

Pure Facts

Newsletter of the Feingold® Associations of the United States



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"Out of the mouths of babes"

by *Ida Zelaya*

Let's try using the Feingold Program to help children who are challenged by Sensory Processing Disorder (SPD)

We all have sensory preferences: I like it warm, you like it cold. I like studying with the radio on, you prefer the quiet. I like to rock or chew on my hair while listening to the teacher; you're fine with sitting still in your chair. I like swinging and running on the playground; you stay close to the teacher during recess. I like baggy-fitting clothes; you prefer tighter-fitting so they don't rub your skin. I like having the lights on; you like them dimmed. I like crunchy foods; you enjoy softer choices.

Too fast, too slow; too loud, too quiet; too aggressive, too reserved -- could indicate Sensory Processing Disorder.

Most children make adjustments if their sensory preferences aren't met, without too much fanfare. If it's too warm, they make a paper fan or drink some cool water. If someone else wants to be at the back of the line, they ask to walk with the teacher at the head. If the fluorescent lights cause too much glare, they automatically use their hands to shade their eyes. If their surroundings aren't perfect, they know they'll be OK. They can regulate, or adjust, the way they react to the world around them.

But for those children with SPD, it's not so simple. They don't have preferences; they have sensory must-have demands. According to the SPD Foundation, one out of every 20 children struggle with this disorder, and symptoms occur within a broad spectrum of severity. While most of us have occasional difficulties processing sensory information, for children with SPD these difficulties are chronic and disrupt everyday life.



How can you tell that a child is struggling with SPD? Behavior is the first indicator that something is awry. Unlike the cast that protects a broken bone, or a rash that indicates an allergy to grass, there's no physical indication of this hidden neurological disorder, so we rely on the baffling behaviors as red flags.

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Asperger's Syndrome

A new film promises to bring greater awareness and understanding.

Children and adults who have some characteristics of ADD and some of autism have long fallen through the cracks as they didn't really fit either category. About ten years ago the concept of a distinct syndrome -- Asperger's -- was first introduced to the public by the work of Tony Attwood and others.

The individual with Asperger's lacks empathy, making it difficult for him to understand how his behavior and words impact on others. His literal view of life, obsession with a limited number of topics, and inability to make eye contact prevent him from being successful in social relationships. He wants to have friends, but wears out the patience of those who try to befriend him. As the center of his own universe, he tends to see others as nothing more than satellites, existing solely for his convenience.

"Adam" is the award-winning new film whose lead character is a young man with Asperger's syndrome. Many Feingold members will recognize varying degrees of these behaviors in their children, spouses, or even in themselves. It has received a thumbs-up from self-identified "aspies," and the general population should come away with a better understanding of this condition.

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.

The ally at your child's school

Looking for support? Talk to the coach and see how he/she feels about good food.

Renee Shutters and her husband couldn't understand why their young son was always angry or why he had numerous meltdowns every day.

Both parents considered themselves happy people, and little Trenton had been fairly easy-going as well. But that began to change after they agreed to host an older child while he was enrolled in a hockey program in their area. That's when the pre-teen/teen-age junk food came into their home and Trenton began to indulge as well.

At age 4, he started preschool, but he was having a hard time dealing with even the smallest stress. Happily, Renee had a friend who told her about their family's experience and how removing red dye made a huge difference in their little boy.

Encouraged, Renee went through her kitchen and got rid of anything that had dyes -- all of the dyes, not just the red ones. Within two days the difference in Trenton was dramatic. She soon learned about the Feingold Association and removed the other unwanted additives.



At preschool, Trenton was disappointed that he couldn't ride a bike, but in place of the expected tantrum, the four-year-old just said, "Oh well, maybe next time it will be my turn."

