

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Children under Stress

Adults like to think of childhood as a carefree time, but that is not how it is perceived by most children.

Learning how to cut out a shape, color in the lines, or read out loud are not small matters when you are a small person, especially if your body and mind aren't working well. If your brain cells are misfiring, your nerve cells are not able to send signals, your head feels like it's filled with fog, you're tired, and your body seems to be doing things you had not intended, remembering to raise your hand before you speak can seem impossible.

Then, if your vision is faulty and it's hard for you to see clearly when you are looking directly at someone, and every tiny noise sounds like thunder, and the tag on your shirt seems to be the only thing you can think about, you are a candidate for an ADHD label at the very least, and a regimen of drugs.

Perhaps you can do your work pretty well in the morning, but after you leave the school cafeteria, the numbers on your math worksheet seem to float around on the page. The adults who are in charge are not likely to connect this with what you ate for lunch; instead they conclude that there is something wrong with you.

The normal stress of school, the stress from the foodless food a child eats, from the chemicals in his environment, and from the pressure being placed on him to conform, as well as the coping mechanisms he adopts -- all of these can lead to behaviors that adults have decided are abnormal.



Three-year-old Luke, whose story is on page 2, was exposed to many stresses and was reacting to them in ways that made sense to him. His mom found that when one source of stress is lessened, he can handle others more effectively.

Natural Pizza?

In July Pizza Hut introduced what they say is an all-natural pizza to Dallas and Tampa. It is made with whole grains and organic tomatoes and even offers natural pepperoni. Now, "The Natural" is being advertised in other parts of the country. We have not been able to obtain the needed ingredient information as yet, so it will not be added to our *Fast Food Guide* at this time, but it sounds like a good option for experienced members.

Kidney stones and Kids

Health problems that were once found only in adults are afflicting a growing number of children, some as young as 5 years old.

Kidney stones are a solid mass of minerals that form inside the kidneys or bladder, and can be both persistent and painful. The causes are not certain, although family history plays an important part. The most likely culprits are believed to be a diet too high in sodium and too low in fluids, especially water.

Urologist Bruce Slaughenhaupt of the pediatric kidney stone clinic at the University of Wisconsin, believes that the high levels of salt in processed foods and meals eaten out may play a part in the dramatic rise in cases, especially among children. Most people understand that foods like ham, potato chips and pickles are loaded with salt, but even food that does not taste salty can contain very high levels of sodium.

Salt is used as a preservative, to reduce dryness in crackers and pretzels and to increase sweetness in foods like cake and cookies. It is even used in unlikely foods like chocolate puddings. The Mayo Clinic writes that "salt can also disguise metallic or chemical aftertastes in products such as soft drinks." So-called "sports drinks" which are increasingly popular with children (and adults who believe they are healthy) are another source of excess sodium.

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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.

Luke and Ryan

There are different types of stress; food additives are only one source.

My youngest son, Luke, was kicked out of two day care centers by the time he was 3. He was a very excitable child and if things did not go his way he was known to bite, hit, kick, push, and throw things. At the center he behaved this way toward his teachers as well as the other children.

Although Luke displayed strong emotions, he did not act out physically when he was at home.

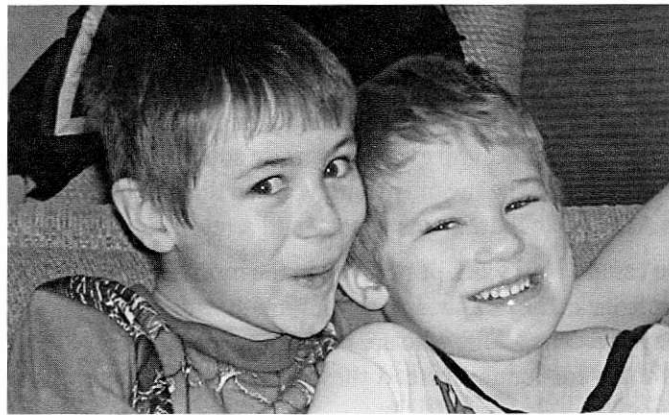
Looking back, my biggest concern was that he was reluctant to make eye contact. I would later find out that this is one of the characteristics of a child on the autism spectrum.

Luke was a very smart child. He talked a lot to us at home, could name his shapes and colors and could focus on things that he liked (like trains).

