

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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How does it feel to have a reaction?

Feingold adults share their experiences.

Dear Feingold Association,

I have ordered the Program for my 5-year-old nephew.

He is a very smart little boy; we knew that one day when he was playing a video game that involved math. He was about 3 1/2 years old but he was going down the line adding the numbers, and he knew what he was doing!

He asks a lot of questions, but there are days when he seems to be in a daze and his behavior is terrible! He is not like this every day, but at times he gets angry easily and has very bad eczema so when he gets this way he is scratching a lot and I can tell something is wrong with him.

We know he is allergic to red dye, so it is no longer in his diet, but now I think he might just be allergic to all dyes.

I spent some time with him yesterday and came home in tears. I looked on the Internet for something natural for ADHD and that's when I found you all. I really hope this works for him...I love him too much to see him this way.

What I want to know is, "Is he hurting? How do these kids feel?"

My first clue that I am reacting is often when I raise my voice at the kids or I roll my eyes at my husband (or his back).

As far as feelings go, I feel disorganized, unable to decide what to do next. I sort of wander around my house seeing all the work that needs to be started, but I can't get my mind around a plan that will get anything done. Sometimes I jump from task to task. Often I go back and forth from a chore to the computer to a magazine.

My mind is foggy. I really didn't realize how foggy until I started Feingold and experienced a clear mind where it was easy to make decisions, focus on a task, or express my thoughts clearly.

There is really no other feeling to compare a reaction to. It is not like being tired, or keyed up on caffeine. I guess it's a lot like a video where they show only the shortest bits of images and keep cutting from one thing to another. All the concepts from the images are fighting in my head for attention but I don't have time to process them because I am being hit with another image immediately that also demands attention. I can't seem to prioritize them either; they all seem to be equally important and also equally urgent.

Continued on page 3

Seniors are also vulnerable to chemicals

Today's 60-, 70- and 80-year-olds have the advantage of having grown up on foods that contained fewer additives.

But those benefits are lost when "modern" lifestyles are adopted, including the use of additive-laden processed foods, sugar-free or low-cal foods, and fragrances in household and personal care products.

Retirees who are on a tight budget are likely attracted to convenience foods that are low in price and even lower in nutrients. They may not understand that by doing a modest amount of preparation, healthy food can be inexpensive.

For those seniors whose income allows more flexibility, there is another problem. More and more women have decided to retire from cooking and rely on restaurant food for the bulk of their diet.

Continued on page 4

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.

"He's just a boy" - coping with environmental chemicals

"Boys often learn to read late." "He's ADHD; medication will help." "He is just learning spatially when he knocks things over." "He'll grow out of it."

by Annette Bezell

So many well-meaning answers, some with real truth to them for many people, but my husband and I increasingly knew those were not the answers for Bennett. When his younger brother began passing him in emotional, social and academic development, we knew we had to find real answers.

Bennett was tentatively diagnosed with ADHD and we were encouraged to try medication. Somehow the diagnosis didn't seem to fit -- how could he be so ADHD one day, and yet there were times (although rare) with no ADHD symptoms? I began to read everything I could find on ADHD, trying to learn and understand more, and one book mentioned the Feingold Diet. It made sense to me, so we set a date to begin. I prepared by making sure Bennett had all his normal food, just Feingold approved, so he would not miss anything and be tempted to cheat.

WOW! Within three days, this child who could be a whirling dervish on occasion, was significantly calmer! We were so excited! Even Bennett could feel the difference. Yet, in time it became apparent, that was not the total solution for us.

I continued to read and ask questions. One day as I was putting on lotion, I remembered a friend who has multiple chemical sensitivity (MCS). I asked Bennett to smell my arm. He sniffed, and then drew back quickly. He told me it made his brain "fuzzy." How could I not have thought of this before? We began to realize that not only was Bennett sensitive to chemicals in food, but also in his environment.



Life is good for the Bezell family!