When he returned to hockey camp, Trenton's coaches were as amazed as his preschool teachers. Renee writes, "I had two coaches say they could not believe how much he had improved since March; they said not only his skill, but his attitude. 'He seems so happy, like a new kid. What happened? It is just amazing!' My husband said, 'Well, he is a little older (a whole 4 months) but we changed his diet and got rid of all the artificial stuff.'"

Your child's coach

A Feingold mom notes, "One thing about coaches -- when they speak, the kids will listen. If coaches tell the kids, 'Don't eat artificial junk because it will ruin your game,' then that will have a big impact. I remember my kid's coach said 'No soda,' and that was the end of soda in our house for a year!"

"I left work early to go see Trenton at his last day of hockey camp so I could see it with my own eyes, and -- wow -- it was amazing! He was happy, laughing, paying attention, going through all the drills! I asked the coach, 'So, how do you like my new kid?' He laughed and said 'I can't believe it!'

"The coach is also an elementary school teacher so he has the ability to reach a lot of children. I am providing him with Feingold materials to have available for other parents who are dealing with the type of issues that we once experienced in our home just a few months ago."

The powerful effect of food dyes

Science fair experiments are a wonderful way for our kids to see the dramatic effects that food additives can have on all living things, including animals, people and plants. One Feingold mom used an experiment to teach her kids.

Typically, girls have a more subtle response to the Feingold diet than boys. Additives might cause a girl to be distracted, while they are likely to result in physical overactivity in boys.

When she removed the dyes from their diet, Tracy Fiala says her daughter didn't believe it made any difference. To prove the point, they did an experiment. They bought two mice and taught them to go through a maze. When the mice were able to go through the maze in 30 seconds, one night they added 2 drops of yellow food dye to each of their water dishes. The next day, instead of 30 seconds, it took over two minutes for them to get through the maze. The mice stopped,

scratched themselves, went the wrong way and were totally spaced out. They let the mice clear the dye from their system for a few days and then added 2 drops of red dye to their water dishes one night. The next day it was evident the mice had a rough night. The bars were bent and they had blood on their paws and ears, but they made it through the maze in just 15 seconds -- focused but aggressive.

Blue dye had the same effect as the yellow.

Looking for a science fair project?

How much dye do children really eat? Why have all of the experts been wrong? Would your teen or pre-teen like to teach them how to improve their study designs?

All of the studies on dyes and ADHD that have been conducted to date share the same flaw -- they have greatly underestimated the actual amount of dye a typical child ingests in a day.

As the Feingold Association's "blue-book" points out, the amount of dye a typical American ate in a day was estimated in 1977 to be over 300 milligrams. Since then the amount of dye added to foods has greatly increased, particularly in foods designed for children. [You can find the entire bluebook (aka *Behavior, Learning and Health, The Dietary Connection*) by clicking on: www.feingold.org/BLUEBOOK.pdf or access it via our home page. Click on the button that says, "Blue Book."]



But most of the tests on dyes and ADHD symptoms used about 27 mg of dye as the estimated amount a child consumed in a day. This was the amount recommended by the "Nutrition Foundation," an organization that represented the interests of the food, chemical and pharmaceutical industries.

Another flaw in the studies is that there was no provision for the amount of dye found in non-food products like toothpaste, vitamins and medicine.

Shula Edelkind, editor of the "blue-book," has designed a fairly simple way to estimate the amount of food dye actually used to color the frosting in a single cupcake. This can be replicated in a science fair project, and information is now available on our web site. An astonishing amount of dye is needed to duplicate the intense colors used in many foods, particularly the vividly-colored frosting used on cakes and cupcakes. Add in the dyed beverages and other foods a child ingests and it's no wonder that birthday parties and Halloween are well-known for creating the "child gone wild!"

For more information on Feingold-inspired science fair projects, visit our web site devoted to these projects: www.feingold.org/sciencefair.html.

Defend against colds and flu this winter

Evidence of the remarkable value of vitamin D3 continues to grow.