Shortly before he was kicked out of the first center, the staff shared their concerns with me. At age two Luke was a body rocker and a head banger. This caused a great deal of stress for the teachers at the day care center. When he was upset he'd lie down and bang his head on the floor, though not hard enough to hurt himself. It was freaky for others to watch, especially the youngest teachers.

At naptime Luke would roll his body back and forth, or gently bang his head on the pillow; it was his way of comforting himself. Their attempts to stop him only made things worse; he became more violent. Luke would cry when we pulled into the parking lot of the day care center in the morning, and since he behaved differently at home I assumed the problem was not with Luke, but that the center was just a bad match for him.

After he was asked to leave, I found a new day care center for Luke. The first weeks were rough, but he improved quickly when a girl named Jennifer was his teacher. He loved her. But when she left, his behavior deteriorated. Three different rooms and five changes in teachers didn't help, and it finally got so bad that they asked us to leave. Luke is big for his age, and they were afraid for the safety of the other children.



At this point I knew the problem lay with Luke, but I didn't know what was wrong or what to do. I finally brought him home and hired a nanny, which was a good arrangement since I work from home.

My Internet searches kept coming up with references to food and behavior problems, and I began to try to improve our diet.

But I now know that we were still doing many things wrong, including "bug juice," ramen noodles loaded with MSG, and other junk. We used a lot of "helper" foods from boxes, but there was more home cooking, too.

We got a new nanny who started preparing lunches for us. She was a true cook, doing much of it from scratch, and I learned a lot from her! Between the better food and the more consistent adult responses to his tantrums, Luke got better and better.

However I was still concerned about his behavior in a group setting. I began seeking help and consulted a neurologist who did an extensive exam and told me that Luke is fine. I suspected Sensory Processing Disorder (SPD) but I don't think this doctor believed that such a disorder exists. I then took Luke to an occupational therapist, who said he has a mild case of SPD, but by this time he had improved a great deal.

We saw a naturopath, who helped us with supplements and alerted us to Luke's sensitivity to MSG.

Shortly after this I joined Feingold. I had already been trying to cut out dyes, attempting to read labels and use trial-and-error, but the *Foodlist* and other materials I received from the Association made this so much easier!

Now Luke goes to preschool and I'm no longer terrified to send him to kindergarten next year. He is not perfect in the preschool setting, but he sure is a LOT better than he was when he was 2 and 3 years old. Sometimes he's reluctant to join a group, but he does when he is gently redirected. And sometimes he gets excited and pushes his friends when he feels they're in his way. But overall, he's more like an excitable boy and less like the devil child he was back then.

Continued on page 3

Luke and Ryan, from page 2

Since we began the Feingold diet and I have been packing his lunch, there has also been a huge improvement in Ryan, our second grader. He had been a very controlling child, wanting to dominate in any activity with his classmates. He had a low frustration tolerance, and when things went wrong he was very hard on himself. It wasn't so much that he misbehaved in school, but that he talked incessantly. Now that he is established on the diet, these issues are no longer a problem and he is doing very well in school and with the other children.

Stress can take many forms.

Ryan talks about the diet to everyone who will listen. He's very proud that he's eating real food. He knows how to look at the labels (and sometimes just the food itself) and tell me what is bad in it. And, best of all, he knows that he is sensitive to certain types of foods and will not accept food that I haven't specifically said is OK. He's even willingly forgone birthday treats at school when kids bring them in. [Editor's note: Contrary to what most adults believe, Ryan's behavior is very typical for children on the Feingold diet.]

We are beginning to test out natural salicylates, but several adventures with peppers and paprika led to major reactions -- for me, as well as for the boys! I guess we know whose gene pool is operating here.

I now understand that stress can take many forms. While he was at home, but eating additives, Luke's behavior was tolerable, but when the emotional stress of being away from home was combined with the chemical stress from the additives, he could not hold it together. Now, with a clean diet, both boys are better able to handle the normal stresses that are a part of life.

Eilene Edwards

A family writes about their kindergarten-age child.

Although he is doing well on the Feingold program and his teacher has been fantastic, he has occasional problems that seem to be related to stress.

