

Tinnitus, Aspirin and Salicylates

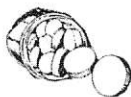
Tinnitus is better known as "ringing in the ears."

About 20 million Americans are believed to suffer from tinnitus.

While there can be many causes, one well-known trigger is aspirin, a salicylate. An article in the *Journal of Neuroscience* (2003) notes "It is well known for at least a century that a large dose of aspirin (acetylsalicylic acid) produces hearing loss and tinnitus that recover after stopping treatment." In fact, researchers use aspirin to induce tinnitus in animals that are used to study this condition.

It is thought that salicylate in aspirin weakens the tiny hair cells in the inner ear that transmit sounds to the brain.

The good news is that when the aspirin is discontinued the hearing loss is reversed and the ringing stops.



Can natural salicylates cause tinnitus?

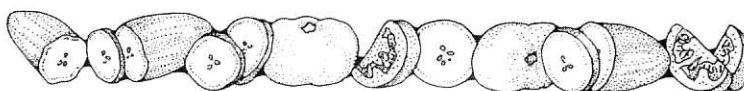
Since there are other triggers for tinnitus, including tobacco and caffeine, this is hard to say. We would welcome feedback from any members who have tried out a salicylate-free diet for Tinnitus.

Salicylates are confusing!

Healthy foods and common medicines can be a big problem for some people.

The first salicylate-containing plant to be recognized was the willow bark, once used to ease pain, and later served as the basis for aspirin.

"Natural salicylate" refers to a chemical that occurs in many plants; it is created by the plant, most likely to discourage insects from eating it. It can also offer protection from plant diseases.



While salicylates such as aspirin can offer many benefits, and plants that contain salicylates can be very nourishing, they are not well tolerated by everyone. It can be tricky to figure out which plants or foods from those plants can bother a particular individual.

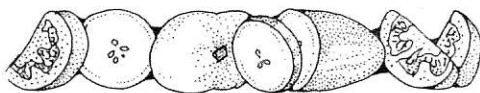
Many people believe that by measuring the salicylate content of various foods we can assume that those with the highest levels are the ones that will cause problems. But while such a test might help identify possible offenders, it is just not that simple. Here's why:

- There are various kinds of salicylates; we don't know which ones are likely to cause adverse reactions.
- The amount of salicylate can vary from one variety of a fruit to another, and even the levels in a particular plant can change.
- Different parts of a plant might have different levels of salicylate. For example, the amounts can vary between the pulp, seeds and peel of a food.
- Sensitivity can vary depending on whether it is raw or cooked.
- Foods grown in one region might not be the same as foods grown in another.
- We don't even know that it is the salicylate in a food that is to blame; there could be other naturally-occurring chemicals that play a part.
- Typically, a salicylate-sensitive person has problems with only some, not all of the salicylates.
- Salicylate sensitivity can change, particularly for a child who avoids them for a year or so and can later tolerate moderate amounts of them.

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But despite all these confusing issues, and all that we do not know about salicylates, we do have a useful method for finding out if they are a problem and identifying which ones are the likely culprits.

Dr. Feingold searched for help to identify which salicylates were likely to bother the patients in his allergy clinic at the Kaiser Permanente Medical Center in San Francisco. The only list of foods with suspected salicylates was decades old, but he decided to use this list as a starting point, with plans to refine it as he gained more experience with patients. Actually the list of salicylate-containing foods turned out to be useful and he did not have to make many changes.



Over the years, the Feingold Association has gathered information from our members and made small modifications to the original list. However, we find that his techniques still work well. We ask the new member to remove all of the "natural salicylates" that appear to be most likely to trigger problems. Once they are seeing a successful response they may begin to gradually add back the salicylates, one at a time, and test them out. While most people are able to add back those foods, there is an advantage to continuing on the Stage One (salicylate-free) part of the program for a longer time. If salicylates are avoided for a longer period they will be more likely to be tolerated later.