Being a good homeschool mom, each morning I would bleach the tile counter we would work on, give the boys a snack of apples and grapes, and use my whiteboard to explain school. Now we know that the chemicals and the salicylic acid put Bennett in such a fog that he was unable to think and to do his schoolwork.

How many intelligent children are placed in special ed because they cannot learn, when the real problem is with the chemicals in their food or environment? How many people think they don't like groups or have sudden mood swings, and don't realize that they aren't crazy, but only sensitive to the chemicals in their environment?

Living in this modern world of ours, with synthetic chemicals everywhere, it is extremely difficult for those who are sensitive to them. It's also difficult for others, who are not as sensitive to them, to understand how it feels.

Further compounding the problem is that each person is truly an individual -- in what they react to and how they react. Bennett found a new friend in a woman who said, "Oh, chemo brain! I would try to write a check and the numbers would come out all backward!"

Different chemicals cause different reactions for Bennett. Artificial color makes him weepy and childlike. Preservatives make him testy and verbally aggressive. Bug repellent results in rageful anger. Sunscreen makes him feel so in a fog that all he knows is that he wants to go home.

As we continue to search for better ways to help Bennett's body cope in our world, we have found grapefruit seed extract to be extremely helpful in a myriad of ways. One in particular is to dilute one drop to one ounce of water and use it as a spray to help diffuse chemical residue on restaurant tables, people's clothes, furniture, etc.

Different chemicals cause different reactions.

Family and friends have noticed and commented on the difference in Bennett. He used to cry when people came over, and tell me he wanted them to go home. Now that we know the cause we ask folks to come as chemical-free as possible. At Christmas our sweet family did not dress up; instead they came without hair spray, gel, perfume, etc. and Bennett had a happy time with them.

Bennett is now twelve and is vigilant about what he eats and his environment because he loves feeling good and being the person he truly is -- gracious, positive, helpful and funny. He loves being successful in school and is proud of his quick brain. His brother has been very accepting in adapting to the changes in our home because he enjoys his brother more when he is chemical-free.

Continued on page 3

He's all boy, from page 2

We are tremendously grateful to so many who have helped us on our journey and have had patience with what we call our "voodoo", our nickname for all the weird things we do that we barely understand, but seem to work, such as our use of grapefruit seed extract. In turn, our desire is to help others skip some of the work, loneliness and heartache we have faced.

Bennett has already helped others understand their own chemical sensitivities, and the reason for some of their own out-of-character behaviors.

How does it feel? from page 1

I would describe the severity of the reaction as being based on the size and number of the bits of input. The shorter the bit, the more bits are charging at me, the more severe the reaction. Sometimes the input is so small that I can't even describe it as a thought or image. It is just thousands of pulses of energy zipping around my brain.

I think this is why I have always liked napping, I can shut out all the thoughts when I am sleeping, and when I am awake just lying in bed I can give all my energy to processing those thoughts without feeling like I should be doing something else.

I remember when I was a teen, I used to sit in a recliner in the living room for hours on end and just think. My mother thought it was odd that I wasn't out playing or doing something. Now I realize that it was my way of dealing with everything that was going on in my brain.



At first it feels like I have a poison or acid running through my blood. I get achy like the flu, then I get that spacey feeling you get when you take some medicines; you know what's happening but you are not really there or in control. Then I get irritable over some of the dumbest things. I am usually left with a headache.

Imagine a small child, just learning how to control his emotions. I've had 34 years of experience and only got mine under control because of my vanity. I wanted to at least appear mature. A small child under normal circumstances would have a difficult time controlling emotions. A child reacting to a food or additive the way I did just wouldn't stand a chance. If an adult can't be reasoned with during a reaction, what is discipline going to do for a child? Nothing! From experience, I know it is just going to escalate the situation.



When I get a reaction, I feel arthritic, stiff, and have difficulty walking due to joint pain.



It's been so long since I've had anything truly off-plan, so I'm not even sure how, or if, I react to the synthetic additives. My Mom almost put me on Feingold when I was little (no thanks to the psychologist who talked her out of it) and my daughter, Hannah, is a lot like I was as a child, so I put myself on Feingold when I put her on it. But I found that I feel better when I eat salicylates. Aspirin works for my headaches the way nothing else does, and all the topical analgesics that actually work for me are high in salicylates.