Darren spends time each day in a first-grade class for reading work. His dad reports, "We've recently had some sleeping issues, which we think may be anxiety-related. Although he can read and do math at a first grade level (or higher), he is still only 5 ½ years old, and it's a lot to ask him to do first grade homework every night."



One Feingold member, a retired teacher, writes: "At the kindergarten class where I volunteer, I found out last week that a little boy there had been put on two medicines for attention problems. I worked with him several times one-on-one, and found him eager and, yes, a bit easily distracted, but I think the main reason for his fidgetiness in class may be because the material is inappropriate for him, as it is for many of the children!"

"Teachers are under pressure to have children master skills which are more appropriate for first grade level, and here it is just the first half of kindergarten! I was working with him on writing his name and learning some of the alphabet. Can he be expected to READ?"

More is not necessarily better. If home-schooled children can complete their daily academic requirements in 3 hours, surely our schools can do the same in 6.

The Hurried-up Child

The highly successful programs developed many years ago by Dr. Maria Montessori and Rudolph Steiner continue to guide the Montessori and Waldorf schools. These education pioneers understood that a child develops at a predictable rate and that successful teaching is based upon a respect for his level of development. They would be horrified at the current trend to force academic programs on very young children and to burden students with an unrealistic work load.

One mom wrote about her middle-school age son's anxiety attacks.

"The Chicago Public Schools require 6-8th graders to do a science fair project, including a 12-page paper, with literally NO guidance from the teachers and no training for the teachers to assist them. There is no coordination between disciplines so that the kids can learn what a bibliography or review of literature is, much less how to do one. They get a 20-page booklet and are told to return with a completed project in six weeks. Depending on the teacher, there may be no class time devoted to helping the students with the project.

"Also, this year the kids had to do an essay on post-Civil War populist politics and its influence on today's politics. This was one week. The next week's assignment was to read the Supreme Court case *Plessy vs. Ferguson* and answer six pages of questions! My son also had to write an essay in language arts the same week. This was the week he started having anxiety attacks."

Adults require between 500 and 1,000 milligrams (mg) of sodium a day, and health care professionals recommend that most of us not exceed 2300 mg a day, which is about a teaspoon of salt. But Americans typically consume as much as 5,000 mg each day.

The Center for Science in the Public Interest measured the sodium content of processed and restaurant foods, and found that items which are similar can have drastically different amounts of sodium. For example, Kraft Cracker Barrel Natural Sharp Cheddar slices contain 150 mg of sodium in a slice while a one-ounce serving of Kraft's Velveeta Pasteurized Prepared cheese has 440 mg.

McDonald's Chicken McNuggets and Kellogg's Special K sold in the US have more than twice as much salt as the same products sold in Britain.

More than 75% of the salt the average American consumes comes from processed foods and restaurant meals. An unanticipated benefit from following the Feingold Diet is that you are likely to consume less sodium since foods with the unwanted additives tend to use large amounts of salt.

Companies that focus on natural foods are likely to use less sodium than the Food Giants. Barbara's Bakery Cheese Puffed Bakes have 190 mg in a one-ounce serving but Cheetos Crunchy have 290. Barbara's Honey Nut O's have 75 mg in a serving while General Mills Honey Nut Cheerios contain 210. Salad dressings are a major source of sodium. Annie's Natural Caesar dressing contains 170 mg of sodium in 2 tablespoons, but the same amount of Ken's Steakhouse dressing has 430.

The War of the Soup Giants

Soup is one of the high salt foods of concern to doctors. In addition to kidney stones, high sodium diets can lead to high blood pressure and are a risk factor in heart disease and stroke.

"Just one cup of canned soup can contain more than 50 percent of the FDA recommended daily allowance," according to cardiologist J. James Rohack, MD.

Salt is not the only additive of concern; most soups have generous amounts of the notorious additive monosodium glutamate (MSG). Both Campbell's and Progresso are fighting over who has the better soup, with emphasis on the claim that they don't use MSG.

