

## The ADHD / Eczema Link

Parents and researchers have long observed that children with behavior and learning difficulties are more likely to suffer from other problems, including migraine headaches, ear infections, night terrors, mood swings, bed wetting, obsessive behaviors, tics, allergies, asthma, and some forms of seizures.

**N**ow, one more scourge can be added to the list: eczema. In a letter published in the *Journal of the American Medical Association* (Feb 18, 2009) German researcher Jochen Schmitt and colleagues wrote that children who have eczema are more likely than other children to also have ADHD. The prevalence of eczema for children in Western countries appears to be about 20%.

The term "eczema" may refer to a variety of skin inflammations, while the more precise name is atopic dermatitis. Atopic means it tends to run in families; it is often part of a triad that includes asthma and hay fever. In most cases eczema is accompanied by dry skin and a scaly, itchy rash that may blister and weep.

**An estimated 20% of children in the United States suffer from eczema.**

A long list of culprits has been identified as possible triggers for eczema, but it can be difficult to figure out which things are bringing on the symptoms in a particular person. Dermatologists typically rely on steroidal creams that may relieve symptoms but do not address the causes.

There appear to be many possible triggers for eczema and many effective non-drug approaches for treating it. *Pure Facts* has collected information on some of the things believed to bring on eczema, as well as practical suggestions from our readers (see inside pages).

## ADHD drugs dealt another blow

The National Institutes of Mental Health (NIMH) reported the results of the most recent data on the use of drugs for ADHD.

**T**he NIMH-funded study found that for the majority of children, the various drugs prescribed for the treatment of ADHD symptoms offer no long-term benefits.

The newest information on the large Multimodal Treatment Study of Children with ADHD (MTA) was published in the March, 2009 issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*.

The study, which began in 1999, looked at four treatments for children who had been diagnosed with ADHD: 1) medicine alone, 2) behavioral treatment alone, 3) combined medicine and therapy, and 4) no special intervention. [Despite the many studies showing the benefits of the Feingold Program and other non-drug treatments, these were not included.]

Initially, the ADHD drugs appeared to offer benefits over behavioral therapy or no therapy, and the pharmaceutical industry used the information to promote their drugs to physicians. The number of prescriptions continued to grow from 28.3 million in 2004 to 39.5 million in 2008.

But now, the NIMH reports, "The eight-year follow-up revealed no differences in symptoms or functioning among the youths assigned to the different treatment groups as children."

In other words, for the majority of children, there was no long-term change, regardless of whether they were given ADHD drugs or not. And some of the children experienced serious side-effects, including psychotic behaviors that disappeared when the drugs were removed.

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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.

*Special focus on Eczema*

A recent study in the journal *Pediatrics* found that out of 100 children on ADHD drugs, one or two of them will experience symptoms such as hallucinations, manic behavior or paranoia. All of the various ADHD drugs were found to have these side effects.

Other side effects include insomnia, loss of appetite and stunted growth. There was no mention of depression, a side effect often seen in medicated children.

### Research bias

One of the disturbing things about the MTA study was the apparent efforts of some of the researchers to minimize the negative data and play up the aspects that fit their own prejudices. By 2007 it was apparent that there were no differences in children, whether they were medicated or not, but it was seen that children on the drugs for 3 years were about six pounds lighter and one inch shorter. Rather than report this as stunted growth, the information given to the media said that children who were not medicated "grew somewhat larger."

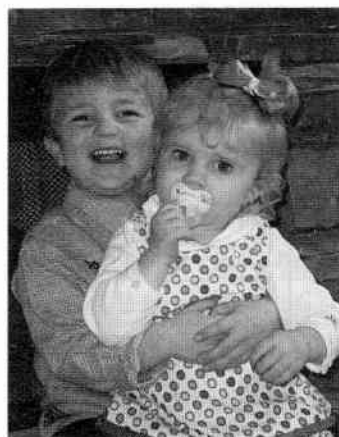
An outspoken critic is one of the principal researchers, Dr. William Pelham, who told the *Washington Post*: "The [pro-medication] stance the group took in the first paper was so strong that the people are embarrassed to say they were wrong and we led the whole field astray."