Oh the joy in a child's heart when he or she realizes he is not bad and stupid, but that those behaviors are a result of a chemical reaction in their body, and that by controlling their environment they can control those reactions.

As a friend in the Feingold Association put it, "When you expose normal people to abnormal things, bad things happen." How freeing for a child! For this reason Bennett is not ashamed to tell others about his sensitivity. His hope is to free others also!

If we can help you think through some of this or be an encouragement, please do not hesitate to email us; we can be reached at: kabeazell1@aol.com.

Having a reaction is awful, especially when you have children who behave better than you!



I have so much compassion for these parents and their children because I have lived through what their children are going through. I wish my mother had known about Feingold. My life would have been so much different. Everything would have been better -- my self-concept, my self-esteem, my self-worth. I could have spent more time achieving my goals instead of trying to control my emotions.



I get a ringing in my ears, a sort of buzzing in my head that makes it difficult to concentrate.



I feel like the Wicked Witch of the World! I have headaches, and feel woozy, cranky, and irritable.



I remember always throwing fits as a child and many in the first years of marriage. Luckily as an adult I mostly got them under control. I still felt the urge, but didn't do the act (not often, at least).



My reactions include rheumatoid arthritis flare-ups, fever, joint swelling, joint pain, muscle pain, fatigue.

But anyone who has a steady diet of restaurant food is ingesting a great deal of questionable chemical additives, even in upscale establishments. While there are more restaurants serving truly wholesome, natural foods, they are still very small in number.

Other Options?

Although they have diminished in number, there are still many meal preparation businesses operating throughout the United States and in some parts of Canada. An hour or so spent at the facility will enable you to create a number of meals for the coming week, or you can keep them in the freezer for those times when you want to take it easy. Some places will assemble the food for you and you need only pick it up. The cost of such a meal will be lower than eating out, even at moderately-priced restaurants, and you will get to see what ingredients actually go into your dinner.

With so many people having to deal with food allergies, there are businesses catering to special diets, and cooks who will prepare a week's worth of food for you.

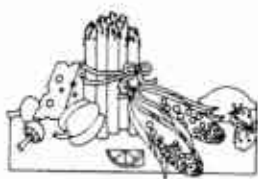
There are companies that will ship chef-inspired prepared meals to your home, packaged to stay cool and fresh. Three meals and snacks are included. Since the focus of these meals is freshness and healthy ingredients, it is likely they would be free of unwanted additives. Companies include:

- Freshology
- Organic Bistro
- The Fresh Diet
- Bistro MD
- Seattle Sutton's Healthy Eating
- Pure Foods Fresh Start

Help for the chemically sensitive with a focus on adults

There are information/support groups in various areas of the country for those who are chemically sensitive and chemically injured. Here are some major resources:

- American Academy of Environmental Medicine aaemonline.org (316) 684-5500
- Chem Tox chem-tox.com
- Chemical Injury Information Network (International) ciin.org (406) 547-2255
- Chemical Sensitivity Disorders Association chemsense.com (301) 897-9614
- Environmental Health Network of California ehnca.org (415) 541-5075
- Environmental Sensitivities Research Institute esri.org
- Get The Connection - free email newsletter from maryellen.anderson@q.com
- HealingWell.com
- Health & Environmental Research Center herc.org
- Human Ecology Action League (HEAL) healnatl.org (770) 389-4519
- Human Ecology Study Group (IL) (309) 688-2059
- MCS Health & Environment (IL) (837) 253-0142
- MCS International.Org mcs-international.org
- MCS Referral and Resources mcsrr.org
- MCS Task Force of New Mexico (505) 983-9208
- National Center for Environmental Health Strategies (NCEHS) ncehs.org (856) 429-5358
- National Foundation for the Chemically Hypersensitive (MI) (517) 689-6369
- Our Little Place - MCS Information ourlittleplace.com
- Southwest Network for the Chemically Sensitive (AZ & NM) (520) 636-1377



Or, consider placing a want-ad in your local paper for a chef. Each year, culinary school students graduate, only to find that the job prospects are not very good and the pay is worse. Seek out a chef who will create menus to fit your tastes, do the shopping, and spend a day in your kitchen, preparing meals for the coming week. If you paid half of what it costs to eat out, it would be a big advantage for you and a bonanza for the young chef.