MSG in hiding

Don't be fooled by the "No MSG" claims on foods, including those found in health food stores. Many of these products remove the monosodium glutamate and replace it with MSG cousins. These additives indicate the likelihood that it lurks within:

Autolyzed yeast extract
Yeast extract
Tortula yeast
Yeast (okay in bread, not in soup)
Autolyzed vegetable protein
Calcium caseinate
Disodium inosinate
Disodium guanylate
Glutamic acid
Hydrolyzed vegetable protein
Malt extract, malt flavoring
Plant protein extract
Sodium caseinate
Sodium glutamate
Soy protein
Textured protein
Whey protein

Like other types of processed foods, restaurant food and fast food are high in sodium. It's no surprise that fast food is high in sodium but most people do not realize how much salt can be found in **school lunches**. Here are some of the additives (including 11 forms of sodium) found in a school lunch Popcorn Chicken:

chicken
vegetable protein product (MSG)
spices
yeast (possible MSG)
sugar
sucrose
salt
salt
salt
salt
sodium phosphates
sodium phosphate
sodium acid pyrophosphate
sodium acid pyrophosphate
sodium bicarbonate
sodium bicarbonate
sodium bicarbonate
TBHQ

In addition to all this salt, many children do not drink water as their main beverage, making it harder to get rid of the excess sodium.

A better option

You can buy chicken, beef and vegetable broths that are free of MSG additives, and make your own wonderful soups with very little effort, and know that the ingredients are natural.

Use up leftover meat, pasta or grains and vegetables and you can provide a delicious meal where you control the sodium content.

Even making soup from scratch is not difficult. Check out the recipe suggestions on page 5.

Valentine Dessert

Red velvet cake should be a perfect Valentine treat.

Chocolate and red -- what could be better? But the recipe that once called for the addition of beets (which provided color but did not change the taste) was replaced long ago by obscene amounts of synthetic red food dye.

Don't waste time thinking about a Frankencake when you can whip up your own Valentine treats, or make them any time you hear chocolate calling your name. A long-time favorite is the simple-to-make wacky cake found in the recipe section of your handbook. Duncan Hines' Moist Deluxe Dark Chocolate Fudge cake mix is another yummy option. Or, try making cookies from the mix.

Chunky Chocolate Cookies

1 package Moist Deluxe Dark Chocolate Fudge Cake Mix

2 eggs

1/2 cup butter, melted

1/4 cup (firmly packed) brown sugar

1 tsp pure vanilla extract

1 package (6 oz) semi-sweet chocolate chips (1 cup)

1/2 cup chopped pecans or walnuts

Preheat oven to 350°.

Grease baking sheets.

Place cake mix, eggs, melted butter, brown sugar and vanilla extract in a large bowl.

Stir with a spoon until thoroughly blended.

Stir in chocolate chips and nuts.

Drop by spoonfuls onto greased baking sheets.

Bake at 350° for 12 minutes for chewy cookies or 14 minutes for crisp cookies.

Allow to cool 2 minutes before removing.



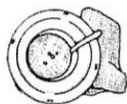
Chicken soup - for the soul and the budget

Perhaps the most inexpensive way to serve your family a delicious soup is to start with what is left of a chicken or turkey after you have made a roast.

Place it in a large pot, just covering with water. Cut up an onion and a few carrots and stalks of celery and add them to the pot. They will add a wonderful flavor. Bring the water to a boil, cover and simmer on the lowest heat for at least 2 hours (or all day, if you prefer).

Allow the broth to cool and remove most of the fat. Season with salt and a little pepper. You can freeze portions of it for future sauces or make it into a soup to enjoy now. Add in some uncooked rice and simmer it for about 20 minutes for white rice and 40 minutes for brown rice. Or you can add pasta and cook it in the broth until tender. Add any leftover vegetables or some frozen or canned mixed vegetables, and beans if you like. If you make a lot, freeze portions of the stock and/or soup for future use.

You can cook a whole chicken or parts in the same way. Use some of the meat for future meals and add some to the soup.



Or use the bones left over after your family has enjoyed a roast chicken. Don't be squeamish; just take the leftovers on everyone's plate and put them into the pot (you will be cooking the mixture anyway so no germs would survive). Add in any drippings from the roasting pan for an even richer taste.

What happened to Hershey's?

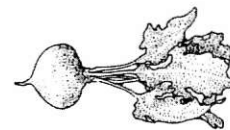
It's true that very few of the Hershey products are acceptable on the Feingold diet, because of their fake vanilla and the fact that some of them also use dye. But there was something reassuring in the idea that most aspects of the long tradition started by Milton Hershey so long ago still lived on. Sadly, another piece of Americana has succumbed to the bottom line.

