

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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## A message to our new leaders

Many of the domestic problems facing Americans have surprisingly simple, effective solutions.

It's human nature to believe that huge problems need huge, expensive remedies, but that is often not the case. Individuals and groups of people scattered throughout the country have already found practical ways to help some of the major issues we face; what's more, many of these remedies are simple and inexpensive.

The cost of healthcare is enormous, both in terms of human suffering and in the dollars being used to address the growing number of problems. But the cost of many solutions can be low.



**Depression** - What is the cost to an individual and to society? Before it was replaced with the inexpensive generic versions, Prozac typically sold for \$247.47 for a bottle of 100. But according to the U.S. Department of Commerce the actual cost of the ingredients used to make it was 11 cents. This translates to a mark-up of 249,973%. (It also helps explain why Big Pharma can afford to pay for three lobbyists for every lawmaker in Washington, DC.)

Contrast the cost of Prozac to a bottle of 100 gelcaps of 2000 mg of vitamin D3, which is an effective treatment for depression. The bottle of vitamins is available for a fraction of that cost, around \$7.47. This is \$240.00 less than the Prozac. Or compare a bottle of cod liver oil or other omega-3 source, also shown to be an effective treatment for depression. Again, the cost difference is astonishing.

That same inexpensive vitamin, D3, has been found to help protect us against a remarkable assortment of problems, including: asthma, skin disorders, autoimmune disorders, bone loss, muscle weakness (which can lead to falls in the elderly, and the many problems that follow), and cancer.

Research shows that omega-3 essential fatty acids (EFAs) and St. John's wort can be used to treat moderate depression. And another inexpensive supplement, chromium picolinate, has been shown to be effective for the most common form of depression.

Offices and schools designed to provide natural sunlight have shown that productivity increases and illness is reduced because sunlight enables our bodies to create vitamin D3. The value of exposure to sunlight is another good reason for schools to be sure that recess is a part of the school day.

Drugs and surgery are not the solutions for most of our health issues; they are an acknowledgement that current methods have failed.

New research with animals suggests that the onset of **Alzheimer's disease** can be delayed by giving patients vitamin B3. The emotional and monetary costs of addressing Alzheimer's is staggering. Vitamin B3 can also help patients with a history of heart disease, at a fraction of the cost of statin drugs, and without risky side effects. [ See *Pure Facts* 11/08]

Of course, another way to increase the intake of important vitamins and minerals is to consume a healthier diet. A simple first step is removing the worst of the additives and gradually upgrading one's food choices; the Feingold Association has been teaching people how to do this for more than three decades.

*Continued on page 3*

*Enjoy healthy food on a tight budget, see page 6*

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.

## Hanna's seizures are nearly gone

This little girl suffers from global developmental delay, but the greatest threat for her was from the numerous daily seizures.

At age 4 ½ Hanna began having grand mal seizures. She was seen by the top pediatric neurologist in the area, as well as numerous doctors. She was hospitalized and was given various medicines (which caused severe adverse reactions), EEGs, video monitoring, and CT scans. Several doctors wanted to implant a Vagus Nerve Stimulator. Even though it would not fully treat the epilepsy, about 30% of patients find a seizure reduction of about 50%. But it came with risks and side effects her parents could not accept.

Recently, Hanna's mom wrote this note: "It's now been 7 weeks since Hanna started on Stage One of the Feingold Diet. We put her on it to see if it would help lessen her irretractable seizures. After countless medicines, EEG's, video monitoring, CT scans, numerous doctors and severe reactions to meds, and almost losing hope, we finally found relief!



Within just the first two weeks of being on the diet, Hanna's seizures decreased about 90%. This week marked the first time Hanna did not cheat at all on the diet and her seizures have now decreased about 98%. On top of that she is soooooo very happy. She has never in her life smiled and laughed so much, or shown as much affection and interest, as she has this week.