### No magic pill

The NIMH report noted, "Children who were no longer taking medication at the eight-year follow-up (61.5%) were generally functioning as well as children who were still medicated, raising questions about whether medication treatment beyond two years continues to be beneficial or needed by all."

## Aggression and eczema both helped by diet

My 2 ½ year old son, Walker, was asked to leave a preschool program because the school told us, "We have never seen a more aggressive child that did not have some type of labeled disability."



Walker & Caroline

The eczema and behavior changes were on and off because we were following the program on and off. Social events tend to revolve around food and sometimes we would be tired and just want to go to a drive-through. Also, I later found that Walker is allergic to some foods, as well as being salicylate sensitive.

I found it does take more planning before we leave the house, but it is so worth it to follow the diet. Every time I deviate I wish I hadn't!

Everyone had opinions about my son, but nobody had answers, except for my mom, who had been a teacher for 30 years. She suggested I try the Feingold diet. When I went on the website I was amazed at how many symptoms my son had, including the eczema, which had been a problem since birth.

The various steroid creams the dermatologist prescribed helped with the itching but never cleared up the eczema.

He had many food allergies and didn't drink much milk, but he was always thirsty and drank plenty of apple juice so I switched to pear.

Walker has just turned 4 and is a joy to be around. He started a new school this year, is very well liked, and we have not had any complaints about his behavior. His eczema is completely gone except when he eats an allergen.

Caroline, now 20 months old, has identical allergies to her brother, but we are better prepared to help her. My friends and family, who were once skeptical, are now on board, as they have seen what a difference this diet has made.

Lauren Kallbreier

### Doctors in Britain encouraged to reduce ADHD drug use

The United Kingdom's National Institute for Health and Clinical Excellence is urging doctors to stop giving the various ADHD drugs to children under five years of age and to regard medication as a last resort for older children.

Like their U.S. counterparts, the doctors in this government agency are promoting counseling and behavioral therapy as their solution, despite the limited success of such approaches.

Prescriptions for ADHD drugs in the UK doubled between 1998 and 2004.

This is puzzling since Britain has been the leader in research showing the enormous benefits of omega-3 essential fatty acids for ADHD kids and in demonstrating the link between food additives and the symptoms of ADHD. As a result of the most recent study on additives, the British government is pressuring food manufacturers to remove petroleum-based dyes from foods.

Eczema can have multiple causes, multiple symptoms, and many ways to treat the symptoms.

## Vitamin D3

Researchers from the Division of Dermatology at the University of California used oral vitamin D3 to help patients with eczema. Apparently the vitamin assists in the body's production of a peptide called cathelicidin which protects the skin against infection and certain forms of eczema. In the small study 14 people were given a daily dose of 4000 mg of D3 for 21 days, which was found to correct the body's deficiency in cathelicidin.

The study results were published in the October 3, 2008 issue of the *Journal of Allergy & Clinical Immunology*.

Naomi writes that removing synthetic additives from her 4-year-old son's food and topical lotions completely got rid of his eczema. Her son began to develop the condition at about age two, and it became progressively worse. When she used the lotion her doctor suggested, the symptoms got even worse, but switching to a natural baby lotion and hand salve helped a great deal. When she went on the Feingold Program the problem disappeared. He does well as long as he stays away from the additives; salicylates are not an issue, and he does not have any ADHD symptoms.

In a 2005 study published in the *Journal of Dermatology*, researchers in Japan found that five patients treated with topical vitamin D3 derivatives dramatically responded. In four of the five participants the lesions almost completely disappeared after 2 to 8 weeks of treatment and improved in the fifth patient. The doctors consider vitamin D3 derivatives to be a safe treatment for "recalcitrant hyperkeratotic palmoplantar eczema."

His dad suffered from eczema as a child, and Cooper began to develop it when baby foods were introduced. Mom's detective work identified non-organic corn as the main trigger. The corn-based citric acid in baby food fruits were a big offender, as were corn starch and syrup.

Cooper's eczema lesions typically develop where the skin is exposed to perspiration and saliva. His rash is not itchy, but his younger brother develops an itchy rash when he is exposed to wheat, eggs and tap water.