Instead of using the more expensive cocoa butter, the megacompany is substituting vegetable oils as the second ingredient after sugar. (Of course they continue to use artificial flavors and some contain dyes.)

Now Hershey's Kissables are required to be called "chocolate candy" rather than "milk chocolate." Care for some brown colored sweetened fat?

And in the United Kingdom...

Mars candy company's British arm is removing artificial colors, flavors and preservatives from their line of Mars, Twix, Milky Way and Snickers candies. Thus far they have not announced any plans to change the versions sold in the United States.



Moms Suggest

Heart shaped cookie cutters can be used in many ways. Make lunch more fun by cutting sandwiches, cheese and luncheon meats into heart shapes or do the same with pancakes for breakfast.

If you don't have natural colorings, you can use beet juice to make frosting pink; it works well by boiling the juice down until it forms a thick syrup. Curiously, even when it is concentrated it does not seem to alter the taste.

News from the United Kingdom

The government's National Health Service has called on doctors to refrain from giving the ADHD drug **Ritalin** to children under the age of five.

Last year another governmental authority, the Food Standards Agency (FSA), asked manufacturers to phase out the use of **synthetic dyes**. Then in December the FSA published a list of companies that have discarded the dyes shown to be linked to ADHD. Food manufacturers in the UK are on notice that if they do not voluntarily phase out the unwanted dyes, the government will impose legal restrictions.

One of the champions of healthy food for children is **Prince Charles**, who believes that poor behavior is linked to junk food and "over-industrialized children" who have no connection to nature and little understanding of where food comes from and how it is produced.

The 2007 **Southampton study** connecting food additives and ADHD has resulted in a dramatic increase in public awareness, and the work of celebrity chef Jamie Oliver has contributed to improved school foods for children. But the British public has recently learned that these improvements have not reached many of the nation's pre-schoolers.

Some nurseries in England and Wales are serving foods that are now restricted or banned from schools, foods that are high in sugar, salt, fat and additives. A survey of **nursery schools** shows that the average amount spent on foods for each child is about 1 pound (roughly \$1.60 in US dollars). But a few were found to be spending a mere 25 pence per child for an entire day (about 40 cents).

Eat Safe: The Truth about Additives from Aspartame to Xanthan Gum

This pocket-size guide is a dictionary of food additives and cosmetic ingredients used in the US and Canada. It provides information on what these chemicals are, how they are used, and potential problems they cause. It was originally titled: *What's in Your Food?*

First published in Australia as *The Chemical Maze*, the author, Bill Statham now has books for the United Kingdom (*What's Really in Your Basket?*), as well as foreign language versions for France, Poland, Latvia, Finland and Russia. Norwegian, Italian and Estonian versions will soon be available.

Color coding and happy/sad faces make it easy to quickly determine which of hundreds of additives are troublesome and which are not likely to be a concern.

The book is available in many stores and from Internet booksellers.

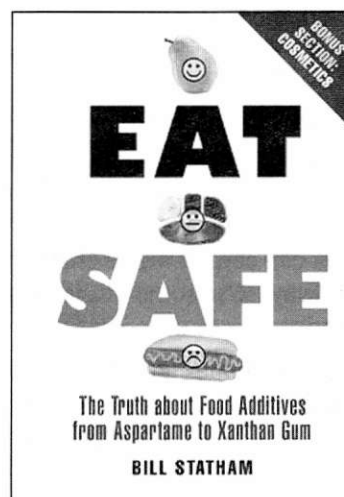
News from Australia

As prescriptions for ADHD drugs soared by more than 43% in a year, Australia's government appointed a committee to draw up guidelines for the treatment of ADHD. Unfortunately, seven of the ten panel members have been found to have accepted **money and various gifts from drug companies**. The committee endorsed the use of the various drugs as a "first-line treatment" for children and warned parents not to use options like diet and exercise to address the symptoms. Committee members attempted to prevent the public from learning their identities.

As in the US, the governmental agency overseeing food in Australia and New Zealand has not been receptive to the growing public demand for the removal of petroleum-based dyes. But consumer pressure is being applied by Australia's **Additive Alert** organization. The group's Kids First Campaign, led by Julie Eady, has sponsored an on-line petition to their Health Ministers; more than 10,000 people have lent their support. (See www.additivealert.com.au)

A popular candy will now be made with natural colors, in place of synthetic dyes. **Nestle Australia** will be changing their Smarties candy (similar to M&Ms) despite the company's long insistence that the dyes are safe.