Like any elimination diet, the Stage One period of the Feingold Program works best if all the potential offenders are removed at the beginning, if a diet diary is kept, and if salicylates are reintroduced cautiously.

Too much Salicylate?

Reactions to salicylates can vary drastically. Here are some reactions that have been reported to us.

- Apples caused Kathy to have seizures.
- Bradley was doing very well in speech therapy. The therapist was helping him at his home when they took a 15-minute break, during which time his mom forgot and gave him an orange. When the therapist tried to work with Bradley again, he had regressed dramatically.
- Jerry had major behavior and learning problems from raisins and grapes.
- Gloria had night terrors from various salicylates.
- When Sandra ate salicylates (as well as some allergens) the tissues in her body would swell and half-way through the meal her waistline would have expanded several inches!

People who are interested in eating healthy food generally consume many of the salicylate-containing fruits and vegetables and those who give nutrition advice typically encourage the consumption of these foods. For most people, this is good advice, but for someone who is salicylate-sensitive, it can make things worse.

Too much Aspirin?

Aspirin overdose can lead to many symptoms, including: tinnitus, vertigo, hearing loss, difficulty concentrating, swelling, tremor, seizures, blurred vision, hyperactivity, irritability, nausea, vomiting, diarrhea, gastrointestinal bleeding, heartburn, purpura (similar to bruising), hemorrhage, anemia, hives, swelling, asthma, itching, anaphylaxis, mental confusion, hallucinations, drowsiness, sweating, thirst, rapid breathing, rapid heartbeat, hypoglycemia, convulsions, coma, respiratory failure, hyperthermia, multiple organ failure.

The American Association of Poison Control centers receives thousands of calls each year reporting excessive consumption of aspirin, with some resulting in death. It is not known how many episodes are the result of using medicines that include aspirin in their formulation.

Salicylic acid is used in some topical products, not just in aspirin tablets and medicines containing aspirin. Last year, Aerial Newman, a 17-year-old track star, died as a result of using excessive amounts of an over-the-counter topical sports cream that contains methyl salicylate.

People with fibromyalgia who are being treated with the medicine guaifenesin must avoid using salicylate-containing products on their skin. Because it's difficult to find salicylate-free personal care products, a fibromyalgia patient, Andrea Rose, developed a line called Personal Basics by Andrea Rose (www.andrearose.com). In addition to being free of salicylates, the products are also free of the additives we eliminate. Many of them are included in the Stage One section of *Mail Order Guide*.

Do Feingolders deserve a break today? "No," says McDonald's

Remember those old Starkist Tuna ads, with the line "Sorry, Charlie" when they told Charlie the Tuna that he didn't make the cut? Well, Feingold families have received their own Sorry Charlie letter from fast food giant McDonald's.

It was encouraging to learn that the McDonald's restaurants in England had removed the Red 40 from their strawberry sundae and replaced it with natural colorings and real strawberries.

McDonald's is one of several multi-national companies that are reformulating their products to eliminate petroleum-based dyes. But the changes apply to England, and are being made in Europe, but there is not much action in the United States.

So we were encouraged when we learned that McDonald's was asking families to contact the company and let them know if we are concerned about the use of dyes in their food. Many Feingold members sent heartfelt letters to the company, describing the harmful effects their children had experienced from synthetic food dyes.



Apparently, it was not sufficient to melt corporate hearts, and McDonald's sent a stock response to all who contacted them.

The letter starts off by saying, "McDonald's has a long-standing commitment to the well-being of our customers, particularly children." They make no reference to the many studies showing that dyes are very harmful to children...especially the British study that precipitated the many changes in the UK. Instead, they fall back on the usual response that the US Food and Drug Administration (FDA) allows these dyes.

Many of our members shared their letters with us, and here are some excerpts from them.

So, the verdict from McDonald's is that they are interested in hearing from us, but they are not interested enough to actually do anything.



