

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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[www.feingold.org](http://www.feingold.org)

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## Parents write to FDA

Watchdog group wants a ban on dyes linked to ADHD

The Center for Science in the Public Interest (CSPI) is asking America's parents for help in its campaign to convince the Food and Drug Administration (FDA) that synthetic dyes don't belong in foods, especially those consumed by children.

They are being phased out in European countries because of important new evidence showing that the dyes, and perhaps the preservative sodium benzoate, cause hyperactivity and other behavior problems in children.

CSPI is urging parents who believe their children are harmed by food dyes to file reports online at:

<http://www.cspinet.org/fooddyes>

The nonprofit nutrition and food-safety watchdog group will periodically forward the reports to the FDA, which denies that dyes cause any problems whatsoever. CSPI wants to hear from parents who believe that food dyes impair their children's behavior, as well as parents whose kids' behavior improved when food dyes were eliminated from their diets.

In Australia the "Kids First Campaign" has initiated a similar effort to try to convince their government agency, Food Standards Australia New Zealand to ban the harmful dyes. Visit [www.additivealert.com.au](http://www.additivealert.com.au).

## Strong measures suggested for child obesity

Could this recommended option damage a child's ability to think clearly?

The American Academy of Pediatrics is calling for the use of drugs for children who are overweight or who they deem to be at risk of later heart disease. Children as young as eight would be screened for high cholesterol levels and placed on statin drugs. In the case of children whose families have a history of high cholesterol or heart disease, the screening would start as early as age two. Anticipating a new market for their products, some companies are developing flavored versions of the drugs designed for children. Since an estimated 30 percent of children in the US are overweight, this could be a very profitable market for Big Pharma.

The Academy also now recommends giving children low-fat milk as early as 12 months old if a doctor believes the baby is at risk for future obesity. Very few people know that most brands of low-fat milk contain BHT, a preservative added to the vitamin A fortification. Even though the amount of the preservative is small, it can have an adverse effect, especially when it is consumed often.

The recommendations have brought sharp criticism from doctors who say there is no solid evidence that using statin drugs will actually confer later benefits, and that drugs tested on adults might not be safe for children. Researchers at the University of California at San Diego are collecting information on adverse reactions to statin drugs; these include muscle pain, muscle weakness, nerve damage, fatigue, memory/thinking problems, and mood/personality changes, among others.

*Continued on page 4*



## Feingold families celebrate Thanksgiving

We have many reasons to be thankful, but the holidays can also bring challenges if you will be spending it with people who don't understand your food choices. See page 3 to learn how others have handled holiday celebrations.

Check page 7 for many new candies and other treats for the holidays, including gluten-free and casein-free options.

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

## Taming the Tasmanian Devil

How can you handle your child's behavior problems when you are a clinical psychologist who specializes in anxiety disorders and ADHD, and when you have ADHD symptoms yourself?

Linda and her husband Alan, were thrilled to welcome their little boy, but Lee's birth had been a difficult one and he faced various health issues early on. Skin problems, a chronic cough and allergies, coupled with an ear infection, were eventually resolved, but only after numerous bouts with antibiotics.

Lee clearly was a precocious child. At 17 months he could recite most of the alphabet; at 24 months he could count to ten in a dozen languages. By 3 he was reading and by age 5 he would be reading books designed for 3rd graders.

As their lives became busier the family came to rely on more processed foods.

At about age 4 this charming, enthusiastic, sensitive little boy started to become anxious and moody. He would have bouts of wild energy, followed by long periods of "zoning out." Frustrated and angry, Lee began lashing out at his parents and baby sister. He became oppositional, and both verbally and physically abusive. Neither incentives nor punishments had any effect and although he seemed to understand everything his parents said, he somehow chose to fight them on every issue.

Toilet training began to regress until he was urinating in his room in the middle of the day and wet the bed every night. It was especially stressful for Linda since she was now working part-time and Alan's work often took him away from home for weeks at a time. They didn't want to consider medicine for such a small child, but felt they were running out of options.

Linda's mom had suggested the Feingold Diet when Lee first showed signs of behavior problems, but the parents had discounted it as extreme and unproven. Now, they took a second look.

After much anguish, Alan and Linda are delighted to have their son back.