Everyone is noticing the difference -- family, friends, teachers, therapists. Her teacher called me today to tell me what an improvement she has seen the past few weeks, but this week especially. She said Hanna is more engaged and alert, can stay on task longer, and follows directions without physical prompts. She rode her bike down the hallway all on her own, and was full of giggles!

I cannot describe how much gratitude we feel to all the caring and wonderful people behind the Feingold Program. Sometimes I can't believe she is really better. The funny thing is I've spent countless hours of the night and day researching the Internet, reading books, magazines, speaking to doctors, constantly looking for answers, and all it took was picking up a Feingold diet pamphlet at a seminar and starting the diet. It happened so fast and was just so easy!

Hanna's parents estimate the cost of their daughter's treatment for the 18 months prior to Feingold at around \$120,000. The surgery would have cost \$25,000 to \$30,000 and a new battery every 5 to 10 years would have run around \$10,000.

## Aiden's mom writes to us

First the Feingold Diet, then a gluten-free, casein-free diet, plus supplements have turned this little boy's life around.

We saw Aiden's DAN (Defeat Autism Now) physician yesterday and he had many kind words of encouragement.

He said (with a grin) Aiden can no longer be labeled "autistic" because of all the progress he has made. The doctor noted, "He has spontaneous speech and eye contact, asks a lot of questions, wonders 'why' and 'how,' can perform age-appropriate tasks, has excellent age-level speech and shows a great deal of affection. He still has a few lingering issues, but we hope to clear those up with supple-



ments and detoxification. He is doing great."

Feingold was the first step in Aiden's uphill climb! It brought so many improvements and without it we would not have tried removing gluten and casein because we would not have believed diet could make a difference.

Thanks to Feingold, gf/cf, and supplementation, we can now say Aiden has "recovered" from his autism. Pretty awesome!

**Education** - As with healthcare, the United States leads the world in spending and trails in results. Most communities devote the lion's share of their tax revenue to schools, and for most schools, their largest budgetary item is special education. But schools around the United States and Europe have shown that an effective way for a school to increase test scores and enhance learning, as well as improve behavior, is to reform their cafeteria.

New York City brought about a dramatic increase in test scores without constructing new buildings, hiring more teachers or reducing classroom size. They made some simple changes in the foods served to the children. The savings in special education costs could reduce taxes as well as free up funds to build more schools, reduce class size, hire more teachers, pay them more, etc. In fact, past issues of *Pure Facts* have shown that schools can actually serve much healthier food in their cafeterias for **less** than they are now spending.

See [www.School-Lunch.org](http://www.School-Lunch.org).

**Criminal behavior** - Because the things we eat affect the way we behave, nutrition can play a key role in preventing antisocial behaviors and in rehabilitating offenders. Drs. Barbara Reed Stitt, Stephen Schoenthaler and Bernard Gesch have all shown how to do this. Simple changes in food and the addition of needed nutrients can help the "starving brains" of people whose antisocial behavior is the result of a diet filled with foodless food.

**ADHD, PDD, OCD, autism**, as well as the many other problems that afflict children today, have a nutritional component. Removing the worst of the chemicals in their food and adding needed nutrients is a simple first step.

New research suggests that the very inexpensive vitamin D3 can provide significant benefits for children on the autism spectrum.

A growing army of parents and a small group of professionals have already found effective ways to help these children. Our government does not need to throw money at these problems, but to take a look at the programs that are already working.

## *We can bring change!*

- \* Improve health care while spending less.
- \* Improve education while spending less.
- \* Improve social problems while spending less.

The Feingold Program has often been called the country's "best kept secret" by grateful families. Now it's easier than ever to see that it no longer remains a secret.

On our web site ([www.feingold.org](http://www.feingold.org)) you will find a copy of this information. You can share it by forwarding it to:

- Those on your email list
- Local government authorities
- School administrators and staff
- Newspapers and journalists
- Magazines
- Local and national politicians
- Internet blogs

Go to [www.feingold.org/Leaders.html](http://www.feingold.org/Leaders.html) for the article and more suggestions on how to use it.