## Fish

Normally fish is not a food offered to babies, but Swedish researchers have found that babies who are fed fish before nine months of age have a 25 percent lower risk of developing eczema. Typically, symptoms develop at about 4 months, and by the age of 12 months one baby in five had it.

They also note the important role played by heredity. Where there is a family history of eczema a baby is nearly twice as likely to develop it.

This information, published in the *Archives of Disease in Childhood*, was gleaned from a large ongoing study tracking the long-term health of nearly 17,000 babies. Curiously, the researchers found less eczema in households that have a pet bird.

Sheila reports that her son had eczema from birth. Since being on Stage One, with no items in parentheses (corn syrup, MSG, nitrites, sodium benzoate, calcium propionate, sulfiting agents, smoke flavoring), and no milk, it has gone away completely. And his asthma is much better, with only a few flare-ups during allergy season.

## Vitamin B12

German researchers have found that non-prescription vitamin B12 cream is an effective treatment for eczema. 49 patients applied the B12 cream to one side of their body and a placebo to the other; they did not know which cream contained the vitamin. After 8 weeks there was a significant improvement with the vitamin B12 cream, and it was found to be a safe, well-tolerated option.

The study appeared in the *British Journal of Dermatology* in 2004.

Janice writes, "I tried adding Epsom salts to my son's baths and found they made the eczema go away. After only one bath the redness and scaling was much reduced, and after the second bath it was gone. Now he gets baths 2-3 times a week and doesn't get eczema. The Epsom salt baths seem to soften the skin all over, leaving it much less dry and rough."

## St. John's Wort

Another German study tested a topical cream containing the major ingredient in St. John's wort, an ingredient believed to have anti-inflammatory and antibacterial effects. As with the study using vitamin B12, patients used the active cream on one side of their body and a placebo on the other side. Eighteen people completed the four-week trial. While the study authors say that the small size of this research prevents them from reaching any final conclusions, the cream containing the St. John's wort ingredients was clearly superior to the placebo cream. The 2003 study was published in the journal *Phytomedicine*.

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## Eczema, from page 3

"We have experienced great results with Feingold for my 5-year-old son [for both eczema and behavior]. We just had a parent-teacher conference and his teacher started the conversation with 'We have no concerns.' YEA!"

Joe Graedon of The People's Pharmacy helped an adult recover from seborrheic dermatitis (super dandruff that can also affect the face) that had been an ongoing problem for 30 years. He recommended applying milk of magnesia to the affected areas.

"Before Feingold my son had terrible eczema. His wrists and arms would be bloody from scratching, but since Feingold he has not had one breakout. It has been very cold here in the Northwest in the last month or two, which is when the occurrences have been at their highest in the past."

## Too Clean? Too Sanitary?

Scrubbing hands frequently with antibacterial soap could actually make the skin more vulnerable to problems. And natural rubber latex gloves are another potential problem. Nurses, dentists, and others who frequently use gloves may develop a sensitivity to the latex.

"I have had eczema since childhood, treated unsuccessfully with corticosteroids. With the birth of my son, I sought an alternative and found some success with diet modification. At 5 months my son developed eczema, and I treated it with limited success with diet modification. But when he was 9 months I read about the salicylate connection in Mothering Magazine, and that has been the key to our success."

## Psoriasis caution

In February the Food and Drug Administration (FDA) issued a public health warning on the link between a rare brain infection and the use of the psoriasis drug Raptiva. The drug is administered as a weekly injection. It helps the psoriasis symptoms by suppressing the body's T-cells, but this can damage the immune system and make a patient more susceptible to infections.

## Eczema caution

In 2006 the FDA found that two topical eczema drugs, Protopic Ointment and Elidel Cream, were linked to rare reports of cancer and announced the addition of a "black box warning" to alert doctors to the risks.

One adult with no prior history of skin problems believes her eczema began when she started drinking a nutritional beverage with acai berries that contains added sodium benzoate as a preservative.

People who suffer from eczema might also be susceptible to asthma and hay fever. Doctors refer to this combination as the "atopic dermatitis triad."

