

New perspective on causes of autism

Children who live in rainy areas of the United States may have a higher risk of developing autism.

An intriguing new study from Cornell University found that children who live in the rainiest counties of California, Oregon and Washington have increased rates of autism. This may be due to environmental triggers like increased exposure to household chemicals, excessive TV, and reduced levels of vitamin D, which is created when the skin is exposed to sunlight.

Indoor air pollution is known to be far more serious than outdoor pollution, and most households contain synthetic products that give off fumes (outgas) and might also have synthetic fragrance in the form of scented candles, scented sprays or plug-ins.

Vitamin D is believed to increase levels of glutathione in the brain; this assists in removing heavy metals, which are believed to be a risk factor for autism.

The study was published in the November issue of the American Medical Association's journal, *Archives of Pediatrics and Adolescent Medicine*.



Slushies in the School?

Some schools have introduced frozen "juice" drinks, which they claim will increase the amount of fruit students consume.

The label on Juice Alive looks good at first glance: "100% fruit juice, vitamin C and calcium, no added sugar and zero grams of fat." The ingredients include concentrated white grape juice, pear juice concentrate and water; but after that things go downhill. The drinks also contain artificial flavors, the preservative sodium benzoate, as well as a rainbow of synthetic dyes.

One mom wrote to us about the "natural" Juice Alive they are now selling in her daughter's middle school, "My daughter Lauren came home from school last week, absolutely repulsed by these slushies. 'Mom, there is nothing natural about the colors in this stuff' she said, 'it's gross!'"

"I contacted both the principal and the PE teacher (who is on the district's nutrition committee). 'No artificial sugars in it', they told me."

Our Feingold mom contacted various people in the Scottsdale, AZ schools and was both shocked and disappointed at the responses she received.

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Food dyes face challenge

Maryland children might be given healthier food in public schools and child care centers.

Maryland's state senator Norman R. Stone, Jr., who represents Baltimore County, has introduced three bills that could have a dramatic effect on the behavior, learning and health of children in the state.

Senate Bill 100 calls for prohibiting public schools and child care centers from purchasing, selling, using, or serving food products containing or consisting of specified artificial color additives on or after July 1, 2010; and it authorizes the State Board of Education to adopt regulations. (The bill includes an exception when parents or guardians provide food specifically for their own children.)

Senator Stone is also introducing two related bills. Senate Bill 101 calls for warning labels on food packages and menus when certain dyes are present. And Senate Bill 111 would require vending machine operators to include information on allergen labeling to be posted on the exterior of the vending machine.

A joint resolution, citing the work of Dr. Feingold, encourages the US Congress to ban the use of synthetic dyes in foods sold or served in the United States.

This is a dialogue between Feingold mom, Marianne Qoyawayma, and the various people in her child's school, who vigorously defend their decision to serve the slushies. It is typical of the response many families receive from school administrators.

◆ It has come to my attention that the Scottsdale district is now serving Juice Alive slushies. My youngest child has extreme chemical sensitivities; he cannot have anything with artificial flavors, colors or preservatives. These cause him to have extreme behavior problems -- kicking, hitting, yelling -- in addition to learning problems. Once we made the connection and removed all of these ingredients from his diet, Kevin has been wonderful -- problems gone!

Because we are aware of this, my children will never touch one of these slushies; those ingredients were the cause of my son's reactions, bringing back horrible memories for our entire family. While they contain juice and no added or artificial sugars, they also contain artificial flavors and artificial colors.

Why on Earth would the district approve this product? Why encourage students to drink it when it could be inviting behavior problems, learning problems and promoting poor nutrition?

Yes, my son is sensitive, but the more students who drink it the more chances that someone else will have problems. Do you really need to take that chance? Is it fair to the students and to their families who trust that when something is labeled as "nutritious" that it is safe? I learned the hard way that what is labeled as safe and nutritious is not necessarily so. Our family went through hell until we figured out what was causing our little guy to have a Dr. Jekyll/Mr. Hyde personality.

Please visit www.feingold.org. The effects of these chemicals, as well as studies to back this up, are listed there. For the sake of all of the students, I hope you will rethink what you serve in the schools.

