

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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

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## Here come the Holidays!

Ready or not, the time for family celebrations -- and food -- will soon be here.

For ideas on holiday problem-solving, we consulted the experts (experienced Feingold parents) for their suggestions.

Cathy writes, "Any time I travel to relatives' homes I pack a box of food with Feingold-approved mac & cheese, bread, snacks, etc. Everyone knows that my son can eat anything out of that box, so if I run errands they know what he can have."

"I also shop when I arrive and get acceptable yogurts, milk, cheese and tortillas."

"I make sure I have a part in planning the meal. My son cannot eat the stuffing my parents enjoy since it calls for canned biscuits, so I make him mashed potatoes, sweet potatoes, and I buy the turkey. I also bring approved (or homemade) rolls and desserts."

"I'm fortunate that both sides of our family support our efforts and no one tries to trip us up. They have their favorite foods and I make sure there is plenty for us, too. Everyone on both sides of the family has seen the tremendous difference in my son, and we all enjoy having a happy, calm child. They all remember him before Feingold and nobody likes to see that again."

Debbie writes, "We've been FG (Feingold) for over 9 years. At family holiday celebrations we usually all chip in and bring side dishes so I make sure I volunteer to bring a lot of dishes to share so I know there's plenty of approved foods we can eat. I also do the shopping for the meat so that I can make sure it's approved. My relatives know this diet helps my son so they don't mind what I do."

"When I attend larger events where I cannot have this sort of control, I just bring everything FG for me and my son. I don't explain to everyone what I'm doing; I just get our food and that's what we eat."



- Suggest your friends and family take a look at our YouTube to get a better understanding of our program. It can be viewed via our home page or by going to [youtube.com](http://youtube.com) and doing a search for "Feingold Diet."

- If you will be traveling to visit relatives, send them a list of some of your favorite brand name foods -- or suggest they wait to shop until you arrive.
- Lend them a copy of your *Healthier Food for Busy People* book. It's a lighthearted introduction to Feingold.
- If you will be traveling by car, pack up the cooler before you leave. It can provide a handy surface in the back seat and also doubles as a way of separating two traveling siblings.
- Ask others on our members' message board for their favorite stores or restaurants in the cities en route and at your destination, and pick up some of those hard-to-find items.
- Healthy markets like Whole Foods, Earthfare, etc. can be a good place to enjoy lunch when you travel.
- Will you be celebrating at your home? Use special dishes or colored plates to let your "target" know which foods are the ones for him.
- Support your Feingolder by eating the same food she does. (Okay, when you're away from home, you can indulge as you like.)

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.

## Aging on Feingold, one member's story

In 1969 I had just had my third child, and moved into a brand new house. I felt overwhelmed and relied more on prepared food to make mealtime easier.

The work didn't bother me, but at times the emotional stress was too much. One night, alone in the house with the three children, and unable to get the baby to settle down and sleep, I began to think I was on the verge of a nervous breakdown.

I had a neighbor who was a psychologist so I went to tell him my story and ask him to recommend a psychiatrist. He said he could, but first I was to read Adele Davis' book, *Eat Right to Keep Fit*. He said if I followed her suggestions and didn't feel better in about three weeks he would recommend someone for me to see.

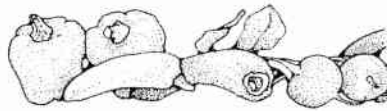
I never did need to see a psychiatrist, but from time to time I would have what I called an attack -- which I ultimately figured out was triggered by MSG. Our son also showed positive changes from the better food. But the one thing that eluded us was the effect we experienced from natural salicylates. We didn't learn about them until 1974 when I heard Dr. Feingold talk about the dietary connection to behavior, learning and health.

The years have passed but I think back to my early years and how I did not know how to read on the first day of second grade. I recall having to go to summer school so I could be promoted to the fourth grade. I was the middle child, with two brothers, and was often a pain-in-the-neck to my father. I remember the time I ran to the safety of my room and pushed the dresser in front of my door to keep him out. I don't know how my mother was able to keep calm.

I graduated from Tufts University -- not bad for an ADHD kid -- but in those days food was still mostly natural. I think the salicylates were my

downfall, making some periods better than others. Now, thanks to the Feingold Association, I know how to keep my intake of salicylates low enough so that I'm OK. Most of the time I maintain an additive-free (Feingold) diet, indulging in a small amount of cucumbers and blueberries.

Recently I was having lunch out with my extended family and ordered a veggie burger. It was topped with a generous amount of green pepper. I thought to myself, "I've been pretty good, not straying too far from a Stage One diet; I can have this." But then I remembered another time I had overdosed on salicylates. I tried to settle into bed for the night, but disturbing thoughts kept creeping into my head.



There was a closed safety pin on my nightstand. I was not able to stop visualizing it flying off the table, opening and jabbing me -- it's too gruesome to put into print! I had to get up and take everything off my nighttable and put the pin away in another room. I came back to bed, closed the door and finally was able to get to sleep. Now, looking at those green peppers, I wondered if I should eat them. I looked around at my relatives and decided not to take the chance.

But even though I had not eaten the peppers, the next morning when I woke up I knew things were not right. I could not stop thinking of a friend I had visited two weeks earlier. We had talked about the type of exercises we do, and now I was worried that she tried my exercises and found they

were too much for her. I called her and when she was not at home I was afraid she injured herself doing the exercises, and wound up in the hospital. I knew these fears were not logical but I could not chase them from my mind. I called a mutual friend and even called her local hospital and they told me she was not a patient there. I was distraught and could not put the idea out of my head; everything that happened that day was so out of proportion. That night, sleep did not come easily, but the next morning I felt a little better. As the time passed over the next three days I could feel myself getting better and by the time my friend called to say she was OK it didn't matter because I knew she was.