Drugs for Seniors

Prescription drugs for older Americans are increasing rapidly. The state of Minnesota found that most citizens age 65 and over take at least one prescription drug daily and more than 20% take five or more different drugs each day.

In 1992 the average number of prescriptions filled annually by each senior in the U.S. was 19.6 and cost \$559. By 2010 those numbers are projected to increase to 38.5 prescriptions at a cost of \$2,810 per year.

Feingold Family Favorites - our new cookbook is ready!

Our new Feingold Cookbook is more than just a collection of some of our favorite recipes. It provides an overview of the Program, discusses whether such a diet is hard, and offers both household and cooking tips. The book includes lunch- bag and party ideas, as well as suggestions for enjoying holidays without the additive hangover that often follows. Suggestions are offered for simplifying plans for trips, including camping trips, and survival skills for eating out at restaurants.

Pear-Rosemary Pork Tenderloin (Stage One)

- 4 tsp. dried rosemary
- 1 ½ tsp. dried thyme
- 1 ½ tsp. dried marjoram
- salt & pepper to taste
- 3 lbs. pork tenderloin
- 1 (12-oz.) bottle pear juice
- 3 pears, cored, cut into 1" pieces
- 1 lg. red onion, cut into 1" pieces
- 3 T. brown sugar
- 1/3 c. all purpose flour

In a small bowl, combine rosemary, thyme, marjoram, salt and pepper. Rub herb mixture over tenderloin. Place in container and pour pear juice over roast. Add water until pork is completely submerged. Cover and refrigerate for 6 to 8 hours, or overnight. Preheat oven to 325°. Place tenderloin in roasting pan and pour marinade around meat. Bake for 45 minutes. In a large bowl, mix pears and onion. Put mixture around and on top of tenderloin. Spoon brown sugar evenly over entire pan. Place tenderloin back in oven and cook 45 minutes more. Transfer roast, pears and onion onto a serving platter. For gravy, brown flour in skillet. Pour drippings into skillet. Cook and stir over high heat until liquid has thickened to desired consistency.



The cost of the Cookbook is \$15.00 plus \$3.50 shipping in the US. It can be ordered from our web site or by calling (631) 369-9340.

Oven Roasted Red Potatoes and Asparagus (Stage One)

- 1 ½ lbs red potatoes, cut in chunks
- 2 T. extra virgin olive oil, divided
- 8 cloves garlic, thinly sliced
- 4 tsp. dried rosemary
- 4 tsp. dried thyme
- 2 tsp. kosher salt, divided
- 1 bunch fresh asparagus, trimmed
- ground black pepper to taste

Preheat oven to 425°. In large baking dish, toss potatoes with 1 tablespoon olive oil, garlic, rosemary, thyme and 1 teaspoon salt. Cover with aluminum foil. Bake for 20 minutes. Cut asparagus into 1-inch pieces. Mix asparagus with 1 tablespoon olive oil and 1 teaspoon salt. Add to potatoes and continue cooking 15 minutes or until potatoes are tender. Remove foil, increase oven temperature to 450° and continue cooking 5 to 10 minutes more, until potatoes are lightly browned. Season with pepper.

Gummi Bears Fruit Snacks (Stage One or Two*)

- ¼ c. sugar
- 3 envelopes unflavored gelatin
- ½ c. fruit juice of choice*

Stir all ingredients in a small saucepan. Heat just until sugar dissolves. Pour into candy molds and refrigerate until firm. Store in resealable bags or container in refrigerator.

[Slightly oiled plastic molds that are for chocolate candies work well, or pour into 8x8 pan and cut into strips/squares.]