"Does the FDA tell McDonald's what kind of food to put on their menus? It is up to the food company to make the right choice for their consumers and not the FDA."



"I feel compelled to note that the FDA is woefully out of date and out of step when it comes to 'certified food colors.' Research has repeatedly proven that there is a connection between food dyes and both hyper behavior and poor school performance, even in so-called 'normal' children.

"Your letter speaks with pride, as you should, of McDonald's providing nutrition information to its customers before other eating establishments did so. Perhaps you should expand that pride by getting out in front on this issue. Parents and teachers across the country will thank you and everyone will benefit."

"PS. I am the mother of three [plus spouses] and grandmother of six, none of whom will eat at McDonald's because it is like trying to navigate a mine field."

"What a cop-out! I'm so not lovin' it!!! Do they think we're a bunch of dimwits that they need to pacify? Moving forward (to borrow their wording), I'll continue to not patronize McDonald's unless I really have to."

Editor's note: Their orange juice is pretty good.



"My family is extremely concerned about the dumping of petroleum-based artificial ingredients into America's food supply -- specifically those foods created for our children.

"For the past thirty years, families like ours who are members of the Feingold Association have known from personal experience that these chemical additives are devastating to the minds and bodies of our youth. We do not need the FDA's statements to the contrary -- we have experienced the effects firsthand. Feingold families have endured the numerous symptoms of ADD, ADHD, OCD and many other related disorders, and we have also witnessed, with overwhelming relief, the complete change in our children's behavior when the artificial additives are removed from their diets.

"I am the mother of two daughters with ADD and ADHD symptoms. Six years ago I permanently removed all petroleum-based ingredients from our diet. Also, we avoid high fructose corn syrup, trans-fats, MSG and aspartame. Unfortunately, this means there are very few items on McDonald's menu that our family can enjoy. I admit we miss the fries but when we learned they are cooked in TBHQ I was shocked and angry."

How can I know what foods are best?

Q: The information I've read about good nutrition is really confusing! It seems like the articles and books on the subject contradict each other and I'm not sure where to begin. When I grew up my mother made dinner each night with a meat, a starch and a vegetable, usually something green. Today, things seem to have become much more complicated.

A: The fact that you're on the Feingold Diet means you have already taken the first steps toward healthy eating. Congratulations!

Throughout history the nutrition problem most people faced was simply getting enough food to eat. This is still true in many parts of the world but for wealthier countries, the issue is selecting which things to eat and to avoiding overeating.

Here are a few things to keep in mind:

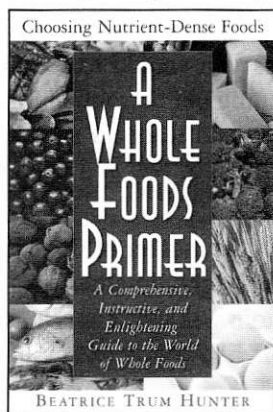
Food manufacturers are not usually a reliable source of information on teaching us what is healthy. The companies selling vegetable oils used to claim margarine was healthier than butter. But we now know that this is simply not true. Cereal makers claim their products are healthy because they add in some whole grains, but they don't remove the synthetic chemicals and corn syrups.

Some people have promoted extreme diets, such as removing nearly all fats, but the new research shows that good fats are a vital part of a healthy diet.

Others promote large amounts of one food over others. Every week there's an article about how a particular vegetable, fruit or nut is a superfood, and how we should eat it in large amounts.

But most Feingold families use the same sort of ancient wisdom your mother and her mother used; they offer a variety of healthy foods of all types, knowing that each one contributes benefits. When you eat real foods, not chemical concoctions, you will be taking in valuable nutrients. Gradually, begin looking for additional healthy ingredients to bring into your diet. Currently, there is a great deal of information showing the value of things like coconut oil, garlic, pomegranates, and ancient grains like spelt. Try out things such as these and see if you like the way they taste; if you do, look for ways you can incorporate them into your diet, but be gentle with yourself. Food should be delicious and enjoyable. Follow your palate and the common sense your ancestors used, and your body will know how to use these nourishing foods.