Linda and Alan quickly learned that studies *do* support the link between diet and behavior. They thought about how their diet had changed as their work schedules became more demanding and they relied on more processed foods. They realized that the apple juice Lee drank so often might be contributing to his discomfort, and noted that after he drank apple juice he needed to urinate frequently.

Nearly everything in their kitchen was unacceptable so they replaced it with Stage One foods from the Feingold *Foodlist*, and within 48 hours of beginning the program Lee was on a very pure Stage One diet.

The change was startling. The Tasmanian Devil they had come to dread disappeared, leaving the sensitive and cheerful child they remembered from a year ago. Lee stopped wetting his bed the second night of the diet. He began telling his parents how much he loved them, something they hadn't heard for at least 6 months. And he was suddenly back to being a normal 4-year-old.

He could focus more easily and began reading some of the books entirely by himself. He became interested in numbers again and began to add and subtract.

Lee's teachers saw the changes as well and they were careful to be sure he didn't get the wrong snacks. But it was Lee who took charge of his diet. He refused cake and chips, and even chocolate milk, explaining that it wasn't on his diet. He even turned down popsicles during the heat of the summer, while other kids ate theirs.

Lee knows that eating the wrong foods affects him, and he can explain which ones are problems. He has days when he expresses frustration over not being able to eat certain foods, but he shows more willpower than even his parents.

This charming, enthusiastic, sensitive little boy started to become anxious and moody. The usual discipline techniques didn't work.

This is typical of Feingold families, where the children are very committed to staying on their diet, and the parents are more likely to cheat. Linda can tell when she has broken the diet (whether knowingly or not) because she has trouble paying attention, and sees that she is more anxious and restless.

They have discovered that Lee's little sister is lactose-intolerant, which poses an additional challenge.

But as they look back at the amazing changes they have seen, Linda and Alan are thankful for more sleep at night, more joy during the day, and for having their son back. Linda has added the Feingold Program to her clinical practice, and is hopeful that more parents and more children will discover this first alternative to medicine.

## How can you deal with the holidays?

Thanksgiving, Christmas, and the holidays we celebrate at this time of year are supposed to be warm and wonderful as we share them with loved ones.

**B**ut for some families, who are especially concerned about what they eat, the holidays are neither warm nor wonderful. How can you deal with people who do not understand why you avoid eating synthetic chemicals? Two of our members share their stories and strategies.

### Our holiday gift

In the year before we started Feingold, Thanksgiving was a nightmare. Our 7-year-old son was out of control, but he fit right in with his cousins, two boys 7 and 8, who were also out of control. We all gathered at my in-laws' house, which is an 8-hour drive from where we live.

The following year we were solidly on Feingold and our son was in control of himself almost all of the time. A new boy! I was agonizing over the Thanksgiving trip, and pitched an idea to my husband. The big idea: for our early Christmas present for his folks, we would buy and fix all of the Thanksgiving dinner. (We stay home at Christmas, so we always take our presents to the Thanksgiving gathering.) That's a pretty big gift, considering that there are 6 siblings with children, some grown up, most of whom attend! He was all for it.

We took two coolers full of things -- one was dedicated to the turkey -- and many bags of groceries. Dinner was a rousing success and everyone loved it. There was a funny question about the homemade marshmallows I put on top of the sweet potato casserole. They were cut in rectangles because I was in a hurry to bag them up. One sister-in-law thought they were styro-foam peanuts!

*Susan Willingham*



### No more frazzled Mom

Thanksgiving is a wonderful time of year, but it presents a huge challenge to people who need to watch more than calories at the big feast. My daughter has been a Feingold kid since age 4, and for years I would make an entire feast just for her, package it up, and travel to see family.

My husband and I ate whatever was offered and my daughter got all her favorites. There were two big problems with this arrangement. The first problem was that I was so tired from cooking my daughter's feast and packing it, and making sure it stayed warm/cold enough not to spoil, that I was a very crabby mom and wife. The second problem was that all the plug-ins, scents and perfume were enough to cause a major reaction, and caused me to be even more miserable about the holidays.

My solution was to start having Thanksgiving at my house. I still have to cook, but I am careful to cook only the favorite tried and true recipes my daughter likes, and I don't have to pack and carry it all over the place.