One mom's response to the issue of eczema and salicylates: "Try taking out all salicylates for a bit. Even though eczema is slow to clear, you should be able to notice some improvement in a few weeks of no salicylates. Also, be cautious about anything used to treat it."

"Some of the creams that are prescribed can actually cause more trouble; for example, some of the creams' bases are petroleum, and your child might be sensitive to that."

## Acetaminophen

The September 19, 2008 issue of *The Lancet* contains information from New Zealand showing that children who are given acetaminophen (sold as Tylenol, Datril, Temptra, etc.) are at greater risk for developing asthma and eczema as they get older.

Children given acetaminophen before they were a year old had a nearly 50 percent increased risk of developing these conditions between ages 6 and 7.

In other countries acetaminophen is known as "paracetamol." The researchers do not suggest that parents discontinue the use of acetaminophen, often given as a fever-reducer, but they suggest it be reserved for use only in cases of high fever.

Esther used to have a terrible case of eczema on her hands, and found that latex gloves made the condition worse, so she switched to vinyl gloves.

She writes, "When my oldest started doing dishes, he would inevitably leave my gloves on the sink and they would end up filled with water. I bought a new pair that were heavy-duty vinyl with a cotton lining. Well, he did it again...filled them with water! I tried my best to let them dry out, but by the third day I had dishes piling up, and I had to get them done. So in desperation I took a box of baking soda, filled my gloves with it, then shook out the excess; I figured that it would absorb any excess moisture."

I have to tell you that over the next few days my hands went from looking like leprosy, to looking like a 95-year-old's hands, to now a 65-year-old's hands. (These are my husband's words, not mine.) I'm hoping they will soon look like a 30-something pair of hands!"

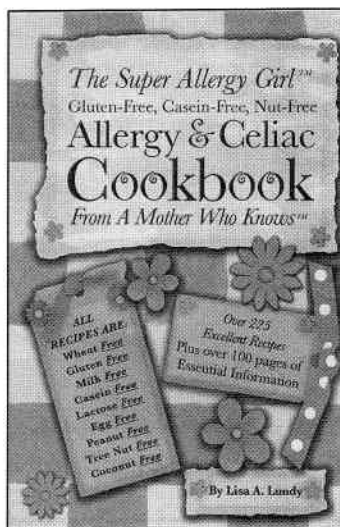
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## The Super Allergy Girl™ Allergy & Celiac Cookbook

This is an outstanding resource for anyone dealing with food allergies or gluten sensitivity.

A diet that cuts out milk is hard; one that eliminates milk and wheat is even harder. Imagine that you have to also remove all forms of gluten, casein and lactose, plus eggs, peanuts, tree nuts and coconut!

That's what Lisa Lundy has done to help her very allergic children. She shares what she has learned (the hard way) to accommodate her family, and gently guides the newby through the daunting tasks of looking at food in a very different way. It helps that Lisa is an accomplished cook and has been able to create tasty foods, but perhaps even more important, she is right there offering common sense guidance and encouragement.



[thesuperallergygirlcookbook.com](http://thesuperallergygirlcookbook.com)

Lisa explains how to follow a rotation diet, often the ultimate help for people with multiple food allergies. But she points out the need for professional help when a diet becomes extremely restricted.

She explains food families and includes cross references for easy use. Some of Lisa's favorite substitute food ingredients will save the newcomer hours of searching, as will the listing of related organizations and specialty food companies.

This is not a Feingold cookbook and some minor adaptations will be needed for a few of the ingredients, plus substitutions for people on Stage One.

### Treat your wife on Mother's Day



#### Menu:

Special French Toast with Fruit  
Bacon  
Juice  
Coffee or Tea

#### Special French Toast

2 eggs, beaten  
2 tablespoons milk  
½ teaspoon cinnamon  
3 slices of your favorite bread  
1 tablespoon butter

1 pint of strawberries (Stage Two)  
or 1 banana or other favorite fruit  
¼ cup sugar  
maple syrup or powdered sugar

Hey all you dads, this year consider treating Mom to breakfast in bed. Here's an easy breakfast you and the kids can create for that special lady.