## Feingold Bill of Rights

Our ideas are simple:

Parents and patients have the right to be given complete, accurate information on all of the options available. Parents/patients should be able to choose the option that is most comfortable for them, with the physician available to advise them if and when there is a risk.

Consumers have a right to expect that the foods and drugs they use have a reasonable likelihood of not harming them.

The Food and Drug Administration should be able to operate independently of political pressure and industry influence.

Physicians should look for the reason(s) a patient is experiencing a problem, not just treat the symptoms.

Scientists should be open to considering new options, including those that do not fit their paradigm.

Medical societies should allow physicians to use safe techniques that are supported by scientific studies, even when those techniques do not involve the use of things like drugs, surgery, and chemotherapy.

When large numbers of patients report the same phenomenon, their observations deserve to be taken seriously and investigated objectively.

"Support groups" that are funded by drug or other companies should disclose this.

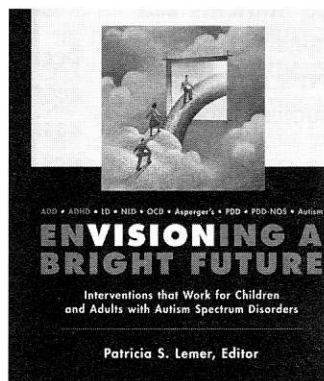
Sometimes people feel sad or angry or confused. Sometimes children misbehave. Not every human condition calls for medication.



## Autism spectrum disorders

There are many ways to help children and adults with autism spectrum disorders. This book explores numerous therapies that have been developed to identify and reverse many of the causes of the symptoms, with an emphasis on vision disorders, which can be an underlying reason for a surprising number of behavior and learning problems.

*Envisioning a Bright Future* is edited by Patricia Lemer, Executive Director of Developmental Delay Resources (DDR). She has been helping special needs children for 40 years. Visit: [devdelay.org](http://devdelay.org) and [oeo.org](http://oeo.org).



The compassion of the parents and caregivers who are using a multitude of different approaches shines through in this weighty volume, and it explains the logical reasons for behaviors that, at first glance, appear to be illogical. For the child who is lost in his own world or cannot look directly at you, or who seems oblivious to her own parents, there are reasons.

Ms. Lemer writes: "Human functioning is incredibly complex because the various senses are interrelated. When an environmental impact (perhaps food dyes, heavy metals like mercury, or dairy in the case of a food allergy) impairs one of the senses, a domino effect occurs, which impairs other senses. A clear example of this is when babies have ear infections. This infection (and the drugs used to treat it) can disturb the vestibular system in the inner ear (which controls balance). The vestibular system works with the language center of the brain, the muscles that control the eyes, the part of the brain that controls emotion (the limbic system), as well as the digestive tract. So, this environmental impact (additives, heavy metals, allergens) can lead to problems in any of these areas: hearing, balance, vision, emotions, understanding, speaking and the ability to pay attention."

This helps to explain why a treatment that addresses one aspect of the problem can often help others. Such a treatment might involve getting rid of toxins/allergens, therapeutic training of one of the senses, or adding nutrients to help the body rid itself of toxins. Multiple approaches might be particularly useful. Something as simple as using a dye-free medicine to treat an ear infection is a step in the right direction.

This is not light reading, but it is an important resource for parents and professionals who are searching for answers.

## Autism's high price tag

The Autism Society of America estimates the cost of caring for an autistic individual for a lifetime can run as high as \$5 million. A therapy used by many families, "applied behavior analysis" has been found to be very beneficial, but requires 40 hours of therapy a week, costing a staggering \$50,000 a year. Insurance policies seldom cover the full cost so there is growing pressure for companies to increase coverage. These increases will be passed along to consumers in the form of higher premiums. Meanwhile, families are making enormous sacrifices for their children.

But if our political leaders and health care providers were to take a fresh look at the parents and doctors who have shown that autism is treatable and who believe it may be preventable, the savings -- both in costs and in heartbreak -- could be enormous.