The amount of vitamin D3 required during the winter months is really four times the amount generally recommended, according to a study from the University of Maine, published earlier this year in the *Journal of Nutrition*. And those with the lowest levels of the vitamin are most vulnerable to colds.

Canada's Public Health Agency is working with several universities to determine if people with good levels of vitamin D3 are less likely to suffer from **Swine Flu**. Like Maine, Canada's northern latitude means that it gets less sunlight, especially during winter months. Our bodies make this vitamin when the skin is exposed to sunlight; the fairer a person's skin, the more sunlight it can absorb.



High levels of vitamin D have been found to reduce the risk of being afflicted with **multiple sclerosis (MS)**, according to researchers at Oxford and Harvard. MS is a devastating neurological disease that damages nerve cells and the myelin sheath of the spinal cord.

Promising research with mice found that animals with MS symptoms who were paralyzed regained the ability to walk after vitamin D therapy.

Children who live in sunny climates are less likely to develop juvenile **diabetes**, according to the University of California researchers.

Finnish infants given 2,000 IU of vitamin D daily during their first year were followed in a long-term study. At age 31 their chances of developing diabetes were reduced by 80%.

The growth of **breast cancer** cells is dramatically slowed by adequate amounts of vitamin D, says Sylvia Christakos of the University of Medicine & Dentistry, New Jersey Medical School.

And Canadian researchers found that women with breast cancer who were deficient in the vitamin had their cancer spread.

SPD is complex and there are many subtypes. (For a detailed breakdown visit www.SPDFoundation.net.)

Over-reactors, under-reactors, and seekers

One subtype of SPD is sensory modulation disorder, or the difficulty in regulating the intensity of how you respond to sensory information. One person will over-react, another may under-react, and yet another might seek out sensations. A sensitive child could over-react to touch, sound, smell, taste, visual cues, movement, or gravity by having a meltdown. Another child could under-react and not notice the smell of smoke coming from the kitchen or hear the teacher calling their name for the third time. And another might seek out sensory experiences by playing loud music, or running into a wall for "fun." What makes SPD even more complicated is the fact that someone with modulation issues might have a combination of these traits, depending on the situation. Trying to understand and help these children is frustrating, to say the least!

Jordan

Let's meet Jordan: he is 9 years old and hates school. He covers his ears in class because it's too noisy and he is overstimulated by posters and other displays on the walls.

Jordan never stays in line on the way to the library or the cafeteria because someone is bound to bump into him -- and it hurts! He always sits by himself at lunch time. He struggles with handwriting and requires extra time on tests because he processes information more slowly than the other children. He's smart, but can't demonstrate it because his brain is constantly dealing with a barrage of sensory "missiles" coming his way.

Jacob

Now let's meet Jacob. He's 10 and sees the world as his private jungle gym or big-time amusement park. Like Jordan, he hates school, but for very different reasons. The school routine does not provide enough movement for Jacob.

He is impulsive and appears to be inattentive because he is always in motion, but it's this movement that keeps him focused. Jacob loves sports and plays with such gusto in gym class or on the playground that he drives the other kids away. He chews on his water bottle, fiddles with his pencils, and arrives at school with some of his breakfast still on his face.

Like Jordan, Jacob is teased at school, and it's hard for him to handle the rejection. At home, Jacob loves to wrestle with his Dad and crash into the walls, to his Mom's dismay. His risk-taking behavior results in many injuries, yet he feels little pain.



Who can help?

Look for a pediatric occupational therapist (OT) who is certified in both sensory processing/integration theory and in techniques to perform an evaluation. Visit www.spdfoundation.net and www.aota.org for listings. An OT diagnoses sensory challenges and designs specific therapy regimens which include challenging play during therapy and a "sensory diet" of activities for home and school.

Also: spdcanda.org, fhsensory.com, alertprogram.com, gameslady.com, and out-of-sync-child.com.

