tomato Sauce (CS, MSG/HVP, cloves)

SURF SWEETS*^ Super Sour Worms (oranges, strawberries, cherries, grapes)

THE WIZARD'S*^ Sauce: Organic Original Vegan Worcestershire (SM, apple cider vinegar, oranges), Organic Wheat Free Vegan Worcestershire (SM, cider vinegar, cloves, oranges)

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.

Cool stuff from FAUS!

Now you can have T-shirts, caps, tote bags, and all types of items with your message.

Did you ever wish you could find a way to share your knowledge about foods and additives with others? Do you have a message you want to put out there? We now have a way to order clothing and other products that are both fun and enlightening.

Our fund-raising coordinator, Cindy Harrell, along with other volunteers, has set up a site for us that offers these goodies from Café Press. You place your order, the company ships the merchandise to you, and FAUS earns a few dollars on each sale.

There is a selection of messages, and items for every age, from infant to adult. Our kids enjoy them and they make unique gifts for family, friends and teachers.

Currently, the items available include:

- * T Shirts
- * Tank tops
- * Bibs
- * Onesies
- * Tote Bags
- * Aprons
- * Caps
- * Mugs
- * Mouse pads

There will be long sleeve shirts and hooded jackets available soon, as well as new items that will have holiday themes. You can see them at:

www.cafepress.com/FeingoldShop.



Moving?

Please send us your new address. The post office will not forward your newsletter since it is sent via bulk mail.

There currently are 15 different messages you can choose from to have imprinted, including:

If you love me don't feed me junk!

My kids eat real food, not artificials!

I'm 100% Natural!

Artificial colors are good for crayons, not for me!

Petroleum in our food...it's just WRONG!

Naturally adorable

I am not artificially colored, flavored or preserved -- I'm an all natural kid!

Real kids need food, not artificials!

Petroleum is for cars not for our food!

I don't eat artificial junk!



School Year Calendars

Calendars, featuring seasonal hints and some of the hard-to-find products that make all our lives easier, are being sent to Feingold Association members in the United States.

To order a calendar please contact the FAUS office in New York at 554 East Main Street, Riverhead NY 11901, (631) 369-9340. The suggested donation is \$10. Proceeds help us fund many of our programs to better serve you.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Carolyn Allen

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.

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