## Gluten-free choices expand

It's getting easier to find foods that are free of gluten and casein as a growing number of people experiment with diets that eliminate them.

Families living in the Frederick, Maryland area will now be able to buy gluten-free fresh bagels, soft pretzels, cinnamon sticks and monkey rings (similar to monkey bread). They are available at BB's Bagels & Bread in the Ballenger Creek Plaza. The products will be supplied by **Allergy Grocer** of Hagerstown, MD. Freshly baked breads, cakes and other desserts, as well as the Miss Roben's line of mixes, will be available soon. Contact [Jay@allergygrocer.com](mailto:Jay@allergygrocer.com) or call (800) 891-0083.

## Drugs for kids increasing

A new study published in the November issue of *Pediatrics* shows that between 2002 and 2005 there was a dramatic increase in the percentage of children being given prescription drugs for diabetes, asthma, and ADHD. This adds the risks for side effects, as well as huge costs to an already overwhelmed health care system, particularly since these drugs are intended to be used for a lifetime.

Obesity, leading to drugs for diabetes, was a major factor in the rise. Many of the doctors who were consulted by journalists commented on the need for obese children to adopt a healthier lifestyle, including eating better foods; but none of them mentioned the fact that school lunches are among the worst offenders. Unfortunately, the doctors also recommend giving babies low-fat milk, further restricting their intake of healthy fats, and introducing BHT which is often hidden in reduced-fat milks.

## Goodie Baskets

FAUS members and friends enjoyed holiday baskets that were overflowing with Feingold-acceptable yummys. We are grateful to these companies for their donations to this fund-raising event:

Angel Mints - Florida Candy Factory, Inc. ~ [www.angelmint.com](http://www.angelmint.com)

AuSome Fruit Juice Nuggets ~ [www.ausomesnacksnaturally.com](http://www.ausomesnacksnaturally.com)

B-Fresh Bubble Gum ~ [www.bfreshgum.com](http://www.bfreshgum.com)

Bellows House Bakery brownies ~ [www.bellowshouse.com](http://www.bellowshouse.com)

Figamajigs Chocolate Covered Fig Candy ~ [www.figamajigs.com](http://www.figamajigs.com)

Glee All Natural Chewing Gum ~ [www.gleegum.com](http://www.gleegum.com)

Immaculate Baking Company ~ [www.immaculatebaking.com](http://www.immaculatebaking.com)

Jelly Belly natural jelly beans ~ [www.JellyBelly.com](http://www.JellyBelly.com)

Joby & Marty's Amazing Chocolate Pearlies ~ [www.jobyandmartys.com](http://www.jobyandmartys.com)

Jolly Time Popcorn ~ [www.jollytime.com](http://www.jollytime.com)

Matt's Cookies ~ [www.mattscookies.com](http://www.mattscookies.com)

Peelu Dental Chewing Gum ~ (800) 457-3358

Pure Fun Candy Canes and Lollipops ~ [www.purefun.ca](http://www.purefun.ca)

RJ Raspberry Licorice Logs ~ [www.rjslicorice.co.nz](http://www.rjslicorice.co.nz)

RM Palmer Company chocolates ~ West Reading, PA

Spangler White Candy Canes ~ [www.spanglercandy.com](http://www.spanglercandy.com)

Squirrel's Nest Candy Shop ~ [www.squirrels-nest.com](http://www.squirrels-nest.com)

Surf Sweets Gummy Bears ~ [www.SantaCruzNutritionals.com](http://www.SantaCruzNutritionals.com)

Yamate Master Piece Chocolatier ~ [www.ycchoco.com](http://www.ycchoco.com)

Yummy Earth Lollipops ~ [www.yummyearth.com](http://www.yummyearth.com)

## Economical and Delicious!

### Cindy's Rice Pilaf Mix

2 cups uncooked white rice (not instant)  
1 cup orzo (pasta) or vermicelli,  
broken into 1-inch pieces  
¼ cup dried parsley flakes  
1 teaspoon onion powder  
½ teaspoon garlic powder  
¼ teaspoon dried thyme  
½ teaspoon salt

Mix all of the ingredients and store in an air-tight container.