Ida Zelaya is a Feingold member and President of Sensory Street™, a unique educational consulting company that teaches about SPD and strategies for these wonderful children in school, at home and out-and-about. Her toolkit is filled with whole-child approaches including increasing movement, nutritional support, exploring feelings, and making connections. Visit www.SensoryStreet.com.

Can the Feingold Program help these children?

I always recommend parents try Feingold in addition to the other therapies, like OT (occupational therapy). A therapy session will not be very productive if the child is having a meltdown because of those red dyed licorice treats that were supposed to provide calming, deep pressure input to the jaw.

I don't believe that removing artificial ingredients will cure a child of SPD, but it may help eliminate some of the behaviors that baffle us and are uncomfortable for our children. Many of the parents in my SPD on-line support group have seen a decline in the intensity of meltdowns after they have removed just the red dyes from their child's diet. This is very encouraging!

It isn't easy to figure out exactly what causes a meltdown or what triggers an excessively high energy level. But we can make progress in helping these children by addressing the many areas that might be involved, including diet, chemicals in the environment, social skills, sensory deficits. By peeling away the layers, we can get closer to the core of the problem.

Removing harmful additives is important for all of us, but it's especially important for a child's developing body and brain. The petrochemicals used to create those beautiful colors and enticing flavors are damaging to the nervous system. And a child with Sensory Processing Disorder cannot afford that additional stress to their already-compromised system.

Let's take artificial ingredients **out of the mouths of our babes** so we can help them succeed.

Candy Holidays

With the candy holidays fast approaching, check out the **Squirrel's Nest** for those favorite Stage One and Stage Two treats. Feingold mom Nancy Kemble scours the candy world to find treats of all kinds for our children (and adults) to enjoy.

The Squirrel's Nest catalog of hard-to-find products can be seen online at www.squirrels-nest.com. Or you can reach Nancy at the Delaware store by calling (302) 378-1033.

Helping children with SPD

A family's quest to help their child led them to Feingold and to launching a dietary supplement company.

David and Kristy Fantz became interested in finding nutrients to help one of their children after she was diagnosed with Sensory Processing Disorder (SPD). They spent several years researching and consulting with experts about the link between nutrition and brain development. The result of these efforts is a manufacturing company, Bonus Vitae, devoted to producing high quality nutritional products to support healthy neural development, mood, and behavioral stability.



The family's introduction to the diet/behavior link came when Kristy searched the Internet to find help for her daughter, and learned about Feingold. David writes, "This was the beginning of a life change not only for our daughter, but for our entire family. Through following the Feingold diet, our daughter became a new child. We gained a powerful new means to manage her condition in a way that other means alone, such as occupational therapy, could not equip us. We have become 'pontificators' of the Feingold Program to all who will listen, given the life-changing impact it has had on us -- thank you, to Dr. Feingold and the Association!"

Halloween Candy Horrors

Each year, the list of repulsive candy options grows longer. (These products are not acceptable on the Feingold Diet.) Toxic Waste Hazardously Sour candy offers High Voltage Bubble Gum and their new Short Circuits Shockingly Sour Gum.

Candy companies sell a variety of body parts including squishy gummy eyeballs and pimples. There are both chocolate and gummy versions of: rodents, insects, snakes, and even an octopus.

One genius has come up with a candy innovation that looks like a used Band-Aid.

All that Halloween Candy!

Your children can enjoy natural candy at Halloween, but chances are they will also want to go trick-or-treating -- just for sport.

Feingold mom Beth George has found a solution. She writes, "For the past three years we have allowed our kids to trick-or-treat to their hearts' delight, but they don't eat any of the artificial stuff. Instead, we get a large piece of cardboard, hot glue guns, and lots of hot glue sticks and have the kids create candy sculptures. Sometimes the wrappers stay on and sometimes they come off. The activity goes on for several days."

The junko candy your kids collect can be used to build haunted houses and castles; and think about using it later this year to create gingerbread houses -- strictly for decoration, not for eating.