■ The slushies do contain some artificial ingredients, which are added to most foods we consume today. It is difficult to find foods that are completely natural and free of preservatives and coloring.

Having been on the Nutrition Committee, I'm sure you realize all the rules and regulations our department has to follow. Not only do we have to meet National School Lunch Program guidelines, we must also abide by the Arizona Nutrition Standards and Scottsdale Unified School District Wellness Policy. That being said, Juice Alive is a product that meets our standards and specifications.

There are many benefits to this product. In addition to the vitamins listed. I recently read an article that stated that elementary age students do not consume enough fruit and that slushies were one way to make fruit attractive to students.

◆ Has anyone in the district done any research about the harmful effects of these chemicals? I provided a link to the Feingold site (www.feingold.org) which has information about studies done that substantiate my concerns.

You are presenting this product as nutritious and beneficial, but this is not entirely true. If the district is truly trying to improve nutrition, test scores, and behavior in the schools, then I cannot understand why they are willing to look past this concern and provide something to the students that contains known harmful chemicals! Certainly there must be a safer alternative.

■ Eight of the twelve of us here in the office have students in our district, so we make the decisions knowing our own children will benefit. We are sensitive to student allergies and make accommodations whenever possible. Every parent has the ability to limit what products they want their children to consume. I know his teacher and principal are aware of your son's allergies.

In response to your question about being nutritious and being safe -- that could mean different things to different people. Peanut butter is nutritious for most people, but it is definitely not safe for a lot of people.

◆ You mention peanut allergies. Knowing that you have a problem with peanuts, you avoid them. Here you are providing a product that contains harmful chemicals to the entire student population. Yes they have a choice, but realistically, if a person had a clue that the chemicals in all this stuff could possibly cause behavior and/or learning problems then that would be an informed choice.

You need to inform the parents and students that there are potentially harmful chemicals in this product. If you have hundreds or thousands of students consuming Juice Alive slushies, are you willing to bet that not one of them will have some kind of adverse reaction? Is the district willing to sit back and wait to see if behavior issues arise and/or test scores drop? Inform them and let them make informed decisions.

■ We are testing the colorless slushie. I have my doubts as to the success of the program, but we are always open to looking at different options. People (including children) eat with their eyes among other sensory responses, and we have to face that fact. Having said that, and after much research, we are still comfortable with our decision to offer Slushies.

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Here are some ways to understand the "double-talk" parents hear from school officials and other additive apologists.

It's common for people to confuse a sensitivity to food additives with an allergic reaction, but they are very different things. Allergy is generally defined as an adverse reaction to a substance that is harmless for most people. But the reaction Kevin and millions of others have to food dyes is not an allergic response.

Peanuts are food. The dyes used in products like the slushies are not foods, they are synthetic chemicals created from petroleum. Only seven dyes are still allowed to be used in foods, as all of the others have been either discarded or banned as health hazards. It's only a matter of time before the remaining ones are banned as well.

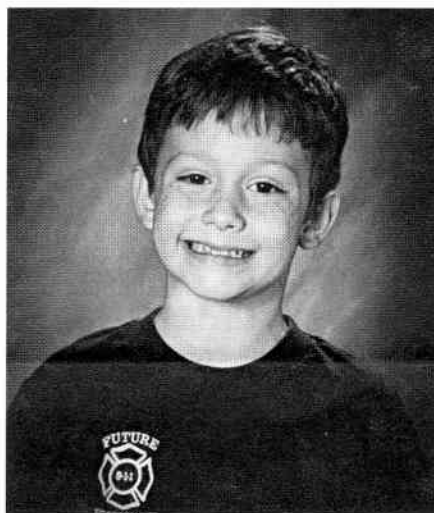
These dyes have been found to cause adverse health effects -- not allergic reactions -- but physical harm. The medical journal articles that document the many dangers of these petrochemicals can be found on the web site: www.diet-studies.com.

The slushies also contain sodium benzoate.