1. Slice the strawberries and add the ¼ cup sugar. Place in the refrigerator until the bacon and French toast are done.
2. Prepare the bacon and drain on paper towels.
3. Mix the eggs, milk and cinnamon in a medium-size bowl. Dunk each slice of bread in the mixture, making sure both sides of the bread are coated.
4. Melt the butter in a hot skillet and place the bread on it. Cook until it is golden brown on one side; turn and cook the other side.
5. Sprinkle with powdered sugar or top with a little maple syrup.
6. Place the French toast, bacon and fruit on a tray with Mother's Day cards or flowers and treat your mom or wife to a wonderful breakfast!

Cindy Harrell



### Kettle Cuisine Gluten-Free Soups

Carefully made in small batches, using natural, quality ingredients -- this is the recipe for Kettle Cuisine's frozen soups, which are available online and in various stores. (See [www.kettlecuisine.com](http://www.kettlecuisine.com) for information on where to purchase them.)

Acceptable versions are:

#### Stage One

Organic Cream of Mushroom & Potato  
Chicken with Rice Noodles

#### Stage Two

Organic Carrot & Coriander  
Roasted Vegetable  
Tomato with Garden Vegetables  
Angus Beef Steak Chili with Beans  
Grilled Chicken & Corn Chowder  
Chicken Chili with White Beans  
New England Clam Chowder

## Food Allergies - a major eczema offender

Jenna Tomkinson had a very rough start to life. At 3 months she began to develop eczema, and by her 6-month birthday she was covered with itchy, weeping sores. Rachel, her mom, was a nurse, and was conscientious about her diet and her baby's diet as well. Jenna's food consisted entirely of breast milk.

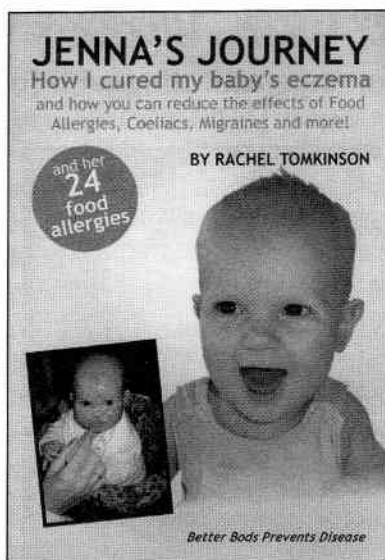
The cause of the severe eczema turned out to be allergies to 24 foods in her mom's diet, which was not very healthy at all. Rachel followed a low-fat diet, drank lots of soy-based protein drinks and diet soda.

Rachel's detective work turned up a possible cause of her baby's many food allergies. When she was 7 months pregnant Rachel developed food poisoning following a meal in a Chinese restaurant, a meal with lots of monosodium glutamate (MSG). She believes that this set her baby up for so many allergies, including allergic reactions to foods that Rachel was not even eating.

As she researched the link between food additives and the low-fat diet she once embraced, Rachel began to see that it was not healthy. Removing the allergic foods and returning to old fashioned foods, including what she now considers good fats (butter, lard, coconut oil, palm oil, and meat drippings) she began to see her baby heal.

After just one week, the oozing, weeping eczema lesions began to show improvement, and baby Jenna soon had a smooth peaches & cream complexion. All of the allergic foods are now well tolerated, but Rachel is very careful to avoid MSG and other synthetic chemicals.

The Tomkinsons live in New Zealand; you can learn more at her web site: [www.betterbods.co.nz](http://www.betterbods.co.nz).



Food allergies cause many problems.

"My son had eczema at birth, and he also had terrible asthma. He alternated between the asthma flaring up and the eczema lesions, with his skin cracking and bleeding. Homeopathic treatment took care of the majority of the eczema. For the past few months we have been careful with his diet -- 100% Feingold. He hasn't had asthma in several months, and his eczema is gone."

## Probiotics

Research on the use of probiotics to prevent eczema has yielded mixed results, but a new study from New Zealand may help clarify this. (Probiotics refer to the beneficial bacteria found in foods like yogurt.) The researchers found that *Lactobacillus rhamnosus* was effective, while *Bifidobacterium animalis* was not.