When you are ready to move toward an even healthier diet, a good resource is *A Whole Foods Primer*, by Beatrice Trum Hunter, who has been teaching people about healthy eating for many years. Ms. Hunter is the award-winning author of many books on foods and food additives and has been a mentor and teacher for many of the volunteers in the Feingold Association.



Resourceful mom has Happy Meal night

Since starting on the Feingold Diet we have stopped eating at fast food places. The kids don't miss it and I am thankful not to have those pesky Happy Meal toys in my home. The other night my son did mention that he wanted a happy meal, so I let him know that starting this week Saturday nights would be Mom's happy meal night. So yesterday, I ran to the store and bought some bubbles, crayons, small bouncy balls which the boys love, and yo-yos.

I bought brown paper lunch bags and will decorate them or have the boys decorate them and tomorrow night I will make some home-made chicken nuggets and French fries. I'll stick everything in the paper bag along with a juice box and their surprise toy, and the boys will be happy.

Editor's note: There are several brands of natural chicken nuggets so if you don't want to make them from scratch you can just heat these up. Check the section of your Foodlist on "Prepared foods & dinner mixes." Also, check out the frozen fries.



Fast food then and now

It may come as a surprise to *Pure Facts* readers that our families were once able to eat many of the selections at the major fast food chains. This included fries, nuggets, fish fillets and the Frosty served at Wendy's.

Pressure to change the frying oil led to the switch to a vegetable oil that is preserved with TBHQ. Even the small amount of the additive is enough to trigger reactions in many of our members. McDonald's began by switching their oil, followed by the other chains and today the only fries we are aware of that are acceptable are provided by In 'N Out Burger in the West and Five Guys in the East.

Then Wendy's switched from natural ingredients to synthetic and there went our beloved Frosty.

Faus to begin identifying GF/CF foods

The Product Information Committee is now collecting data on products which are identified as gluten-free (GF) or casein-free (CF) by the manufacturer. We will not be able to say if the plants in which they are made are certified as GF/CF. Also, food manufacturers can change formulations without notification. So if you are concerned about cross-contamination or are severely sensitive, please contact the manufacturer before consuming these items.



New study on GF and CF

This should be good news to families of children with autism, but it doesn't look promising.

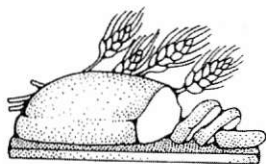
On her web site, www.ageofautism.com, Kim Stagliano reports that the University of Texas Health Science Center in Houston will be conducting a four week double-blind study to see if there is a basis for the many parental claims that their autistic children improve when gluten and/or casein are removed from their diet.

Many doctors are skeptical of parental reports that things like bread and milk are related to the symptoms of autism, and a study like this should help to clear up the issue...right?

Not necessarily, says Kim. She knows that it can take much longer than four weeks to see results; for some children it can take many months after all gluten and/or casein has been removed before they see a change.

Following a diet like this requires that the food be totally controlled. Unlike the diet of a typical Feingold child, an occasional slip can mean the difference between success and failure. What assurances are there that there will not be any slip-ups or opportunities for cheating?

And finally, Kim asks, "Who is funding this study?" The lead researcher notes that "Hundreds and hundreds of parents think this works but we need some serious evidence." Are they actually looking for evidence of success or for a way to try and hush up these annoying parents who challenge the traditional medical beliefs on autism?



Sorghum for GF diets

A new study on the use of sorghum for patients with celiac disease indicates that this ancient grain may be well tolerated by people who must avoid gluten. Researchers in England and Italy found no harmful effects when gluten-sensitive people ate the breads, cookies and cakes made with sorghum, and while the number of participants was small, the results add to the research on the use of sorghum. For many years the sorghum grown in the US was used mainly to feed animals, but there is a renewed interest in it as an option for those who must avoid high-gluten grains like wheat.