One recent study showed that when a food dye is combined with a second chemical additive the damage to nerve cells is multiplied as much as 7-fold. No tests have been conducted to see what damage takes place when a dye is combined with numerous other synthetic additives, as is the case with these slushies.

In addition to the harm from the dyes themselves, they are permitted to have heavy metal contaminants like lead, mercury and arsenic...they are just not supposed to have too much of them. (Now that most of our food dyes are imported from China, this raises the issue of even more problems with quality control.)

The fact that the slushies contain synthetic dyes suggests that the amount of real juice is too small to impart color to the products. Similarly, the fact that artificial flavors are added suggests that there is too little real fruit in it to provide flavor. Artificial flavorings are collections of chemicals of all sorts and -- like the dyes -- have been reported to trigger behavior, learning and health problems in many people.



No more slushies for Kevin, who now wins Student of the Month awards.

It's hard to imagine how one could have a "colorless slushie" if it included real fruit since most fruits are very rich in natural colors. If a manufacturer wanted to intensify the colors there are many natural dyes available.

It's also hard to believe that offering children turquoise beverages will teach them anything about nutritious fruits.

The fact that there are vitamins in the slushie does not make it a good choice. One could argue that schools should sell wine since it has been thought to confer some health benefits, but that would not make it appropriate for children.

Products like these slushies are not in violation of the law or school policies, but that does not change the fact that they contain chemicals that are harmful, especially for children.

Slushies Abroad

The problem is not confined to the US. In New South Wales slushie beverages have raised concerns. One brand, advertised as "99% fruit," contains dyes that are still allowed in Australia and New Zealand, but are banned in other countries. Some of the dyes have been found to cause damage to chromosomes and the liver, to cause tumors and hyperactivity. The **sodium benzoate** used as a preservative in the slushies has been linked to ADHD, and is a trigger for asthma. Another problem with sodium benzoate is that when it is used in beverages that contain high levels of vitamin C (added to the slushies) it can form benzene, a cancer-causing agent linked with leukemia.

Teachers have reported that children consuming the slushies have complained of headaches and breathing difficulties, and that behavior problems have increased.

New Zealand's School Canteen Association's (SCA) guidelines caution members not to use "images of fruit or fruit names" that are misleading because a product does not actually contain the fruit. However the SCA manager, Jo Gardner, acknowledged that some children might have adverse reactions to the food dyes and preservative, but said "additives have a role in...ensuring our food is safe and meets the needs of consumers."

Calling these comments "an absolute cop-out," Julie Eady of Australia's Additive Alert asks, "What percentage of kids is it OK to harm? There are plenty of safe alternative food colourings and preservatives the manufacturer could have chosen."

Tourette Syndrome

Like many disorders children face today, TS has gone from being rare to commonplace. Some surveys have found that as many as one in four school-age children have experienced tics.

A tic can range from something very mild such as excessive blinking or throat clearing, to involvement of the entire body. The individual will make the same movements and/or sounds over and over, and while they typically have some ability to control them, this can be difficult, and eventually the pent-up movements/sounds must be released.

Tics can be a characteristic of serious medical conditions other than TS (Tourette syndrome) so other causes should be ruled out. The book, *Natural Treatments of Tics & Tourette's* provides guidance on this.

Causes of TS

The traditional medical approach today still considers TS a mystery, offering little more than drugs to attempt to control the symptoms. But some families have found that the "cure" is worse than the disorder.

While psychological factors don't cause TS, stress is the most frequently reported trigger, so counseling could be helpful to reduce stress or to address the social problems brought on by the tics. [The previous issue of *Pure Facts*, February 2009, describes the link between stress and ADHD. Many of the triggers and solutions that are useful for ADHD can also help people suffering from TS.]

The Association for Comprehensive Neurotherapy (ACN) was formed to provide help for people dealing with TS, and like most similar non-profit organizations, they address needs that are not being met by traditional approaches. ACN was created by parents who successfully helped their children with non-traditional therapies. They combine their own wisdom with help from those remarkable professionals who are willing and able to seek real answers.



For details on the upcoming conference on Tourette's and related disorders see www.touretteconference.com or write ACN at PO Box 2198, Broken Arrow OK 74013.