To make 4 to 6 servings:

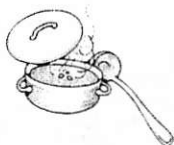
Shake or stir the mixture well.

Place 1 cup mix and 2 Tablespoons **butter** in a heavy saucepan and brown the rice and noodles.

Add 2¼ cups **chicken broth** and bring to a boil.

Cover; reduce heat.

Simmer for 15 - 20 minutes or until the rice is tender and liquid is absorbed.



### Yummy Earth Lollipops

Cheeky Lemon was the only stage one flavored lollipop from Yummy Earth. To comply with regulations of other countries the company changed the formulation, which included apple, making it a stage two product. Distressed that they would now lose this stage one candy, Feingold parents wrote to Yummy Earth. The company wrote to us, "The overwhelming feedback we received from concerned parents has caused us to reverse this change. The Yummy Earth Organic Cheeky Lemon lollipops are now available in single flavor one-pound Family Size bags from both [yummyearth.com](http://yummyearth.com) and [Amazon.com](http://Amazon.com).

"We respect your challenge, your drive, and your families."

*People power at work!*

### Creamed Spinach

3-4 servings

1 10 oz pkg frozen chopped spinach  
2 Tbsp butter  
2 Tbsp flour  
1 cup milk  
salt & pepper to taste  
2 - 3 slices cooked bacon, crumbled

Boil the spinach until thawed; drain.

Rinse the saucepan and add the butter.

When it has melted, stir in flour till it is blended with the butter.

Slowly whisk in milk, stirring while the white sauce simmers. Season.

Add drained spinach to sauce.

Top with bacon bits.

### Fish Chowder

3-4 servings

1-2 potatoes, peeled and cubed  
1 onion, peeled and diced  
2 Tbsp butter  
¼ cup flour  
2 cups (16 ounces) milk  
½ pound fish fillets, cut in cubes  
½ tsp salt  
dash pepper  
1 Tbsp soy sauce  
½ cup frozen corn

Cook the potatoes in the water until tender; drain.

In a large pot, lightly saute the onions in butter.

Add flour, stirring with a whisk, until combined. Allow it to cook for a minute.

Add the milk slowly, stirring constantly till smooth.

Add the fish, salt, pepper, soy sauce and frozen corn.

Cover and simmer for about 15 minutes, stirring occasionally.

Add the potatoes. Heat through.

[You can also add a handful of frozen peas for some more veggies.]

## Better foods at bargain prices

You can shop like a pauper and eat like a prince by making some small changes.

**Breakfast** - Cold cereal is the fast first meal for most families, but they don't realize that they are paying about one hundred times the cost of the ingredients. A handful of grain that might cost the manufacturer 4 cents is ground and cooked and mashed and smashed and puffed and sweetened and dyed and sugared and sold to the unsuspecting consumer for \$4.

Hot cereals can be even more expensive when they are sold as instant, artificially flavored, dyed oatmeal.

**Better choices** - Plain rolled oats (either instant or long-cooking) can be made in a hurry in the microwave or on the stovetop at a fraction of the cost of those little packets. Add your own flavorings: a spoonful of jam, or some brown sugar and cinnamon, or maple syrup, or dried fruits, etc.

Melt a slice of real cheese on a slice of whole wheat bread; serve with some juice for a quick breakfast. A banana is a super quick option; it even comes in its own wrapper!

**Soft Drinks** - Any family buying conventional soft drinks is wasting a lot of money, even if they buy it on sale. A can of soda may cost \$1 in a vending machine (less in a store) and does not confer any benefits.