Researchers in England estimate that approximately 1% of their population is gluten intolerant.

The stevia wars heat up

Last October *Pure Facts* reported on the development of soft drinks sweetened with the natural no-calorie sweetener, stevia.

The US Food and Drug Administration has long worked to prevent Americans from having access to this sweetener, but companies are able to circumvent the agency ruling by offering both stevia and stevia-sweetened products as dietary supplements, not foods.

First Coca-Cola, and now Pepsi, have unveiled plans to offer their own versions of stevia-sweetened drinks. Pepsi's SoBeLife fruit flavored soft drinks are being introduced in Latin America and are expected to be approved for use in the US before long.

The version of stevia Pepsi uses is named PureVia and is expected to be available as a tabletop sweetener in the US before the end of the year. The version of stevia being used by Coca-Cola, also expected to be available soon, is called Truvia.

Interestingly, the company that produces PureVia is owned by Merisant, the manufacturer of Equal (aspartame).

...and so do the Cola Wars

PepsiCo has introduced a new version of its cola beverage to consumers in the United Kingdom. Called Pepsi Raw, it is sweetened with cane sugar, not the usual high fructose corn syrup found in regular Pepsi and Coke. Pepsi Raw also contains these ingredients which should not be a problem for most Feingolders on Stage Two: apple extract, coffee leaf, kola nut extract, caramel, tartaric acid, gum arabic. Since Pepsi and Coke have never been willing to complete our inquiry forms, the products don't appear in our *Foodlists* but are included in the *Fast Food Guide*.

The Feingold Diet in a Nutshell

Did you receive your package of new member materials, but find that it seems overwhelming? We know that once they get into the swing of the program, most members find that it isn't really complicated at all. But meanwhile, here is a quick guide to help you get started.

1. Read through the Symptom Checklist and mark all symptoms that apply to your "target" (the person for whom you are using the diet.) Make photocopies if you have more than one target in your family.

2. Use a highlighter as you read through the Stage One section of your *Foodlist* book; highlight any food you are already using and any foods that look good to you.

3. Take a look at the ingredients listed on packages of foods in your kitchen. Throw out anything that contains one or more of these additives:

Food dyes (Yellow 5, Red 40, etc.)

Artificial flavors (may be listed as "imitation" or "vanillin")

Aspartame (Equal, NutraSweet, etc.), sucralose (Splenda), Acesulfame K, Neotame – these are generally found in "sugar-free," "diet," and "lite" foods.

BHA, BHT, TBHQ -- preservatives

4. When you find items that don't have these additives in the ingredient list, but that are not in the Feingold *Foodlist & Shopping Guide*, put them on a high shelf or pack them away for possible use later on.

5. Write down a few of your family's favorite meals that can be made with Stage One ingredients. There are suggested meal plans in the section of your Handbook that has recipes.

6. Make out a shopping list of items you will need for the next few days. Keep the meals simple and don't worry about repeating them; you can add more variety once you are comfortable with these changes. (There is a shopping list in the back of your Handbook for easy photocopying.)

7. Check out the non-food products you use in your home and don't use any that contain the additives listed above. Also, avoid products that have fragrance since they are generally a problem for sensitive people. Fragrances can be found in many things, including cleaning supplies, plug-ins, scented candles, tissues, toilet paper, and even trash bags. Any "free & clear" detergent is fine.

8. Look at personal care products used by your family, and avoid both the additives listed above and fragrances. This includes toothpaste, mouthwash, vitamins, medicines, as well as soaps, bubble bath, cologne and after-shave lotion.