In a survey of nearly 1800 families the ACN found that the things addressed by the Feingold diet are high on the list of triggers for tics. These include food dyes, artificial flavorings, synthetic sweeteners and preservatives, MSG, pesticides, and fragrances of all types.

Electromagnetic sources, strobe lights and fluorescent lights are also potential triggers.

Food allergy, gluten/casein sensitivity or synthetic additives?

Some people suspect various foods, and while they may, indeed, be culprits, this can be a confusing area. For instance, a reaction to corn flakes might be a corn allergy, or it might be due to the BHT in the packaging material. What is believed to be a chocolate allergy could be a reaction to the fake vanilla (vanillin). If the symptoms seem to be caused by a meal of macaroni & cheese, it might indicate a sensitivity to gluten (the pasta) or casein (cheese). But it could be triggered by the yellow 5 and yellow 6 found in many mac & cheese mixes.

Waxing and waning

The medical literature on TS refers to the mysterious "waxing and waning of symptoms" as the tics seem to come and go. But this could be attributed to the many triggers described in this book.

Researchers have found that TS is worse in winter months, like the study on autism described on page 1. As with autism, this could be due to more TV, more junk food, less exercise, less sunlight and thus less vitamin D3. Additionally, author Sheila Rogers notes that these months include most of the candy holidays.

ADHD, TS, OCD, etc.

Any family dealing with these conditions, and still seeking solutions, will find a wealth of practical, useable information in this newly-revised text. For the child on the Feingold Program who is still having problems, it is a valuable roadmap to guide them to additional resources and non-drug therapies.

The book is 337 pages, \$19.95 in the US and \$22.95 in Canada.

Shop Early for Easter Candy

Easter falls on April 12th this year, leaving lots of time to find those natural treats.

Back in the 1970's, jelly beans were just a fond wish for Feingold kids, but today we have several brands available, including Surf Sweets. Not only are they free of the unwanted dyes, but the Surf Sweets line of candies is organic, vegetarian, and free of high fructose corn syrup and common allergens, as well as gluten and casein. The candies are all made in the U.S.

Surf Sweets makes more than just jelly beans. They also have Gummy Worms, Gummy Swirls, Fruity Bears, Gummy Bears and Sour Worms.

Many of the Toys R Us stores now carry Surf Sweets, and they are available at well-stocked health food stores and markets as well as many supermarkets. You can also order them online at www.surfsweets.com.

All of these candies are Stage Two.



Easter yummys of all types can be ordered from the Squirrel's Nest. The deadline to order Easter chocolates is March 20 since they don't travel well when the weather is warmer. Other candies are available year-round. Go to www.squirrels-nest.com or call (302) 378-1033



A way to help a friend

One member wrote about her friend who has adopted two children with special needs. The family moved to a new location to get help for the children. The oldest child, a boy, has multiple food allergies and can be violent, and the younger child is a girl with ADD symptoms. They have consulted many professionals and the boy has been hospitalized twice for violent and suicidal behaviors. He is on several medicines, but all this is not helping.

The member writes, "He broke my friend's finger (she's a violinist and can't play now). I noticed while I was at their house they had a dental rinse full of red dye in their bathroom -- I feel bad but I don't think I can be pushy. I can tell her some anecdotal stories and hope she tries it, but the boy is 13 now and it might be hard to get his cooperation. I want to be supportive and not seem judgmental. Do you have any ideas?"

Anecdotal stories, offering a sample of Feingold information, or lending them a copy of *Healthier Food for Busy People* might help. Another way to introduce Feingold to a friend is to bring them a gift of an Easter Basket filled with Feingold-acceptable treats of all types. It's best to focus just on candy without the synthetic additives; new people may not be ready to understand the issues of natural salicylates. Inexpensive baskets and cellophane grass are sold at dollar stores, and natural candies are readily available.

Allergy-Friendly Foods

How can a family cope when their child is allergic to: peanuts, tree nuts, wheat, eggs and soy?