Note: JUICES TO TRY: lemonade, mango nectar, cranberry*, grapefruit, pineapple, fresh watermelon, pomegranate, lemon and/or lime juices. (Apple* and pear juice do not provide much flavor.) *Stage Two juices are marked with an asterisk. Check any juice called nectar for hidden Stage Two ingredients.



These fruit juice freezer pops are 100% natural and have been found acceptable for use on the Feingold Program.

- Both flavors are Stage Two:
 - Sour Apple/Strawberry (contains grapes)
 - Grape/Cherry

In addition, they are free of: added sugars, fat, peanuts, tree nuts, dairy, soy or wheat gluten. They are suitable for diabetics, and are vegan and low in sodium.

Salvaging lives and saving money through good nutrition

Sacramento, California is successfully helping people who have been arrested for drug and alcohol related non-violent crimes.

The organization responsible is called the Community Addiction Recovery Association, or CARA. The non-profit group uses a program of good food, nutrients, and alternative health therapies such as acupuncture to bring about what they term "brain repair."

The majority of people who are arrested for crimes like this are not able to turn their lives around when they receive the standard treatment. Approximately two-thirds of offenders are re-arrested within two years of their first court appearance. (The term used for this is "recidivism.")

By contrast, the offenders who complete the CARA program have a recidivism rate of only 17%. This translates to savings for the state of about \$20 million since the program was initiated thirteen years ago, as well as saving the families who have been so impacted by addiction.

Another pioneer in this field, Stephen Schoenthaler, PhD, brought about dramatic changes in behavior in three days by simply giving a multivitamin/mineral supplement to juvenile and adult inmates. Each dollar spent for supplements saved the state \$1,000 in one month.

A child who is having a reaction to synthetic chemicals might throw a tantrum, but for adults the consequences can be much more serious.

CARA Award

CARA's second Abram Hoffer Lifetime Achievement Award goes to Barbara Reed Stitt, PhD.

An article about Dr. Stitt's amazing results with probationers when she served as Chief Probation Officer in Cuyahoga Falls, Ohio, first introduced CARA's Executive Director to the usefulness of food in the treatment of addiction. Like Abram Hoffer, MD, PhD, the namesake of this award who bucked conventional wisdom to focus on the biochemical basis of addictive and mental health disorders, Dr. Stitt was willing to stand out among her peers doing what worked even if it wasn't the standard of care in her day.

An astute medical detective, Dr. Stitt looked for hypoglycemia, food allergies, adrenal gland fatigue, heavy metal accumulation, and B-vitamin and other nutritional deficiencies. She knew these five problems led to distortions of thinking and decision-making. When these issues were addressed, the results were astounding. Even though it is common for over half of the arrestees to be drug dependent and for recidivism rates to be as high as 77%, over 80% of her



probationers stayed out of the criminal justice system during the last twelve years of her work in Ohio. The *Wall Street Journal* featured her work in a story in June, 1977, and numerous scientific studies have also found such numbers, including CARA's own program.

In 1982 she married another pure-food pioneer, biochemist Paul Stitt, and moved to Wisconsin where they opened a natural bakery.

Eventually she turned her focus to prevention, in the hope of changing the future for students and for the society that suffered from the consequences of their biochemical imbalances. Dr. Stitt and her husband underwrote a school healthy eating program. The most dramatic effect of their work was seen at the Appleton, Wisconsin Alternative High School where a full-time policeman patrolled the halls. Guns, fights, and poor performance were rife.

The Stitts replaced soda machines and cafeteria food laden with sugar, artificial color and corn syrup, with water, wholesome fruits, vegetables, whole grains, and proteins. Within three months the children's behavior had changed so dramatically the superintendent changed all of the schools to wholesome food.

We at CARA thank Barbara Reed Stitt, PhD, and are happy to bestow upon her the second Abram Hoffer Lifetime Achievement Award for her pioneering work in the use of food to improve behavior.