Family members sign up to bring their favorite dishes to save on cost and work (we have a huge family), and although it is not a 100% Feingold experience, my daughter can stay on diet, stay out of the fumes that drive her batty, and have a happy Mom, not to mention memories that are made in her own house.

*Melodie Lunday*



### Our family's Christmas

Christmas is just around the corner, and though there is still a lot of eating going on, food isn't the major focus of the celebration. We simply started coming to visit family AFTER the meal. We eat at home, bring Feingold snacks and goodies to munch, and enjoy the visit without the struggle of a big meal to worry about. After all, being together is the important part of family gatherings. I also keep a binder full of our favorite holiday recipes that have been modified to our special needs. That way they are all together and I don't have to sift through our regular recipes to get to the ones I need.

*Melodie Lunday*

### On the Road

If you will be driving to your destination consider planning your trip to take you by way of some of the natural food stores and markets that are located around the country. Many of them will provide not only an opportunity to shop for hard-to-find products and treats, but also offer a place to stop for a meal and a chance to walk around.

Web sites for Whole Foods and Trader Joe's will provide their locations, and if you will be driving through the Southeast, look up Earth Fare. In the areas from upstate New York to Northern Virginia check out Wegman's.

Refer to our *Fast Food Guide* for natural restaurants including Five Guys, In 'N Out Burger, and Chicken Out Rotisserie.

Child obesity, from page 1

## Statin drugs and the ability to think clearly

The lead researcher at the University of California, Beatrice Golomb, MD notes, "Statins may cause cognitive problems simply because they lower cholesterol. Cholesterol is the main organic molecule in the brain and constitutes over half the dry weight of the brain."

How effective are statin drugs? "One fewer heart attack per 100 people: to spare one person a heart attack, 100 people had to take Lipitor for more than three years. The other 99 got no measurable benefit." [*Business Week*, January 2008]. According to the *Wall Street Journal*, Lipitor, the world's best selling medicine, earned Pfizer \$12.6 billion in 2007.

Side effects from statin drugs sometimes do not show up for several years.

In an article titled "Dangers of Statin Drugs," Sally Fallon and Dr. Mary Enig note that statins depress the immune system, which is why they are sometimes used as an immune suppressor for transplant patients.

Many physicians want patients to change unhealthy diets and lifestyle rather than rely on medication. And the president of the American College of Cardiology, Dr. Steven E. Nissen, says that nothing else is as effective as **niacin (vitamin B3)** to lower cholesterol and triglycerides. What's more, it's far less expensive than prescription drugs. Research published in the Jan. 17, 2006 issue of the *Journal of the American College of Cardiology* showed that a deficiency of **thiamine (vitamin B1)** is common in patients who are hospitalized for heart failure. They noted that even a small dose of the vitamin, such as would be found in a multivitamin, was enough to confer some protection.

## More drugs for kids?

Because loss of appetite is a side effect of **ADHD drugs**, some doctors prescribe them for obese children. The intent is to reduce the child's risk for diabetes and heart disease by losing weight. But, ironically, because ADHD drugs raise blood pressure and increase the heart rate, one of the potential side effects is damage to the heart.

**Weight-loss drugs** do not look like a promising option for children. Research from MIT on rimonabant, one of a new class of drugs for obesity, suggests that it can disrupt brain development.

The drug's manufacturer, Sanofi-Aventis, does not suggest the product be used in children, and in fact, it is not even allowed to be given to adults at this time. The drug was rejected in the US because of the possibility it can trigger suicidal thoughts. Clinical studies found it caused unwanted side effects in more than 40 percent of the subjects who experienced various psychiatric problems. (Despite these issues, Sanofi plans to offer rimonabant as a treatment for type 2 diabetes next year.) Other pharmaceutical companies are working on other drugs similar to rimonabant.



## Childhood obesity

Many causes are being explored and many options considered, but an unsuspected culprit might be playing a major role in this epidemic.

**M**onosodium glutamate, or MSG, plays tricks on our taste buds. It makes food taste more flavorful without requiring the use of expensive ingredients. But it has been linked to many health problems, including headaches, and damage to the brain and nervous system.

A new study suggests a link between MSG use and obesity. Researchers at the University of North Carolina and in China found that Chinese men and women who use considerable amounts of MSG are three times as likely to be overweight than those who do not. The study was published in the August issue of the journal *Obesity*.