**Better choice** - If you take real fruit juice and add sparkling water (60 cents for a big bottle) you can make a delicious healthy drink. Use tap water to make a fruit ade and it's even less expensive. Combine about 1/3 juice and 2/3 water, and add lots of ice. If you are on stage two, you can buy a large container of Welch's grape juice for about \$3 at places like Wal Mart and Target, and it will make enough soda to feed a small army. Even if you pay more for juice at a supermarket, it's still a bargain compared to soda.

**Snacks** - Steer clear of chips and other salty offerings that come in big puffed bags. If you smashed it all down you would see that they contain very little in the way of food. And rather than pay for microwave popcorn you can use an inexpensive electric popcorn popper or a plastic one that goes in the microwave, or you can make popcorn on the stovetop -- all for a fraction of the cost. You will need a heavy saucepan with a lid (3-quart size is good). Coat the bottom of the saucepan with a little cooking oil, spread a single layer of popcorn kernels over it. Cover and turn the heat to medium. It won't take long, so stay there at the stove to keep tabs on it. When the popping slows way down, remove the pan from the heat, and add real butter and salt.



**Fruits and vegetables** - Many articles about budget shopping bemoan the high cost of fresh fruits and vegetables, while saying nothing about the fact that frozen fruits and canned versions are generally a bargain. Don't pay the extra cost for the new microwavable frozen vegetable packages, but go for the large bags of plain veggies. (Rachel Ray often talks about what a bargain frozen chopped spinach is.) If your child doesn't like cooked spinach he might change his mind when you serve it with a simple white sauce and crumbled bacon on top. The sauce counteracts the bitterness of the vegetable, and bacon adds a delicious saltiness. It's easy to make and doesn't take long. See the recipe on page 5.

**Protein** - It doesn't always have to be meat. Eggs are a huge bargain and can be served any time for any meal. Another often overlooked option is plain frozen fish, which is typically very inexpensive. Fish chowder (page 5) makes a hearty, satisfying meal on a cold night. Serve it with a salad or some raw carrots for a healthy dinner.

Dinner mixes might only cost a dollar or two, but if they don't include meat they aren't any bargain. The powdered sauce/thickener is full of corn sweeteners and MSG clones, and the 1/2 cup of pasta is greatly overpriced. Instead, buy a big box of pasta and either a jar of spaghetti sauce or a can of crushed tomatoes (you can add spices and thicken it with some flour or cornstarch). If you are on stage one you can replace the tomato sauce with the recipe for Alfredo Sauce in your *Feingold Handbook*.

**Side dishes** - One of the supermarket bargains is a corn muffin mix that is often on sale for about 35 cents. But rice and pasta side dish mixes are notoriously overpriced. Try Cindy's version of Rice-A-Roni and save a bundle! A great place to buy rice is an Asian or International supermarket. Or buy the very large bags available in most supermarkets.

**Desserts** - Most commercial desserts and candies are real budget busters! One exception is the Duncan Hines Dark Chocolate Fudge Cake Mix which can be used to make cake or cookies. (See the cookie recipe on the box.) The Wacky cake in the recipe section of our *Handbook* is also an inexpensive option.

Another exception -- Matt's Cookies are available at Aldi's under the Belmont Homestyle label.



## PIC Report

These 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

BRAZIL GOURMET All Natural Premium Nectar: Guava, Passion Fruit [www.brazilgourmet.com](http://www.brazilgourmet.com)

CRUNCHMASTER^^ Rice Crackers: Artisan Four Cheese (CS, GF), Toasted Sesame (GF, CF) [www.mrkrispers.com](http://www.mrkrispers.com)

FRENCH MEADOW\* Gluten Free Chocolate Chip Cookie (CS, GF, CF), Gluten Free Coconutty Macaroons (CS, GF), Gluten Free Fudge Brownies (GF), Gluten Free Italian Roll (GF) [www.frenchmeadow.com](http://www.frenchmeadow.com)