The **International Association for the Study of Obesity** is calling for legal action to establish an international code that prohibits advertising junk food and soft drinks to children under the age of 16. The proposed regulations would cover both satellite and land-based TV. Sweden and Norway don't allow advertising to children under 12, but satellite broadcasting can bypass national regulations.



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) String Cheese
ALLERGY GROCER Fresh Frozen Cinnamon Sugar Breadsticks (GF,CF)
BRER RABBIT All Natural Unsulphured Molasses Mild Flavor (GF,CF)
EARTH'S BEST^ Sesame Street: Organic Letter of the Day Very Vanilla Cookie (CF)
FRUITFULL® ^ Frozen Fruit Bars: Horchata Arroz Con Leche Rice Pudding (CS, GF)
GARRETT COUNTY Old Fashioned Beef Franks (GF,CF)
HODGSON MILL Barley Bread Mix with Soy (CF), Caraway Rye Bread Mix with Soy (CF), European Cheese & Herb Bread Mix (CS), Honey Whole Wheat Bread Mix with Soy (CF), Multi Grain Buttermilk Pancake Mix with Milled Flax & Soy (CS), Nine Grain Bread Mix with Soy (CF), Wholesome Potato Bread Mix with Soy (CF)
MARANATHA* Natural No Stir: Creamy & Sweet Peanut Butter (GF,CF); Natural: Peanut Butter Creamy & Roasted with Salt (GF,CF), Peanut Butter Crunchy & Roasted with Salt (GF,CF)
PASTARISO™ ^All Natural Rice Pasta: Brown Rice Elbows, Brown Rice Penne, Brown Rice Spaghetti, White Rice Elbows (GF,CF)
PASTARISO™ ^ Organic Rice Pasta: Angel Hair, Elbows, Fettuccine, Fusilli, Lasagna, Penne, Shells, Spaghetti, Spinach Spaghetti, Spirals, Vermicelli (GF, CF)
PASTARISO™ ^ Rice Pasta Mixes: Mac & White Cheddar Cheese Dinner (GF), Mac & Yellow Cheddar Cheese Dinner (GF), Mini Shells & White Cheddar Cheese Dinner (GF), Mini Shells & Yellow Cheddar Cheese Dinner (GF)
PASTADO™ ^ Potato Pasta: Elbows, Penne, Shells, Spaghetti (GF,CF); Potato Pasta Mixes: Mac & White Cheddar Cheese Dinner (GF), Mac & Yellow Cheddar Cheese Dinner (GF), Mini Shells & White Cheddar Cheese Dinner (GF), Mini Shells & Yellow Cheddar Cheese Dinner (GF)
SILVER CREEK Natural Casing Wieners (CS,N,SM)
WELLSHIRE FARMS* 4XL Big Beef Franks(GF,CF), Cocktail Franks (GF,CF), Old Fashioned Beef Franks (GF,CF)