Although most people link MSG with Chinese food, it is used in many countries. Some of the favorites that rely on forms of this additive include: Marmite (United Kingdom), Golden Mountain sauce (Thailand), Goya Sazon and Salsa Lizano (Latin America), Kewpie mayonnaise, ramen noodles, dynamite sauce, spicy tuna rolls (Japan) as well as whey protein concentrates and liquid aminos (U.S.).

Even health food store foods can contain MSG-type additives.

Foods that claim to be free of MSG, and even those that advertise they have "no MSG," often have other forms of glutamate which are listed under names like "hydrolyzed soy protein," "hydrolyzed vegetable protein," "autolyzed yeast extract," or just "yeast." It is found in the vegetable broth added to canned tuna, in low-fat yogurt and ice creams, chips, and is typically in snack foods that are listed as "ranch flavored" and "cheese flavored."

More on page 6

## HFCS - the corn products industry fights back

As more and more consumers and professionals steer clear of corn syrup, especially high fructose corn syrup (HFCS), the industry is spending big bucks to fight back.

You have probably seen the ads in which one person questions the use HFCS and the second person shoots them down, saying (smugly) that it is a natural sweetener made from corn. The first person is left feeling foolish, and stumbling for words.

Advertising professionals know that one of the most effective ways to sell a product or an idea is to convince the audience that if they do not use your product they will look foolish.

In both TV and magazine ads, the corn producers argue that HFCS is natural since it does not contain artificial colors, flavors or preservatives. But they do not explain that in order to change corn into a sweetener, it must go through multiple chemical processes that may leave residues of the chemicals, and these can cause reactions. People who have difficulty processing **sulfur** and sulfur-based preservatives may be reacting to this residue. This may explain why some families report that their child reacts to corn syrup and HFCS, but not to other sweeteners.

We find a similar situation with **vanillin** (imitation vanilla). Despite the argument that the two share a common chemical structure, our sensitive children and adults react adversely to vanillin, but not vanilla.

Carbonated soft drinks might be especially troublesome, according to research conducted at Rutgers University. Dr. Chi-Tang Ho, a professor of food science, has found that carbonated beverages with HFCS are very high in "**reactive carbonyls**," which are believed to cause tissue damage. But they are not found in table sugar (sucrose). People with **diabetes** have elevated blood levels of these reactive carbonyls, which are linked to the complications from the disease.

Another possible reason for reactions to corn syrup and HFCS is the use of **genetically-modified corn**. Researchers at York Laboratories in England found that in 1999, one year after Monsanto's genetically-modified soybeans first entered the food supply, soy allergies increased by 50% in just one year. Both soy and corn are over-used in processed foods, which may also explain why they are now common food allergens.

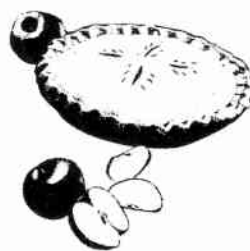
## Natural candies in the UK

Mars candy company in Britain has unveiled some of their popular candy bars in versions that are free of artificial colors, flavors and preservatives. These include: Mars, Twix, Milky Way and Snickers.

Mars has named it the "Raising the bar" campaign, and says "this campaign is just the first step in our plans to make positive, meaningful changes to our confectionary products and the way we do business."

The candy will be available throughout Europe, but we have no indication that Mars plans to make any changes in their products sold in the US.

### "I'll bring dessert"



Looking for a stage two dessert that will impress the family this Thanksgiving or Christmas? Vermont Mystic Pie Company offers ready-to-bake frozen pies that are earning rave reviews.

Their apple and apple + blueberry pies are made with pure, natural ingredients available in Vermont, and are sold in most states throughout the US. Natural food stores, supermarkets (and even Costco) sell them. Check out their site: [www.vermontmysticpie.com](http://www.vermontmysticpie.com) to find a store near you.

They also have a natural frozen pie shell that is stage one Feingold-acceptable, and the site contains their favorite pie filling recipes.

## HFCS and Obesity

One of the biggest problems with HFCS could be its own success; it provides many benefits for food manufacturers. It gives bulk to foods, enables breads to brown and helps keep them soft, can prevent freezer burn in frozen foods, provides sweetness, and is added to low-fat foods to compensate for the loss of flavor when fat is removed. It is also very inexpensive.