GLUTEN FREE & FABULOUS Brownie Bites (CS, GF), Shortbread Cookie Bites (GF, CF) [www.glutenfreefabulous.com](http://www.glutenfreefabulous.com)

GLUTEN FREE OATS Old Fashioned Rolled Oats (GF, CF) [www.glutenfreeoats.com](http://www.glutenfreeoats.com)

GOOD N' NATURAL Acetyl L-Carnitine (GF, CF)

KIRKMAN^ Enzymes: Bio-Core Dairy (GF, CF)

KUNER'S Black Beans

KUNER'S OF COLORADO Southwestern: Black Beans

LIVING FUEL RX™ Super Essentials Omega 3 EDA, CocoChia The Ultimate Snack Fuel (GF), TheraSweet

MARY'S GONE CRACKERS^^ Sticks & Twigs: Sea Salt (GF, CF) [www.marysgonecrackers.com](http://www.marysgonecrackers.com)

MR. KRISPERS ^^ Baked Rice Krisps: Multiseed (GF, CF), Sea Salt Pepper (MSG/HVP, GF, CF), Sour Cream & Onion (MSG/HVP, GF), White Cheddar & Herb (CS, MSG/HVP, GF)

PLAIN JANE SKINCARE Bug Repellent, Lotion Stick Pure Shea Unscented, Natural Cocoa Lip Balm, Natural Cocoa Lotion Stick, Shea Body Butter - Unscented, Unscented Lip Balm; Soap: Dead Sea Mud Facial Bar \*Favorite\*, Goat Bar, Milk and Honey, Plain Jane Original Unscented, Rubber Duck Soap Unscented, Salt Bar with Tea Tree Oil

R-LINE Natural Casing Wieners (CS, N, SM)  
SPELT RIGHT Spelt Pizza Dough (CF); Spelt Bagels: Everything Emma (CF), Maddie's Choice 100% Whole Grain (CF), Sesame Mucho (CF), Simply Spencer (CF) [www.speltrightbaking.com](http://www.speltrightbaking.com)

ULTIMA REPLENISHER^^ Lemonade (CS)

VERMONT SOAP ORGANICS Unscented Aloe Castile Liquid Soap, Unscented Bath & Shower Gel, Unscented Oats 'N Aloe Bar Soap, Produce Magic (GF, CF) [www.vermontsoap.com](http://www.vermontsoap.com)

## Product Alert

PURE FUN Candy Canes need to be moved to the stage two section of your Foodlist because they now contain apples and black currants.

HANSEN'S Pineapple Coconut Smoothie contains white grape. HANSEN'S Natural Soda Creamy Rootbeer contains oil of wintergreen so please move these to the stage two section of your Foodlist.

### Stage Two

BELMONT HOMESTYLE (Aldi's) Chocolate Chip Cookies (apples), Oatmeal Raisin Cookies (CF, apples), Peanut Butter Cookies (CF, apples)

MARY'S GONE CRACKERS^^ Sticks & Twigs: Chipotle Tomato (GF, CF, chili peppers), Curry (GF, CF, cloves, red peppers)

MATT'S Cookies: Natural Chocolate Chip Pecan (apples), Natural Cranberry Walnut (apples, oranges), Natural Peanut Butter Chocolate Chip (apples)

NORABLOOM BOTANICALS Mocha Lip Silk (oranges) [www.norabloom.com](http://www.norabloom.com)

PURE^^ Apple Cinnamon Bar (GF, CF, almonds), Cherry Cashew Bar (GF, CF, almonds), Chocolate Brownie Bar (GF, CF, almonds), Chocolate Chip Trailmix Bar (GF, CF, almonds, apples, raisins), Cranberry Orange Bar (GF, CF, apples, almonds), Wild Blueberry Bar (GF, CF, apples, almonds) [www.thepurebar.com](http://www.thepurebar.com)

PASTARISO ^ All Natural Rice Pasta: Vegetable Spirals (GF, CF, red peppers)