Like many parents, Jennifer and Sergio Elizondo spent long hours searching for foods their little boy could eat. Even when they found safe food, they were not able to find salespeople who could answer their questions.

The solution for this Virginia Beach couple was to open **Navan Foods**, their own store, with those hard-to-find products they had wished for.

They write, "...we set out to create our own solution: a one-stop shopping location where the foods could be purchased with full confidence that they were safe for those affected by food sensitivities.

"We have searched high and low for safe foods and found many companies offering products for special diets. We hope that we can pass on to others the joy of finding food products that will help provide a source of normalcy in the lives of those affected by food sensitivities."

Using their icon system, you can identify products free of the major allergens (gluten, casein, corn, yeast, dairy, wheat, eggs, sesame, fish, shellfish, soy, peanut, sulfite, tree nuts).

There are also notations of food that are: kosher, Feingold Stage 1, Feingold Stage 2, diabetic friendly, fair trade, vegan, Non-GMO, organic, GFCO (gluten-free), all natural.

The products can be purchased both on-line and in their retail shop, Navan Foods, located at 4312 Holland Road, Suite 115, Virginia Beach VA 23452.

Visit www.navanfoods.com,
or e-mail info@navanfoods.com,
or phone (757) 965-5422

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)^ 9" Pie Shells
ALDEN'S Organic Vanilla Bean Ice Cream (GF)
ALLERGY GROCER Fresh Frozen Cinnamon Sugar
Monkey Rings (GF, CF), Fresh Frozen Cinnamon
Sugar Breadsticks (GF,CF)
BEST CHOICE Active Dry Yeast (GF,CF), Fast Rising
Yeast (GF,CF), Milk Chocolate Chips (GF), Semi Sweet
Chocolate Chips (GF)
CASBAH* Lentil Pilaf (CS, MSG/HVP, CF), Rice Pilaf (CS,
MSG/HVP,CF)
CASCADE GLACIER (available in dipping shops,
restaurants, coffee shops) Denali Moose Tracks (CS, GF)
CRUNCHMASTER^^ Rice Crackers: Cheese (CS,SF,GF),
Multigrain (CS,GF,CF), Sesame (GF,CF)
EL LAGO Tostaditas Chips Salted and No Salt, Unbleached
Flour Tortilla, Wheat Tortilla
GLUTEN FREEDA'S REAL COOKIES!^^ Chip Chip
Hooray (GF), Chocolate Minty Python (GF), Peanut Envy
(GF), Peanut Paul & Mary (CS, GF), Snicker Poodles
(GF), Sugar Kookie (GF)
GOOD SENSE® Fancy Jr. Mammoth Pecan Halves
(GF,CF), Garlic Sesame Sticks (CF), Honey Roasted
Sesame Sticks (CS, CF), Pinenuts (GF, CF), Raw Sunflower
Nuts (GF, CF), Raw Walnut Halves & Pieces (GF,CF),
Roasted & Salted Cashews (GF,CF), Roasted & Salted
Pumpkin Seeds In-Shell (GF,CF), Roasted & Salted Shelled
Pumpkin Seeds (GF,CF), Roasted & Salted Soynuts
(GF,CF), Roasted & Salted Sunflower Nuts (GF,CF),
Roasted/NoSalt Cashews (GF,CF), Roasted/No Salt
Soynuts (GF,CF), Roasted/No Salt Sunflower Nuts (GF,CF),
Sesame Oil Bran Sticks (CF), Sesame Sticks (CF); Organic:
Banana Chips (GF,CF), Diced Ginger (GF,CF), Golden
Flaxseed (GF,CF), Honey Roasted Cashews (CS,GF,CF),
Honey Roasted Sunflower Nuts (CS,GF,CF),
Pinenuts (GF,CF), Raw Cashews (GF,CF), Raw Peanuts
(GF,CF), Raw Sunflower Nuts (GF,CF), Roasted & Salted
Peanuts (GF,CF), Roasted & Salted Soynuts (GF,CF),
Roasted & Salted Sunflower Nuts (GF,CF), Roasted/No Salt
Cashews (GF,CF), Roasted/No Salt Peanuts (GF,CF),
Roasted/No Salt Soynuts (GF,CF), Roasted/No Salt
Sunflower Nuts (GF,CF), Sliced Mangos (GF,CF),
Walnuts (GF,CF)
JULIE'S ORGANIC* Chocolate Ice Cream & Dark
Chocolate Bar (GF), Vanilla Bean Frozen Yogurt (GF)
LETS DO ORGANIC^^ Organic Cornstarch (GF,CF)