Consumers expect to find sweeteners in desserts, but HFCS is used in many unexpected places, including: mayonnaise, ketchup, pickles, lunchmeats, soups, salad dressings, crackers and cough syrup. Both low-fat yogurt and "healthy" smoothies can have a whopping 10 teaspoons of HFCS in a serving and soda has even more. In addition to other sweeteners, the average American eats **over 40 lbs of HFCS** each year! Processed foods and restaurant food (especially fast foods) are loaded with it, but perhaps the biggest offenders are the typical foods served in school cafeterias. Visit [www.School-Lunch.org](http://www.School-Lunch.org).

## What are kids actually eating?

Few people will be surprised to learn that highly processed/junk foods are loaded with MSG and sugars.

And they won't be surprised to know that school vending machines and the "a la carte items" many school cafeterias offer, are loaded with unhealthy ingredients. They are also very high in sodium. But most people believe that the hot foods cafeterias serve are basically healthy. After all, they meet the US Department of Agriculture's guidelines.

Some of the worst food is found on school cafeteria trays!

- A typical pre-made school cafeteria hamburger pattie contains six different MSG-type additives as well as two forms of sugars.
- The barbecued pork rib pattie has four MSG cousins and twelve forms of sugar, especially corn syrup and high fructose corn syrup.
- The popcorn chicken has three MSG additives, two sugars, and eleven forms of salt, plus TBHQ.
- The beef teriyaki nuggets have only one MSG source, but eight sugars, four forms of salt, as well as artificial flavor and sodium benzoate.

Institutional foods are notorious for being largely composed of cheap fats and cheap sugars, including hydrogenated oil, HFCS, lots of sodium and a long list of synthetic chemical additives.

## Are we creating fat children?

Here is a surprising source of MSG and -- possibly -- of childhood obesity.

Researchers who want to study obesity inject newborn mice and rats with MSG; this apparently leads to obesity (and diabetes) by stimulating the pancreas to increase insulin output. In the scientific literature this is referred to as "MSG-obese" and "monosodium glutamate-induced obesity."

But how is this linked to childhood obesity since children *eat* this additive; they don't get injected with it? Or do they? Yes, MSG is used as a stabilizer in some vaccines. The web site for the Centers for Disease Control & Prevention (CDC) provides a list of which vaccines contain monosodium glutamate\*. This list also indicates which vaccines contain aluminum and formaldehyde, as well as the other ingredients.

*Editor's note:* It was surprising to see how many vaccines still contain the controversial additive thimerosal, which the government has promised to eliminate or reduce. Many parents believe that the mercury in thimerosal is responsible for the sudden onset of autistic symptoms in their child. The CDC website says: "In July 1999, the Federal government asked vaccine manufacturers to work towards eliminating or reducing the use of thimerosal, **a preservative which contains small amounts of mercury**, in any products currently on the market.." A "small amount"? The FDA site refers to "Thimerosal, which is approximately 50% mercury by weight..." Actually, thimerosal contains 49.6% mercury -- not exactly a "small amount."

\*More information can be found at: [www.cdc.gov/vaccines/vac-gen/additives.htm](http://www.cdc.gov/vaccines/vac-gen/additives.htm), [www.fda.gov/cber/vaccine/thimerosal.htm](http://www.fda.gov/cber/vaccine/thimerosal.htm) and [www.truthinlabeling.org/Vaccines.html](http://www.truthinlabeling.org/Vaccines.html).

## Mother's sweet tooth may program baby

Women who have a diet high in junk food while they are pregnant and during breastfeeding may pass this preference for unhealthy food on to their children.

In a study that has important implications for humans, researchers at the Royal Veterinary College in London found that rats given a junk food diet produced offspring who also preferred this type of food and who were prone to obesity. The study was published last year in the *British Journal of Nutrition*.



## Sugar-free sweeteners

Doctors have reported many cases where patients have gained significant amounts of weight after they began using synthetic sweeteners. It is theorized that the chemicals interfere with the body's ability to signal when it is satisfied. Aspartame is suspected of interfering with the production of serotonin and the release of insulin.



## Ear infections and obesity

Several recent studies have linked chronic ear infections with obesity. They were presented to the American Psychological Association in August.