RAW REVOLUTION\* Organic Live Food Bar: Cashew & Agave Nectar (GF, CF, almonds), Chocolate & Cashew (GF, CF, almonds), Chocolate & Coconut (GF, CF, almonds), Chocolate Chip Cookie Dough (GF, CF, almonds), Coconut & Agave Nectar (GF, CF, almonds), Hazelnut & Chocolate (GF, CF, almonds), Raisin & Chocolate (GF, CF, almonds), Raspberry & Chocolate (GF, CF, almonds), Spirulina & Cashew (GF, CF, almonds), Tropical Mango (GF, CF, almonds)

THE NATURAL DENTIST Healthy Gums Mouth Rinse: Orange Zest (GF, CF, cloves, oranges), Peppermint Twist (GF, CF, cloves); Healthy Teeth & Gums Original Toothpaste: Orange Zest (GF, CF, cloves), Peppermint Twist (GF, CF, cloves); Healthy Teeth & Gums Toothpaste: Fluoride Free Peppermint Sage (GF, CF, cloves); Healthy Teeth & Gums Whitening Plus Toothpaste: Peppermint Twist (GF, CF, cloves); Healthy Teeth & Gums Anticavity Fluoride Rinse: Fresh Mint (GF, CF, oil of wintergreen); Healthy Teeth for Kids: Sparkle Berry Blast (GF, CF, oranges, strawberries, tomatoes)

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.

## Past Issues of Pure Facts

During the past year major articles which have appeared in *Pure Facts* include:

### December 2007/January 2008

ADHD drugs-no long term benefit  
Research on ADHD  
British markets ditch dyes  
"Sensible" food for kids?

### February 2008

Anxiety, Depression, ADHD  
Gluten free - really needed?  
Industrial chemicals harm kids  
Coughs & colds - remedies

### March 2008

AAP acknowledges diet!  
Behavior at home and away  
Being two years old  
England calls for dye ban

### April 2008

Autistic kids - ways to help  
Omnivore's Dilemma  
The amazing Grindheims  
Healthier meats

### May 2008

Cool products for babies & moms  
Food dyes in Europe  
Preschool problems  
Air fresheners

### June 2008

New additives hidden in food  
Popcorn lung  
Eating out and calories  
"Orthorexia"

### July/August 2008

Publicity for FAUS, CSPI  
Should FDA ban dyes?  
*British Medical Journal* editorial  
Spelt and Feingold

### September 2008

Feingold kids on their own  
ADHD in Australia  
Alcohol energy drinks  
Cool stuff from FAUS!

### October 2008

Tinnitus, aspirin & salicylates  
Salicylates are confusing!  
McDonald's says "no"  
Feingold diet in a nutshell

### November 2008

Child obesity & statin drugs  
Parents write to FDA  
Dealing with the holidays  
Causes of obesity

## 2009 Fast Food Guide

Our new *Fast Food Guide* is being mailed out with this newsletter. There have been some changes from last year, particularly the inclusion of many menu selections from the **Atlanta Bread Company** (with locations in many states besides Georgia).

But we had to say farewell to **Burger King**, which has been on our list for many years. Generally, a fast food hamburger is a good choice, as most chains offer burger patties that are made with just 100% beef. First, Burger King began adding a variety of mystery ingredients to their Angus burger patty, and now they are doing the same to all of their hamburger patties. In addition to beef, salt and dextrose (sugar), they now treat these poor burgers with unspecified "flavorings" and beef fat (notorious for having hidden BHT), and beef stock (which may also contain various chemical additives).



At the same time the nation's number 2 hamburger chain is adding sodium and a variety of mystery chemicals to their hamburgers, they have announced that they will now limit the amount of sodium in their kids meals. **Burger King** is offering apples, cut to resemble French fries, providing low-fat chocolate milk (with fake vanilla flavoring), and offering information on lower-calorie meals.

Despite the announced "strong company-wide commitment to help improve childhood nutrition" we suggest families who use the Feingold Program keep driving past Burger King.

## 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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