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

GF = gluten-free CF = casein free

Stage One

A PERFECT PEAR FROM NAPA VALLEY^ Extra Virgin
Pear Olive Oil, Pear Vinegar

ALLERGY GROCER Marshmallow Creme, Marshmallow
Treats™, Marshmallows, Plain Bagels, Soft Pretzels

BAHAMA RICE BURGER Original (SM)

FOODS ALIVE^ Cacao Powder, Chia Seeds, Jungle
Peanuts Wild, Maca Powder

GLUTEN FREE & FABULOUS^ Chocolate Chip Cookie
Bites (CS), Macaroni & Cheese

Note: All of the Liberty Bakery products are GF and CF

LIBERTY BAKERY Egg-Free Chocolate Cupcakes: with
Chocolate Frosting, with Vanilla & Chocolate Frosting,
with Vanilla Frosting; Vanilla Cupcakes: with Chocolate
Frosting, with Vanilla & Chocolate Frosting, with Vanilla
Frosting www.libertybakeryonline.com

LIBERTY BAKERY Brownies, Filling, Cookies: Chipless
Wonder, Chocolate Chip, Chocolate Chocolate Chip,
Chocolate Wafer, Egg-Free Chocolate Chip, Egg-Free
Sugar Cookies with Vanilla Icing, Gingerbread, Ginger-
bread with Vanilla Icing, Plain Jane, Sugar Cookies with
Vanilla Icing.

LIBERTY BAKERY Dinner Rolls, Homestyle Bread

LIBERTY BAKERY Chocolate Cream Pie with Chocolate
Filling, Chocolate Cream Pie with Vanilla Filling, Vanilla
Cream Pie with Chocolate Filling, Egg-Free Vanilla Cream
Pie with Vanilla Filling, Vanilla Cream Pie with Chocolate
Filling, Vanilla Cream Pie with Vanilla Filling

MASSEY MEDICINALS Candida Freedom (CS)
www.candidafreedom.com

NATIVE FOREST^^ Organic Mango Chunks, Organic
Papaya Chunks, Organic Tropical Fruit Salad

NATURE FACTOR^ Certified Organic Young Coconut
Water

PANNE PROVINCIO® BATARD^ Organic Sesame
Semolina

SOY FREE SALES Economy Chocolate Chips^
www.soyfreesales.com

SUNBUTTER Gluten Free: Creamy, Natural, Natural 1000
Omega-3, Natural Crunch, Organic www.sunbutter.com

TILLAMOOK COUNTRY SMOKER^ Old Fashioned
Smoked Beef Steak Nuggets (N,SM) www.tcsjerky.com

Product Alert

BRAUM'S Pecan Caramel Fudge Sundae Topping and
BRAUM'S Supreme Ice Cream Candy Bars both need
to be removed from your *Foodlist & Shopping Guide*
because they now contain artificial flavoring.

INDIA TREE Nature's Colors Decorating Sugar: the
Marigold Orange now contains paprika so please move it
to the Stage Two section of your *Foodlist*.

Stage Two

BABY'S ONLY^^ PediaVance®: Oral Electrolyte
Maintenance Solution Apple (CS, GF, CF, grapes),
Oral Electrolyte Maintenance Solution Grape (CS, GF, CF)

CRABE BAKERY Chocolate Cupcakes (GF, CF, apples),
Confetti Cupcakes (GF, CF, apples), Lemon Tart (GF, CF,
apples, almonds), Pumpkin Tart (GF, oranges)

DR. KEN'S^ Spearmint Cool Toothpaste (GF, CF, tea)
www.drkens.net

GLUTEN FREE & FABULOUS Bon Appetit! Quinoa with
Marinara (GF, CF, tomatoes), Cheese Pizza (GF, CF,
apple cider vinegar, tomatoes), Pizza Crust (GF, CF,
apple cider vinegar), Sweet Savory Bites (GF, raisins)