Chronic middle ear infections appear to damage the nerves that are associated with one's taste preferences, leading people to crave high sugar and high fat foods. The researchers found a high correlation with ear infections and obesity, both at a young age and later in life.

Many Feingold families have seen that the food additives (widely used in unhealthy foods) can trigger ear infections. So these subjects may already have a diet that encourages obesity.



## 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

365 ORGANIC (Whole Foods Market)^ Morning O's Cereal  
ARROWHEAD MILLS Pie Crusts: Graham Cracker Crust,  
Chocolate Cookie Crust  
BABY'S ONLY^^ Essentials: DHA & ARA Fatty Acid  
Supplement (GF,CF), Lactose Free Toddler Formula (GF)  
[www.naturesone.com](http://www.naturesone.com) (888) 227-7122  
CRAVE BAKERY Dark Chocolate Brownie (GF, CF), Toasted  
Pecan Brownie (GF, CF)  
HAPPY INDULGENCE^ Decadent Dips™: Chocolate Dipped  
Banana (CS, GF), Chocolate Dipped Coconut (CS, GF)  
KATYSWEET (all are GF) Caramel Saucy Stuff (CS),  
Chewy Maple Walnut Praline (CS), Chewy Peanut Pie  
Praline (CS), Chewy Pecan Praline (CS), Creamy Fudge  
Pecan Praline, Creamy Maple Walnut Praline, Creamy  
Original Pecan Praline, Creamy Original Walnut Praline,  
Glazed Pecans (CS), Pecan Fudge, Pecan Krunch (CS),  
Peppered Pecans, Plain Fudge, Praline Crumbles, Praline  
Saucy Stuff with Pecans, Rewards - 100 Calorie Pecan  
Pralines (CS), Roasted & Salted Pecans, Sugar & Spice  
Pecans, Toffee Crumbles (CS), Walnut Fudge  
KATYSWEET ORGANICS (all are GF) Chewy Maple Walnut  
Praline, Chewy Pecan Praline, Creamy Fudge Pecan  
Praline, Creamy Maple Walnut Praline, Creamy Original  
Pecan Praline, Creamy Original Walnut Praline, Pecan  
Fudge, Plain Fudge, Walnut Fudge  
KINNIKINNICK^^ Montanas Chocolate Chip Cookies (GF, CF)  
LIVING FUEL Super Essentials Omega 3 EDA (GF, CF)  
NATURALLY NORA Cake Mix: Cheerful Chocolate (CS),  
Cookie Cookie (CS), Sunny Yellow (CS), Surprising Stars  
(CS); Frosting Mix: Cheerful Chocolate (CS), Extraordinary  
Vanilla (CS), Surprising Stars (CS)  
NATURE'S PATH^^ Organic Toaster Pastries: Brown Sugar  
Cinnamon (CS), Frosted Brown Sugar Cinnamon (CS)  
ORGRAN^^ Molasses Licorice (CS, GF, CF)  
RUDI'S ORGANIC BAKERY\* English Muffins: Multigrain  
with Flax, Spelt, Whole Grain  
TERRA NOSTRA ORGANIC^ Rice Milk Choco™ Chocolate  
(GF, CF), Dark Truffle Center (GF, CF)  
VERMONT MYSTIC PIE COMPANY All Natural Pie Shells  
[www.vermontmysticpie.com](http://www.vermontmysticpie.com)

## Product Alert

LAKEWOOD 100% Organic Fresh Pressed Lemonade needs to be moved to the Stage Two section of your *Foodlist* since it now contains grape juice.

MATT'S Real Peanut Butter Cookies and Real Chocolate Chip Cookies contain apple fiber and need to be moved to the Stage Two section of your *Foodlist*.

SHEFFIELD'S Natural Tooth White toothpaste no longer contains oil of wintergreen so you can move it to Stage One of your *Foodlist & Shopping Guide*.

The Cheeky Lemon version of YUMMY EARTH Organic Candy Drops, Ball Pops, and Lollipops now contain apple so they should be moved to Stage Two.