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

CARANDO DELI QUICK Hard Salami Sliced (CS, N, SM, GF), Low Fat Hard Salami Sliced (CS, N, SM, GF)

DIXIE DINERS CLUB* (www.dixiediner.com)

Peanut Caramel Flax Sticky Bar (CS, GF)

FARMLAND All Natural Boneless Pork Shoulder Butt, All Natural Boneless Pork Sirloin and Sirloin Tip (GF, CF), All Natural Steamship Leg of Pork (GF, CF), Hickory Smoked Bacon (N, SM, GF, CF), Extra Tender® Boneless Pork Sirloin for Strips (CS)

GOAT MILK STUFF (www.goatmilkstuff.com) Organic Castile Goat Milk Soap (GF)

GREEN BEAVER ^ (greenbeaver.com) Frostymint Toothpaste (GF, CF)

GREENWISE (Publix) Organic Spicy Brown Mustard (GF, CF), Organic Tangy Dijon Mustard (GF, CF)

IAN'S* (www.iansnaturalfoods.com) Chicken Stix, Soy Butter 4 ME (GF, CF), Twisty Mac & Cheese (CS); Organic: Cheddar Crackers, Chicken Tenders (CF), Cookie Buttons Chocolate Chip (CS?), Cookie Buttons Vanilla Wafer (CF), PB 4 ME Creamy No Stir Peanut Butter (GF, CF), PB 4 ME Crunchy No Stir Peanut Butter (GF, CF), Whole Wheat Pretzel Stix (CF); Wheat Free/Gluten Free Recipe: Chicken Patties (GF), French Toast Sticks (GF, CF), Mac & NO Cheese (GF, CF); Wheat Free/Gluten Free: Cinnamon Bun Go Bars (GF), Lightly Battered Fish (GF)

JILL'S (www.jillsjam.com) Jam: Tropical Mango Pineapple (GF, CF); Jelly: Pomegranate (GF, CF); Preserves: Guanabana (GF, CF), Guava (GF, CF), Papaya (GF,CF), Passion Fruit (GF, CF)

KIRKMAN ^ (www.kirkmanlabs.com) Advanced Mineral Support (GF, CF), Bifido Complex (GF, CF), Calcium without Vitamin D (GF, CF), Chromium 100mg (GF,CF), Detox Aid Advanced Formula (GF, CF), DMG (Dimethylglycine) Maximum Strength 300mg Hypoallergenic Capsules (GF, CF), Enzym-Complete DDP IV Fruit Free with Isogest (GF, CF)

MOMMY SAYS I CAN (Squirrels Nest) Sour Gummi Eggs (GF, CF)

SQUIRREL'S NEST Dark Coconut Crème Egg (302.378.1033, www.squirrels-nest.com)

Product Alert

These foods now contain salicylates and need to be moved to the Stage Two section of your Foodlist and Shopping Guide:

SANTA CRUZ Sparkling Lemonade contains white grape juice.

SHELTON'S Uncured Turkey Bologna contains paprika.

Stage Two

BRAINCHILD NUTRITIONALS (877.253.5711, www.brainchildnutritionals.com) Oregon Grape Extract (GF, CF), Spectrum Support Advanced Sensitive Formula (strawberry flavored, GF, CF), Spectrum Support II with PAK™ (strawberry flavored, GF, CF), Spectrum Support III™ (strawberry flavored, GF, CF), Spectrum Support II™ (strawberry flavored, GF, CF) FARMLAND Hickory Smoked Hot Dogs Original (CS, N, SM, GF, CF, paprika)

KETTLE CUISINE* (1877.302.SOUP, kettlecuisine.com) Angus Beef Steak Chili with Beans (GF, CF, apple cider vinegar, chili & red peppers, tomatoes), Chicken Chili with White Beans (GF, chili & green peppers), Grilled Chicken & Corn Chowder (SM, GF, chili, green & red peppers, paprika), New England Clam Chowder (GF, apple cider vinegar, chili peppers), Organic Carrot & Coriander Soup (GF, CF, chili peppers), Roasted Vegetable Soup (GF,CF, cloves), Tomato Soup with Garden Vegetable (GF, CF)