Product Change

AUBREY ORGANICS Musk Splash-Eau De Cologne,
Angelica Eau De Cologne, Men's Stock City Rhythms
Shave Cream, Face Scrub, After Shave, and After
Shave Balm have orange in them and need to be
moved to the stage two section of your *Fragrance
Guide*. Ginseng Biotin Shampoo contains almonds and
also must be moved to the stage two section.

Stage One, continued

MARANATHA* Organic No Stir: Creamy Peanut Butter
(GF,CF), Creamy Peanut Butter with Calcium (GF,CF),
Crunchy Peanut Butter (GF,CF); Organic Creamy
& Roasted No Salt Added Peanut Butter (GF,CF),
Creamy & Roasted Peanut Butter with Salt (GF,CF),
Crunchy & Roasted Peanut Butter No Salt Added
(GF,CF), Crunchy & Roasted Peanut Butter with Salt
(GF,CF)
MRS. MAY'S NATURALS 100% Natural, Fat Free,
No Sugar Added: Freeze Dried Fruit Chips Pear
(GF, CF), Freeze Dried Fruit Chips Pineapple (GF,CF),
100% Natural Fat Free: Freeze Dried Fruit Chips Pear
(GF, CF), Freeze Dried Fruit Chips Pineapple (GF,CF)
NO NUTTIN^ 70% Dark Chocolate Chunks (CS,GF,CF),
Chocolate Chip Granola Bar (CS,CF), Double Chocolate
Chunk Granola Bar (CS,CF), Granola Clusters Vanilla
Caramel (CF), Granola Clusters Vanilla Cinnamon (CF),
Semi Sweet Chocolate Chips (CS,GF,CF)
PACIFIC FOODS^^ Beef Broth [the organic beef broth is
stage two] (MSG/HVP,GF,CF), Organic Free Range
Chicken Broth (GF,CF), Organic Low Sodium Chicken
Broth (MSG/HVP,GF,CF)
REJUVENATIVE FOODS Sea Salted Sauerkraut (GF,CF)
ROSETTO Broccoli Cheese Ravioli (CS), Cheese
Manicotti, Cheese Tortellini, Chicken Ravioli (CS,
MSG/HVP), Organic Cheese Ravioli, Organic Whole
Wheat Cheese Ravioli, Steam & Eat Cheese Ravioli,
Stuffed Shells; Cheese Ravioli: Large Round, Medium
Square, Small Round.
SIMPLY BREAD Pain De Mie White Sandwich Bread
(CF), The Champ Seeded Wheat Bread, The Classic
Baguette
SPRY^ Toothpaste: Cool Mint (SB,GF), Spearmint (SB,GF)
STARFISH Crispy Battered Gluten Free Cod (GF,CF),
Crispy Battered Gluten Free Haddock (GF,CF),
Crispy Battered Gluten Free Halibut (GF,CF)
SUNSPIRE* Organic Chocolate Chips (GF)
YUMMY EARTH^^ Organic Candy Drops: Wild Peppermint
(GF,CF); Organic Lollipops Cheeky Lemon (in single
flavor 1 lb family size bags only; check the labels, GF,CF)
YVES VEGGIE CUISINE* Meatless Breakfast Patties
(MSG/HVP, CF), Meatless Breakfast Patties (MSG/HVP,
CF)

Stage Two

BOAR'S HEAD Rotisserie Seasoned Chicken Breast (GF,CF, paprika, red peppers); Lower Sodium Lower Fat White American Cheese (GF, paprika)

CASBAH* Couscous Pilaf (MSG/HVP,CF, cloves, red peppers), Nutted Pilaf (MSG/HVP, CF, almonds, cloves), Spanish Pilaf (CS, MSG/HVP), CF, bell & chili peppers, tomatoes)