### Stage Two

365 EVERYDAY VALUE (Whole Foods Market)  
Beef Gravy (MSG/HVP, chili peppers, paprika)  
HAPPY INDULGENCE^ Decadent Dips : Banana Split  
(CS, GF, strawberries), Chocolate Dipped Cherry  
(CS, GF), Chocolate Dipped Strawberry (CS, GF),  
Mud Pie (CS, coffee)  
MARY'S GONE CRACKERS^^ Sticks & Twigs:  
Chipotle Tomato (GF, CF, chili peppers),  
Curry (GF, CF, cloves, red peppers)  
MRS. MAY'S NATURALS^ Trio Bar (GF, CF, almonds):  
Blueberry, Cranberry, Strawberry, Tropical  
NATURALLY NORA Alot'a Dots Cake Mix (CS,  
elderberries, paprika); Alot'a Dots Frosting Mix (CS,  
elderberries, paprika) [www.naturallynora.com](http://www.naturallynora.com)  
NATURE'S PATH^^ Organic Toaster Pastries (all contain  
CS): Apple Cinnamon, Blueberry (apples), Frosted Apple  
Cinnamon, Frosted Blueberry (apples), Frosted Cherry  
Pomegran (apples, paprika), Frosted Chocolate  
(paprika), Frosted Raspberry (apples, paprika), Frosted  
Strawberry (apples, paprika), Frosted Wildberry Acai  
(apples, blueberries, paprika, strawberries, raspberries,  
acai), Strawberry (apples, paprika)  
SHARKIES Kids Sports Chews (GF, CF): Berry Blasters  
(blackberries, cherries, grapes), Citrus Sour Power  
(grapes), Tropical Splash (grapes); Organic Energy  
Sport Chews (GF, CF): Berry Blast (blackberries,  
cherries, grapes), Citrus Squeeze (grapes, tangerines),  
Fruit Splash (blackberries, cherries, grapes, tangerines),  
Peach Tea Breeze (grapes, green tea), Watermelon  
Scream (grapes)  
TERRA NOSTRA ORGANIC^ Rice Milk Choco™ With  
Almonds (GF, CF)

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.

## The 5% Notion

The 5% claim has been around for many years. Critics say that "studies show" that the Feingold Diet helps only 5% of the children who use it. They generally don't cite any studies to support this, which is understandable, since there aren't any.

Most often, the source cited is a report from a panel convened by the National Institutes of Health in January of 1982. The panel examined all of the research that had been conducted in the late 1970s through 1981.

The panel concluded that while the Feingold Diet is a valid option for the treatment of hyperactivity, the studies do not support the clinical reports of 60 to 70% success. However, the panel said that the studies were flawed as most of them focused on dyes only, and did not consider the other aspects of the diet, such as artificial flavors, preservatives and salicylates. "Therefore, these controlled challenge studies do not appear to have addressed adequately the role of diet in hyperactivity." [*Defined Diets and Childhood Hyperactivity*, published by the NIH]

Newer, better designed studies have shown a success rate of between 58% and 81% depending upon the design of the study. Interestingly, one early study from the University of Wisconsin showed a 100% success rate.

## Smelly things!

For sensitive people the joy of the holidays can be spoiled by the many petroleum-based scents that are often used at this time of year. They can be found in things like candles, plug-ins, soaps, and even in ornaments and room sprays. Fragrance companies offer an endless selection of scents including: Christmas Tree, Jack Frost, Sleigh Bells, and my personal favorite: Pipe & Slippers.

(I hope their slippers smell better than mine!)

## Goodie Baskets

The Feingold goodie baskets are available for you to order and we will begin shipping them in mid-November. For each \$50 donation FAUS will send a holiday gift basket filled with Stage One and Stage Two Feingold-acceptable goodies.

You can call our New York office at (631) 369-9340 or order online at [www.feingold.org](http://www.feingold.org).

Once again, the baskets will include Pure Fun all natural red & white striped candy canes!

You can have the baskets delivered to you or to some lucky recipient. Let us know when you want them to arrive and if you would like us to enclose a message.



## Holiday shirts as gifts

Check out the long-sleeve T-shirts and hoodies available from our Feingold Store. They come with some of our favorite slogans and holiday pictures. Visit:

[www.cafepress.com/FeingoldShop](http://www.cafepress.com/FeingoldShop)



*Moving?*

Please send us your new address; the post office will not forward your newsletter. You can contact us at [FAUSmem@yahoo.com](mailto:FAUSmem@yahoo.com) or call (631) 369-9340.

## 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.

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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