The subjects were babies born to families with a history of eczema. When mothers took the *Lactobacillus* in the last month of pregnancy and in the first months of breastfeeding, the baby was half as likely to develop eczema as those who did not. The study appeared in the *Journal of Allergy and Clinical Immunology*.

"My husband's hands would get so dry every winter that the skin would crack and bleed, but no amount of lotion or salve helped.

"After we had been on Feingold for over a year we found that while his hands were a little dry, there were none of the extreme symptoms of the past. He later changed the light bulb in his favorite reading lamp to a full-spectrum bulb, making sure that some of the light shone on his skin. After that he had no more trouble with rough skin, even in the coldest months. We now understand that the full-spectrum light probably enabled his body to create vitamin D3 during these months when there is less sunlight."

## Hard Water / Soft Water

Researchers at the University of Nottingham in England are studying the link between hard water and childhood eczema. They observed that eczema is more common in areas with hard water, with twenty percent of the children in these areas suffering from it. Physicians have received reports from patients that water softeners have helped reduce symptoms, but it is not known if the results could be related to the need for less detergent in the laundry when water softeners are used.

Another adult described a case of mild eczema on her hands. But when the condition appeared on her face and neck she became very concerned. She saw several doctors, had allergy tests, which were negative, and tried avoiding a long list of potential offenders. Eventually, she realized that the increase took place at the same time she began taking a vitamin pill, and that one of the ingredients was Yellow No. 5! Once she banished the dye (tartrazine), all of the eczema cleared up.



## 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

FARMLAND Braunschweiger (CS, N, G F, CF)

HANSEN'S^ Natural Soda: Pomegranate (GF, CF)

KIRKMAN Multi-Flora Spectrum™ (GF, CF)

PURE FUN\*^ (1.866.534.8071, [www.purefun.ca](http://www.purefun.ca)) Organic Citrus Slices: Lemon (GF, CF); Organic Fruit Pinwheels: Loony Lemon (GF, CF); Organic Jaw Boulders Cinnamon, Ginger (GF, CF); Organic Mint Pinwheels: Peppermint Swirl (GF, CF); Organic Pure Pops: Loony Lemon (GF, CF)

THE SOAP WORKS^ ([www.puresoapworks.com](http://www.puresoapworks.com)) Liquid Laundry Soap, Pure Glycerine Soap

WHOLE GRAIN HARVEST ([www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)) Boston Brown Bread (CS), Hopi Blue Cornbread (CF), Whole Wheat Onion Chive Bread, Whole Wheat Rosemary Bread

WINE BARREL GOURMET ([www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)) Chocolate Merlot Brownie Mix (Mix is stage one; if wine is added per directions it is stage two.), Tangy Lemon Chardonnay Tea Cake Mix (CS, CF)

### Stage Two

GLUTEN FREE & FABULOUS ([glutenfreefabulous.com](http://glutenfreefabulous.com)) Pepperoni Pizza (GF, tomatoes, paprika, apple cider vinegar)

INDIA TREE\*^ Coffee Flavor Chocolate Decoratifs

KUNER'S OF COLORADO Southwestern: Black Beans with Cumin & Chili Spices (MSG/HVP, CF, tomatoes), Refried Black Beans with Roasted Chilies (GF, CF)

MAJANS BHUJA Cracker Mix (GF, CF, chili peppers, paprika, raisins), Fruit Mix (CS, SF, GF, CF, apricots, chili peppers, paprika, raisins), Nut Mix (CS, GF, CF, almonds, chili peppers, paprika), Original Mix (GF, CF, chili peppers, paprika, raisins)

NORTHWEST HARVEST ([www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)) Red Wine and Herbs Pasta Salad (CS, SF, CF, tomatoes), Red Wine and Olive Pasta Salad (CS, SF, CF, tomatoes), Red Wine Pasta Primavera (CS, SF, CF, bell peppers, tomatoes)

## Product Alert

Please remove these two products from your *Foodlist & Shopping Guide*:

AUSTIN Zoo Animal Crackers, Lemon Oh's Lemon Cremes now contain TBHQ.

SINE-OFF Extra Strength No Drowsiness Formula now contains artificial color.