Stage Two

CELIFIBR^ Bouillon (CS, MSG/HVP,GF, CF): Vegetable Medley (cloves, green & red peppers, tomatoes), Vegetarian Beef (cloves, tomatoes), Vegetarian Chicken (cloves, tomatoes); Gluten Free Gourmet Soup Base: French Onion Vegetable Medley (cloves, green & red peppers, tomatoes), Vegetarian Beef (cloves, green & red peppers), Vegetarian Chicken (green & red peppers, tomatoes)
FRUITFULL®^ Frozen Fruit Bars: Green Tea Melon (CS,GF, red peppers)
GLEE^ Gum: Triple Berry (CS,GF,CF, blueberries, currants, raspberries, strawberries)
HEALTH VALLEY^^ Organic Cobbler Bars: Apple (oranges), Blueberry (apples, oranges), Strawberry (apples, oranges)
HEALTH VALLEY^^ Organic Toaster Tarts: Apple (oranges), Blueberry (apples, oranges), Cherry (apples, oranges), Chocolate (apples, oranges), Raspberry (apples, oranges), Strawberry (apples, oranges)
HODGSON MILL Apple Cinnamon Muffin Mix with Milled Flax Seed (GF,CF), Whole Wheat Wild Blueberry Muffin Mix (CF)
MARANATHA* All Natural No Stir: Creamy Almond Butter (GF,CF), Crunchy Almond Butter (GF,CF); Natural: Creamy & Raw Almond Butter No Salt Added (GF,CF), Crunchy & Raw No Salt Added Almond Butter (GF,CF), Honey Almond Butter (GF,CF);
MARANATHA* Organic: Creamy & Raw Almond Butter with Salt (GF,CF), Creamy & Roasted Almond Butter No Salt Added (GF,CF), Creamy & Roasted Almond Butter with Salt (GF,CF), Crunchy & Roasted Almond Butter No Salt Added (GF,CF)
NONUTTIN^ Apple Cinnamon Granola Bar (CF), Cherry Fruit Snacks (GF, CF, apples), Dried Apples (GF,CF), Energy Explosion Trail Mix (CS,GF, apples, cherries, raisins), Hiker's Delight Trail Mix (CS,GF,CF, apples, cherries), Raisin Granola Bar (CF)
ORGANIC LARABAR JamFrakas: Apple Crispalicious (GF,CF, almonds, raisins), Banana Chocolate Blastocrisps (GF, almonds, raisins), Chocolate Chip Cosmocrisp (GF, almonds, raisins), Peanut Butter Blisscrisp (GF, CF, raisins), Strawberry Crispiscrumptious (GF, CF, raisins)
PACIFIC FOODS* Organic Beef Broth (MSG/HVP,GF,CF, paprika), Organic Creamy Tomato Soup (GF), Organic Savory Chicken & Wild Rice Artisan Soup (MSG/HVP,GF, tomatoes)
ROSETTO Butternut Squash Ravioli (tomatoes), Organic Beef Ravioli (MSG/HVP, bell peppers)
SUNSPIRE* Organic Dark Chocolate Almonds (GF,CF), Organic Dark Chocolate Coffee Beans (GF)

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.

Iodine Deficiency and ADHD

While processed food is adding too much sodium to the diets of many people, there is a concurrent deficiency in iodine, a trace mineral added to many table salts.

Ingrid Kohlstadt, MD, a physician who specializes in nutrition, cautions that "Iodine, the primary trace mineral required for optimal thyroid function, is slipping away from our diets. We can take simple, inexpensive, and time efficient steps to prevent iodine deficiency, treat sub-clinical hypothyroidism, and improve overall health."

- Commercial breads once used iodine, but have replaced it with bromide.
- Milk contains less iodine today than in years past.
- Soils are depleted of many valuable minerals, including iodine.
- Unfermented soy products, widely used today, increase our body's requirement for iodine. (Asian cultures that use soy generally eat sea vegetables, which are a good source of iodine.)

Dr. Ray Hinish notes that the average Japanese ingests about 13.8 mg of iodine daily, about 100 times the amount the US considers to be the daily recommended amount.

Iodine is necessary for the production of thyroid hormones, and a deficiency can cause an enlarged thyroid gland (goiter), and mental retardation in infants. However, excess iodine can be damaging and large amounts can be fatal. Many health care practitioners can test for iodine levels.

In recent years there have been numerous articles published in medical journals around the world that link a mother's iodine deficiency with her child's later ADHD symptoms. Dr. Hinish points out that, like vitamin D3, iodine plays a part in all of the hormones in the body, not just the thyroid hormones. He believes that, just as physicians are now recognizing the important role of vitamin D, they will eventually recognize a widespread iodine deficiency.

A 2005 study of children in China found, "The level of iodine nutrition plays a crucial role in the development of children. The intelligence damage of children exposed to severe iodine deficiency was profound..." Iodine supplementation helped raise their IQ scores. [*Asia Pac J Clin Nutr.* 2005;14(1):32-42]



Contact lens dye?

Food dyes have an undeserved reputation of being safe, at least in the opinion of many teens who are using dye to add color to their contact lenses. Worse yet, some teenagers are sharing lenses with their friends.

Both practices are dangerous and could result in permanent damage, warns the American Optometric Association. Corneal ulcers, infection and scarring can result from exposing the delicate eye tissue to dyes or to lenses that are not kept scrupulously clean.

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

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