Beth is the owner of Spelt Right Baking Company, located in Yarmouth, Maine. Spelt Right provides wheat-free baked goods. See www.speltrightbaking.com to learn how you can order their products.

A supplement designed for brain and behavior support

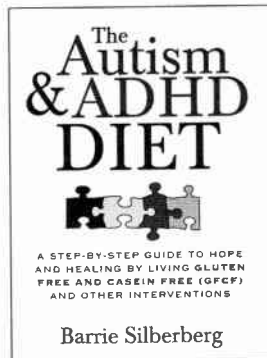
Bonus Vitae's first supplement is B-Focused, a Stage Two chewable tablet that incorporates nutrients found to be especially critical to brain development and functioning. Nine of the B vitamins are used, along with C, D, E, plus trace minerals and essential fatty acids.

For more information on the Denver, Colorado-based Bonus Vitae and B-Focused, visit their web site at www.bonusvitae.com.

The Autism & ADHD Diet

Sensory processing disorders, Asperger's syndrome, ADHD and Autism have many factors in common. People who suffer from these will find a wealth of resources in this book.

Barrie Silberberg has compiled the practical information that can guide parents and care-givers onto the fast track to finding real solutions for children (and adults) with both behavioral and developmental disorders. Her training in special education and her understanding of the value of good food guided her to solutions



for her son Noah's many symptoms. These characteristics covered the gamut, including: autism, Asperger's, SPD, ADHD, and developmental delays.

Once Noah went on a GF/CF (gluten-free, casein-free) diet the problem behaviors greatly diminished, and Barrie further enhanced their success by removing synthetic additives in both his food and non-food products.

Julie's story

"My son had been diagnosed with Asperger syndrome. I started him on the [gluten-free, casein-free] diet when he was six-and-a-half years old. When we started the diet, we unfortunately did not see immediate, dramatic results. That was discouraging, but we kept at it, and I was very strict about infraction. Slowly, very slowly, we began to get results. But it wasn't until we added the Feingold Diet, removing foods high in salicylates, such as apples and tomatoes, that we finally got our dramatic results."

After the change in her son's diet, Barrie writes, "His sensory issues vanished. He was able to listen calmly to loud music, go outside without sunglasses, and sit in a room where onions were being cooked. It was a miracle."

"Before the diet, every communication turned into a monologue about his obsessions. He could not communicate back and forth with someone else, as people usually do in a conversation. With the diet interventions, he began to communicate like a typical child. He later became fully included in his regular classroom, with no outside intervention from the school."

This book is loaded with information, recipes and resources to guide the newcomer through the process of testing out a GF and/or CF diet. There are twenty pages devoted just to websites offering foods, disability services, related therapies and support groups, both in the US and abroad.

Emma's story

"I am thirty-five years old, and I have Asperger syndrome. I always knew that I was different from the others when I was a child. The other children would be off playing with each other, and I would be sitting in the corner with one of my books.

"When someone did try to befriend me, I never knew what to say and generally said something that would end in me being teased and seen as very strange. I often stared off into space, and I never looked into people's eyes."

Even as a child, Emma had noticed that some food made her feel ill, and she later saw that certain other foods were affecting her behavior. As an adult she began to pay even closer attention to her diet, keeping a food diary, and she learned that she was sensitive to gluten, casein, and various foods. Today, as long as she is careful about what she eats, Emma is able to interact well with others and finally feel normal.

Melinda's story

"Joshua developed normally until his vaccinations at eighteen months old, when he rapidly spiraled out of control. Within three days, our son was lost to us. Our once sweet and loving boy was replaced by a child who no longer wanted us to touch him -- who now screeched, banged his head, giggled for hours, and wouldn't sleep longer than two hours, ever. Sadly, Joshua no longer liked his favorite toys, preferring to sit and rock, or to run wildly around in circles. His sweet disposition was replaced with violent seizures."