EVERYONES ORGANICS^ Cranberry (GF,CF, apples, apricots, raisins), Granola (GF,CF, raisins), Trail Mix (GF, CF, raisins)

FRUIT A BU Organic Smooshed Fruit Flats: Apple (GF,CF), Strawberry (GF,CF, apples, elderberries)

GOOD SENSE® Cranberries 'N More (GF,CF, apples, almonds), Dried Cherries (GF,CF), Dried Sweetened Cranberries (GF,CF), Raw Whole Almonds (GF,CF), Roasted & Salted Almonds (GF,CF), Roasted & Salted Fancy Deluxe Nut Mix (GF,CF, almonds), Roasted No/Salt Almonds (GF,CF)

HOMEFREE* Organic Oatmeal Chocolate Chip Cookies (CF, CS, apples), Organic Oatmeal Cookie (CF, apples)

HONEYBAR^^ Cranberry Delite (GF,CF, almonds, apples, apricots, raisins), Nutty Apricot (GF,CF), Sweet & Salty (GF, CF, almonds)

JULIE'S ORGANIC^^ Pints & Bars: Mango Passion Sorbet (GF, CF, oranges)

KASHI TLC Chewy Granola Bars: Cherry Dark Chocolate (CF, apples), Honey Almond Flax, Peanut Peanut Butter (CF, almonds), Trail Mix (CF, almonds, cranberries, raisins); TLC Crunchy Granola Bars: Honey Toasted 7 Grain (CF, almonds), Pumpkin Spice Flax (CF, almonds), Roasted Almond Crunch; TLC Soft Baked Bar: Baked Apple Spice, Blackberry Graham (CF, apples), Ripe Strawberry (CF, apples)

KOMBUCHA WONDER DRINK^^ Asian Pear Ginger (GF,CF, apples, tea), Traditional (GF,CF, apples, tea)

MARIANI PREMIUM^ Honey Bar: Cranberry (GF,CF, almonds, apricots, raisins), Granola (GF,CF, almonds, raisins), Sesame (GF,CF, almonds, raisins), Trail Mix (GF,CF, almonds raisins)

MRS MAY'S NATURALS 100% Natural, Fat Free, No Sugar Added Freeze Dried Fruit Chips: Apple, Peach; 100% Natural, Fat Free Freeze Dried Fruit Chips: Apple, Peach (all are GF,CF)

ORGANIC FLAVRZ Drink Mix Concentrate: Cherry Berry (GF,CF, apples), Tropical (GF,CF, peaches)

PURE FUN^^ All Natural Candy Canes (GF,CF, apples, currants, elderberries)

REJUVENATIVE FOODS Celtic Sea Salt Garden Kim Chi (GF,CF, chili & red peppers)

STRETCH ISLAND* Fruit Leather 100% Fruit Snack: Abundant Apricot (GF,CF, apples), Harvest Grape (GF,CF, apples), Mango Sunrise (GF,CF, apples), Orchard Cherry (GF,CF, apples, oranges), Ripened Raspberry (GF,CF, apples), Summer Strawberry (GF,CF, apples)

WHOLLY GUACAMOLE^ Classic (GF,CF, chili peppers), Spicy (GF,CF, chili & red peppers)

YUMMY EARTH* Organic Candy Drops: Blood Orange Cocktail (GF,CF, apples, currants, tangerines), Cheeky Lemon (GF,CF, apples), Chili Lime Lambada (CF, apples, chili peppers, currants), Chili Mango Mambo (GF,CF, apples, chili peppers, currants), Cinnamon Stick (GF,CF, apples currants), Ginger Zest (GF,CF, apples currants), Googly Grape (GF,CF), Hopscotch Butterscotch (GF,CF, apples), Mango Tango (GF,CF, apples, oranges), Root Beer (GF,CF, apples, currants), Sour Apple Tart (CF), Strawberry Smash (GF,CF, apples, currants), Tickled Pink Grapefruit (GF,CF, apples, currants), TooBerry Blueberry (GF,CF, apples, currants, raspberries);