LIVING FUEL RX™ ^ CocoChia The Ultimate Snack Fuel
Bar™ : Super Berry (GF, almonds, blueberries,
cranberries, raspberries, strawberries, tea), Double
Chocolate (GF, almonds), Original (GF, almonds);
Living Protein (GF, strawberries); Super Seagreens
(GF, almonds); Super Smoothie: Super Greens (grapes,
tea), Super Berry Ultimate (bilberries, blueberries,
cranberries, cherries, grapes, tea, strawberries,
raspberries, tomatoes, prunes), Original Super Berry
(GF, blueberries, cranberries, raspberries, strawberries,
tea, grapes, tomatoes) www.livingfuel.com

MARIPOSA Gluten Free Croutons (GF, CF, cider vinegar),
Gluten Free Pizza Crust (GF, CF, cider vinegar); Gluten
Free Bagels: Plain, Sesame (GF, CF, cider vinegar)

MR. KRISPERS^^ Baked Rice Krisps: Barbecue (CS,
MSG/HVP, GF, CF, chili & red peppers, paprika,
tomatoes), Nacho (CS, MSG/HVP, GF, paprika,
tomatoes), Sundried Tomato & Basil (CS, MSG/HVP,
GF, paprika)

PLAIN JANE SKINCARE Almond Body Butter Unscented,
Plain Jane Sugar Scrub Unscented (grapes), Salty Spa
Scrub (grapes)

ULTIMA REPLENISHER^^ Kiwi-Strawberry (CS); Ultima
Kids Pediatric Electrolyte Formula: Wild Raspberry (CS)

VERMONT MYSTIC PIE COMPANY Apple Pie, Blueberry
with Apple Pie (currants)

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

FAUS Goodie Baskets

Each fall the Association assembles baskets full of Feingold-acceptable candies and snacks, and offers them as holiday gifts. For each donation of \$50 FAUS will send a holiday gift basket via Priority Mail to you or to the person you choose. Let us know if you would like us to include a message.

Many people like to have us play Santa and help them with their gift list. Parents and grandparents use the baskets to support their Feingold children, while others give them as holiday gifts and special thank-you's.

You can also have a basket sent to the relatives so natural treats will be available for your child when you visit.

Call our office at (631) 369-9340 or order online at www.feingold.org. We will have a total of 200 baskets and they will be available beginning in mid-November.

Monsanto loses this one

The Organic Consumers Association reports: "Monsanto announced on August 6 it will 'divest' or sell off its controversial genetically engineered animal drug, recombinant Bovine Growth Hormone (rBGH)...a direct result of 14 years of determined opposition by organic consumer, public interest, and family farmer groups."

but consumers lose this one

Ignoring dozens of studies showing that the chemical bisphenol A (BPA), is hazardous, the Food and Drug Administration has said the product is not hazardous...adding that there are still uncertainties. BPA is used in can linings, baby bottles and other consumer products. In April the National Toxicology Program reported it can cause changes in behavior and the brain as well as low birth weight.

An easy way to help

If your employer participates in the United Way or Combined Federal Campaign, ask the representative at your office if you can designate some or all of your contribution to the Feingold Association. Request a copy of their "designated donation" form, and contact FAUS if you need assistance or information.



DVD now available

In 1989 FAUS produced a 21-minute videotape called "Impossible Kids? Possible Answers!"

It was designed as an introduction to the Feingold Program and includes interviews of families on the program, plus footage of Dr. Feingold.

FAUS now has this film available as a DVD, which would be suitable for you to share with others. It can be ordered from our office in New York or via our web site. The cost is \$5 each, which includes shipping. To keep costs low, the disk comes in a paper envelope, not a plastic jewel case.

Since the filming a few things have changed: the children have grown up, our *Foodlist* is much larger and there are new studies. But aside from that, little has changed. Families are still baffled by their child's behavior problems and many are still searching for answers.

Pure Facts

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

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 554 East Main Street, Riverhead NY 11901 or phone (631) 369-9340.

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