NUTRIBIOTIC* (800.225.4345, www.nutribiotic.com) Non Soap Skin Cleanser Sensitive Skin (GF, CF, cucumbers), Super Shower Gel, Fragrance Free (GF, CF, cucumbers); Fruit Snax Energy Bar: Apricot (GF, CF, apples), Raspberry (GF, CF, apples), Strawberry (GF, CF, apples)

PITTER PATTIES (818.807.8396, www.pitterpatties.com) Pasghetti, Viva Vegan (GF, CF, paprika, tomatoes), Yammy Chicken (GF, apples)

SOLEO ORGANICS (949.218.2665, www.soleoorganics.com) All Natural Sunscreen SPF 30+ (GF, CF, cucumbers, grapes, tea), Soleo/Wyland Organic Sunscreen (www.wylandsunscreen.com) (GF, CF, cucumbers, grapes, tea)

TEECCINO HERBAL COFFEE (800.498.3434, www.teeccino.com) Maya Herbal Coffee: Chocolate Organic (CF, chili peppers)

TILLEN FARMS* (800.367.2536, www.tillenfarms.com) Merry Maraschino Cherries (SF, GF, CF)

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

More about ticks

The June issue of *Pure Facts* discussed the removal of ticks using liquid soap. But several groups, including the Centers for Disease Control, caution against this method.

The Lyme Association of Greater Kansas City recommends using either fine-pointed tweezers or a special tick removal tool, which it offers for sale. The down side of using tweezers is that it is difficult to remove the tick without squeezing the insect's body, and this can inject disease-causing bacteria into one's body. The notched tick removal tool is designed to slide under the insect and remove it without placing pressure on the insect's body. It comes as part of a kit that is suitable for use in camping. It is available from the Lyme Association. Call (913) 438-LYME or visit www.lymefight.net. Or, send a check for \$4 to: Lyme Association of KS, Tick Removal Kit, PO Box 25853, Overland Park KS 66225.

The Pro-Tick Remedy Removal device is similar to the above and is available from the REI outdoor stores and at their web site: www.REI.com.

Another tick removal product, called the Ticked-Off Tick Remover Tool looks like a plastic measuring spoon with a small V-shaped notch. It is designed to slide under the tick and easily remove it from either people or pets. Ticked-Off may be ordered online from PetFoodDirect.com.

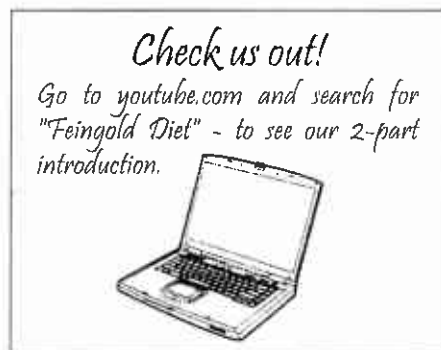
Harvard publication gets a failing grade

Editorial Notes

The June issue of the Harvard Medical School's *Health Letter* contains an article on diet and ADHD.

It actually is better than many such articles, acknowledging that there is increasing evidence to link diet with ADHD symptoms. They even write, "Parents could try eliminating the major sources of artificial colors and additives -- candy, junk food, brightly-colored cereals, fruit drinks, and soda -- from their child's diet for a few weeks, to see if symptoms improve." Then they fall into the usual trap of confusing sugar with synthetic additives; "One practical challenge to keep in mind, however, is that studies of sugar elimination have shown that parents may wrongly assume that changes in their child's behavior reflect consumption of a 'problem' food."

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



But the part of the article the Feingold Association finds most objectionable is this: "Traditional research finds no support for radical diets like the Feingold diet -- which eliminates nearly all processed foods..."

Traditional research *has* yielded overwhelming support, and the diet is not radical, nor does it eliminate nearly all processed foods. Our new *Foodlists* run approximately 200 pages. Add in mail order products and we see that the Feingold diet includes about 20,000 foods, most of which are processed, not counting the *Fast Food Guide*.

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

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