The countless specialists visited and the many thousands of dollars spent did not provide the solution either. It was not until Joshua was fourteen that his family identified his sensitivities to gluten and casein and his various food allergies. Melissa writes, "Day by day, Joshua is returning to us. Two weeks ago he played with the neighborhood children for the first time ever, while I watched and cried."

Note: Joshua is being helped by the DAN (Defeat Autism Now) protocol.

The Feingold Association's *Foodlist* books now identify brand name products that are free of gluten and casein.

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 EVERYDAY VALUE^ (Whole Foods Market) Organic Fig Bar; Organic Hot Cocoa Mix Milk Chocolate (GF), Organic Hot Cocoa Mix Rich Chocolate (GF); All Natural Crinkle Cut Fries (CS,GF, CF), All Natural Tater Puffs (CS, GF, CF)

B-FRESH* Gum: Lemon (GF, CF)

BERLIN NATURAL BAKERY* (www.berlinnaturalbakery.com) Country Made White Spelt Dinner Rolls (CF), European Style Gourmet White Pizza Crust (CF), Gramma Moser's Zucchini Spelt Bread (CF), Sprouted Biblical Breadsticks (CF), White Spelt Breadsticks (CF), White Spelt Noodles (CF), Whole Spelt Noodles (CF); Spelt Cookies: Chocolate Melt Down (CF), Oatmeal Gems (CF)

CHARLEY'S (Food Service) Beef Flavored Spring Roll (CS, MSG/HVP, CF), Chicken Flavored Spring Roll (CS, MSG/HVP,CF), Chow Mein (CS, MSG/HVP, CF), Vegetable Egg Roll (CF), Vegetarian Spring Roll (CF)

CRYSTAL FARMS Cheese: Natural Mild Cheddar (GF)

DIETZ & WATSON Aalsbruk™ Gouda (SM, GF), Blue Cheese (GF)

EARTH ISLAND VEGAN GOURMET** Cheese Alternative: Cheddar (GF, CF), Monterey Jack (GF, CF)

FOLLOW YOUR HEART PRESENTS VEGAN GOURMET* Cheese Alternative: Cheddar (GF, CF), Monterey Jack (GF, CF)

GREEN BEAVER^ Unscented Deodorant (GF, CF)

HICKORY FARMS (www.hickoryfarms.com) Smoked Cheddar Blend (CP, SM, GF), Spiral Sliced Honey Gold Ham (N, GF, CF)

PAUL PENDERS* (www.paulpenders.com) Mineral Eye Shadow (GF, CF), Mineral Foundation Blush (GF, CF), Natural Moisture Foundation (GF, CF); Natural Mascara - Black, Brown (GF, CF)

Q.BEL Wafer Bars: Crispy Rice Dark Chocolate, Crispy Rice Milk Chocolate, Peanut Butter Milk Chocolate; Wafer Rolls: Crunchy Crispy Dark Chocolate, Crunchy Crispy Milk Chocolate, Peanut Butter Milk Chocolate (www.qbelfoods.com)

SHELTON'S* Canned Free Range Chicken (GF, CF)

TOM STURGIS PRETZELS Whole Grain Logs (CS, CF)

Product Alert

Please remove PRINGLES Sour Cream and Onion chips from your *Foodlist & Shopping Guide* because they now contain artificial flavor.

The following products now contain salicylates and need to be moved to the Stage Two section of your *Foodlist*.