YUMMY EARTH* Organic Lollipops: Blood Orange Cocktail (GF,CF, apples, currants, tangerine), Chili Lime Lambada (apples, chili peppers, currants), Chili Mango Mambo (GF,CF, apples, chili peppers, currants), Ginger Zest (GF,CF, apples, currants), Googly Grape (GF,CF, apples, currants), Mango Tango (GF,CF, apples, oranges), Sour Apple Tart (CF), Strawberry Smash (GF,CF, apples, currants), Tickled Pink Grapefruit (GF,CF, apples, currants), Too Berry Blueberry (GF,CF, apples, currants, raspberries);

YUMMY EARTH* Organic Vitamin C Drops: Blood Orange Cocktail (GF,CF, apples, cherries, currants, oranges, tangerines), Cheeky Lemon (GF,CF, apples, cherries), Lucky Lime (GF, apples, cherries), RazzMaTazz Berry (GF,CF, apples, blueberries, cherries, currants, raspberries), Tickled Pink Grapefruit (GF,CF, apples, currants, cherries), TooBerry Blueberry (GF,CF, apples, cherries, currants, raspberries), Very Very Cherry (GF,CF, apples, cherries, currants);

YUMMY EARTH* Organic Vitamin C Pops: Cheeky Lemon (GF,CF, apples, cherries), Lucky Lime (CF, apples, cherries), RazzMaTazz Berry (GF,CF, apples, blueberries, cherries, currants, raspberries), Strawberry Smash (GF, CF, apples, cherries, currants), Tickled Pink Grapefruit (GF,CF, apples, cherries, currants) TooBerry Blueberry (GF,CF, apples, cherries, currants, raspberries), Very Very Cherry (GF,CF, apples, cherries, currants)

ZEVIA Ginger Root Beer (GF,CF, oil of wintergreen)

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.

Mercury in High Fructose Corn Syrup

Two new studies have found the powerful toxin, mercury, in much of the high fructose corn syrup (HFCS) used in foods.

While HFCS is not eliminated on the Feingold Diet, the Association has long cautioned parents to consider avoiding this widely-used sweetener, as well as corn syrup (CS). The recommendation was the result of many parents reporting that their child had adverse reactions to it. Since children who do not have a corn allergy have reacted to CS we believe the reactions may be due to the sulfur content and/or contaminants from the chemical processing of the corn.

The presence of mercury may explain some of the problems parents report from HFCS. Mercury can inflict permanent damage on many organs of the body including the brain, lungs, and heart, and it is particularly harmful to the unborn.

Mercury is used in creating HFCS, but although safer technologies are available, it is still used in many processing plants. In 2007, then-Senator Barack Obama introduced legislation to require the elimination of mercury in the processing of the sweetener.

As more and more companies switched from sugar to the cheaper HFCS, the amount consumed has soared to an average of 12 teaspoons a day, with children and teens likely to consume far more. The US Dept. of Agriculture estimated in 2006 that the average American ate over 58 pounds of HFCS in a year.

The research was published in the journal *Environmental Health*; a second study was conducted by the Institute for Agriculture and Trade Policy.

It will be interesting to see what kind of TV advertising campaign the corn industry launches in response to this latest information on HFCS!

FDA Scientists Ask for Reform

In a letter to the Obama Administration nine Food and Drug Administration (FDA) scientists wrote of their concerns that "the scientific review process for medical devices at the FDA has been corrupted and distorted by current FDA managers, thereby placing the American people at risk." Agency managers overrule scientists, approving medical devices that are not safe. They describe a pattern of "coercing and intimidating FDA physicians and scientists to recommend approval, and then retaliating when the physicians and scientists refused to go along."

This is similar to earlier complaints from FDA scientists concerning the drug Vioxx, which resulted in thousands of deaths.



Thank You!

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Fast Food Guide Alert

The Einstein Brothers Strawberry Reduced Fat Cream Cheese contains red dye No. 40; please remove it. Also, the Good Grains Bagels do not contain CS.

Pure Facts

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