TEECCINO Chocolate Mint Herbal Coffee now contains almonds and need to be moved to the Stage Two section of your *Foodlist & Shopping Guide*.

SIMMONS All Natural Skeeter Scatter now contains almonds. Please move it to the Stage Two section of your *Mail Order Guide*.

These products no longer contain salicylates so they can be moved to the Stage One section of your *Foodlist & Shopping Guide*:

SQUIRREL'S NEST Milk Chocolate Clusters no longer contain peaches.

FARMLAND Pork & Bacon Sausage Links, Pork & Bacon Sausage Roll, and Sliced Bologna do not contain paprika.

### Stage Two, continued

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)

PASTA SELECT ABC's & 123's Pasta in Tomato Sauce (CS, paprika), Spaghetti Rings (CS, paprika, tomato), Spaghetti Rings & Franks made from Chicken & Beef (CS, N, paprika, tomatoes), Spaghetti Rings 'N Franks Pasta in Tomato Sauce (CS, N, paprika)

PASTORELLI All Natural Pasta Sauce: Four Cheese (GF, tomatoes), Garden Marinara (GF, CF, bell peppers, tomatoes), Spicy Arrabbiata (GF, CF, chili peppers, tomatoes), Zesty Puttanesca (GF, CF, chili peppers, tomatoes); Italian Chef Pizza Sauce Real Gourmet (GF); Organic Gourmet Pasta Sauce: Four Cheese (GF, tomatoes), Garden Marinara (GF, CF, bell peppers, tomatoes), Spicy Arrabbiata (GF, CF, chili peppers, tomatoes), Zesty Puttanesca (GF, CF, chili peppers, tomatoes)

PURE FUN\* ^ (1.866.534.8071, [www.purefun.ca](http://www.purefun.ca)) Organic Fruit Pinwheels: Raging Raspberry (GF, CF), Tangy Tangerine (GF, CF); Organic Mint Pinwheels: Pepsin Swirls (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.

## Blue Beverages

Ten children were hospitalized after drinking blue windshield wiper fluid.

A staff member at a daycare center in Arkansas mistakenly put a container of blue windshield wiper fluid in the facility's refrigerator, and then served it to ten children, ages two to seven.

One of the ingredients in the fluid is methanol, which can cause coma and blindness. When the sweetener aspartame is consumed, it breaks down into various chemicals, including methanol (also known as "wood alcohol.")

Many years ago, when window cleaners and toilet bowl chemicals were formulated the manufacturers added blue dye to them. The blue color was intended to warn people that the product should never be consumed. Clearly, they believed that nobody would add something as unnatural as blue dye to a beverage!

But dyes are cheap and eventually companies began to use them to bring attention to their products. Not only did they create blue drinks that have no relation to any food found in nature, but also green ketchup and red applesauce. And then came cereal that turned milk purple and the snack chips guaranteed to turn a child's tongue blue or green.



## "Health" Fair?

### *Some editorial comments*

The Feingold Association recently had a table at a health fair, and we gave out a great deal of literature to interested parents. But it wasn't easy!

The blare of ultra-loud music was hard on the ear drums of people whose hearing has not been deadened by rock concerts.

But worst of all was watching children running around with turquoise colored slushee beverages, with chemical flavorings of unknown origin; this is a sad new feature in many public schools. The slushies were accompanied by pink and blue cotton candy. Each exhibitor was given a bag of snacks consisting of imitation chocolate candy, bright orange "cheese" crackers and a granola bar with TBHQ.

## *Send us your kids!*

Each year FAUS publishes a School Year Calendar providing tips on using the Program and information on hard-to-find products. It is mailed out to members in the US at the end of summer.

It's time to e-mail photos of your children and teens, to be included in the 2009 - 2010 calendar. Send informal shots, but no portraits or school photos please. E-mail your photos to [ckharrell@att.net](mailto:ckharrell@att.net). Write in "FAUS Calendar" in the subject line.

You are welcome to include information about how your child is doing on the Program to be published with the photo.

**Fast Food Guide reminder:** Please remove the Einstein Brothers Strawberry Reduced Fat Cream Cheese, which contains Red 40.

## 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.

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

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