GARRETT COUNTY Spiral Sliced Semi-Boneless Cooked Seasoned Uncured Ham (cloves)

WELLSHIRE FARMS Spiral Sliced Semi-Boneless Cooked Ham (cloves)

WELLSHIRE FARMS Cocktail Franks, Original Deli Frank, Premium Beef Hotdogs (cider vinegar)

WELLSHIRE FARMS Tom Turkey Snack Sticks, Uncured Turkey Franks (paprika)

Stage Two

365 EVERYDAY VALUE^ (Whole Foods Market) Organic Blueberry Fig Bar (apple, citrus pectin may contain oranges and tangerines), Organic Strawberry Conserve (apples, oranges)

BERLIN NATURAL BAKERY* Pumpkin Streusel Spelt Bread (CF, cloves); Cranpinana Spelt Bread (seasonal, CF, cranberries); Spelt Cookies: ChewyFull Raisin Oatmeal (CF)

BOKU (www.bokusuperfood.com) Superfood (CF, goji berries, strawberries)

EARTH ISLAND** Eggless Mayonnaise: Original Vegenaise (GF, CF, apple cider vinegar)

FOLLOW YOUR HEART* Eggless Mayonnaise: Original Vegenaise (GF, CF, apple cider vinegar)

IAN'S* Wheat Free/Gluten Free Recipe: French Bread Pizza (CS, GF, CF, tomatoes, oranges, tangerines); Wheat Free/Gluten Free: Apple Pie Go Bars (GF), Egg & Maple Cheddar WaffleWich (GF, peaches), Maple Sausage & Egg WaffleWich (CS, GF, CF, peaches), Pasta Kit (GF, CF, tomatoes), Pizza Kit (GF,CF, tomatoes)

KIRKMAN^ (www.kirkmanlabs.com) Spectrum Complete Hypoallergenic Capsules (GF, CF, grapes)

KLAIRE LABS (www.klaire.com) VitaSpectrum™ Capsule Formula (GF, CF, oranges, tangerines)

LUNA & LARRY'S COCONUT BLISS* (www.coconutbliss.com) Cappuccino (GF, CF, coffee), Cherry Amaretto (GF, CF, almonds), Naked Almond Fudge (GF, CF)

SO DELICIOUS All Natural Coconut Milk Yogurt: Blueberry (GF, CF), Raspberry (GF, CF), Strawberry (GF, CF), Strawberry Banana (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.

Goodie Baskets

Each fall we assemble baskets full of Feingold-acceptable Stage One and Stage Two candies and snacks, and offer them as holiday gifts. For each donation of \$50 FAUS will send a holiday gift basket via Priority Mail to you or to the person you choose. Let us know if you would like to include a message.



You can have a basket sent to your relatives so natural treats will be available for your child when you visit.

Call our office at (631) 369-9340 or order online at www.feingold.org. We will have a total of 200 baskets and they will be available beginning in mid-November.



The FAUS Membership Office will soon be moving to our new home:

37 Shell Road, Suite 2
Rocky Point, NY 11778

The phone number will remain the same: (631) 369-9340.

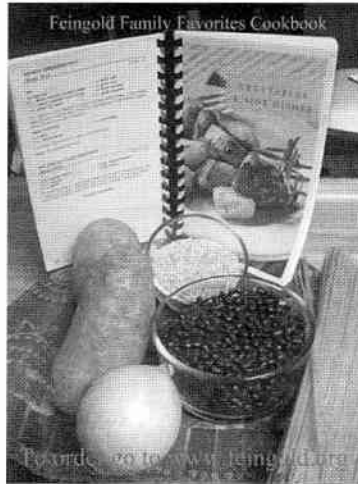
Will you be moving? If so, please send us your new address - your *Pure Facts* cannot be forwarded.

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

Cookbook available

We ran out of the first printing of our cookbook, *Feingold Family Favorites*, and have now received the new books. The cost of the Cookbook is \$15 plus \$3.50 shipping in the US.

It can be ordered from our web site: www.feingold.org or by calling (631) 369-9340.



Here's an easy way you can help!

If your employer participates in the United Way or Combined Federal Campaign, ask the representative at your office if you can designate some or all of your contribution to the Feingold Association. (We are a tax-exempt non-profit charity.)

Request a copy of their "designated donation" form, and contact FAUS if you need any assistance or information.



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, 37 Shell Road, Rocky Point NY 11778, or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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