It's been nearly three weeks since I had that terrible reaction. I think I've learned a lesson, but am not sure how far I can go. Now that I am 70 years old, has my body become more sensitive? I think so, and wonder about the small number of blueberries I had in my cereal two days ago. Yesterday I had a small pickle and today I think I'm OK, but am not sure. There are no obsessive thoughts, but I am not 100%. Is it because of small infractions? Is it because of the state of the economy? I'm not sure, but for the time being, I will let some more days pass before I do any experimenting with salicylates.

I remember Dr. Feingold saying, "Any compound in existence, natural or synthetic, can induce an adverse reaction for an individual with the appropriate genetic profile." It's a comfort to know that it's "not in my head", that it is a physical reaction, and I don't need a psychiatrist because how I feel is ultimately in my control.

## Starting out on the Feingold Diet

**W**e know that many people approach the Feingold Diet with feelings of anxiety. But we also know that after the first weeks, they will probably feel comfortable with the changes and will be enjoying the benefits of a happier, healthier family. "Old timers" know that once they have tested for salicylate sensitivity, the new member can find and enjoy nearly any food they want, so why the apprehension? It might be that they think our program cuts our sugars or processed foods, or that the food will not taste good or will be more expensive -- none of these fears are real.

But the main reason is likely to be twofold: **First**, the family is often at a crisis point when they contact the Feingold Association and are already overwhelmed. Making a change in food could seem like too big a task. **Second**, there is a good chance that at least one parent is experiencing many of the same symptoms as their child. The chemically-sensitive child almost always has at least one sensitive parent, and if that parent is the main caregiver, she is already struggling to deal with all the stresses of her life and of the added stress from her child. If she can get through the early weeks, she should notice changes in herself as well.

### Will the Feingold Program help my child?

The parent of a child with obsessive compulsive disorder (OCD) considers using diet to help him.

**Q**: "My son was diagnosed with OCD and when on his medication for treatment of OCD we noticed behavioral side effects. I was curious if the Feingold Diet could help with behavior under these circumstances. Is there any data on this? We are considering trying this approach."

**A**: We can never predict that the Feingold Program will help a specific person or problem, but we can look back and see that it has helped many problems, including OCD symptoms.

Our brains are very complex (talk about understatement!) and in order for them to work well, a complicated series of chemical and electrical processes must take place in fractions of a second. If we introduce harmful chemicals into our bodies (via injection, absorption through the skin, breathing in, or swallowing) they will find their way to our brain and have the potential of disrupting the delicate processes that result in reasoning and thinking.

We know that food can affect our brain. Think of the naturally occurring chemicals we ingest when we eat Thanksgiving dinner; the amino acid tryptophan, found in turkey, is known to make people sleepy.



We know that alcohol affects our brain, as do prescription and over-the-counter medicines. And of course, illegal drugs can have drastic effects on the brain. So why wouldn't petroleum-based chemicals like dyes, preservatives and other additives also affect the brain? (Additives like MSG and aspartame have been found to have devastating effects, including the destruction of brain cells, according to neurosurgeon Russell Blaylock.)

One of the brain's neurotransmitters that seems to be especially linked with behavior issues is serotonin. It is one of the chemicals that enables nerve cells to communicate with each other.

Serotonin is considered an inhibitor. It prevents us from doing things that are inappropriate or dangerous. In his book *Tourette Syndrome and Human Behavior* Dr. David Comings states, "Low levels of brain serotonin are associated with aggression, depression, violent suicide, alcoholism, arson, borderline personality, bulimia, and other impulsive behaviors. Low brain serotonin may also cause panic attacks."

Another area where serotonin seems to play an important part is OCD, when a person feels compelled to repeat an activity over and over, and feels very anxious when they do not.

Researchers at Brown University and Yale have found that drugs that increase serotonin can help OCD sufferers. "When utilized by the brain's neurotransmitters at normal levels, serotonin is believed to impart a feeling of certainty, so that people don't experience excessive doubt about what they think and do. If his serotonin is out of whack, an individual may have no confidence in his decisions or actions, leading him to repeat actions over and over."

In order for the brain to work well, many things have to "go right."

It appears that petrochemicals are one of the things that can disrupt the chemical/electrical processes going on in the brain, so the elimination of them on the Feingold Program may help explain why many of these very diverse symptoms are helped. This may also explain some of the behaviors autistic children show -- rigid rules and the need for repetition -- and could help explain why some autistic behaviors improve on the Program.

## Avoid the Flu This Winter

Recent research suggests this vitamin can help you stay healthy during cold and flu season.

**T**he Public Health Agency of Canada (PHAC) has been investigating the potential role of vitamin D3 in preventing seasonal flu and will be collecting data on the association between low levels of the vitamin and susceptibility to swine flu. It will take several seasons to gather the needed data, but the agency said that work with animals in the 1940s indicated that mice on diets that were low in vitamin D were more susceptible to flu than those with adequate amounts.

The agency cited a 2009 study by Doss: "How vitamin D might protect against influenza infection is not fully understood. However, new research suggests that vitamin D induced the production of antimicrobial substances in the body that possess neutralizing activity against a variety of infectious agents, including influenza virus."

### Flu in the Winter

We create vitamin D when our skin is exposed to sunlight and the more pigment there is in our skin, the longer it takes to do this. In addition, the farther we live from the equator the harder it is for us to get adequate sunlight, especially during winter months.

A leading researcher in this field is Dr. John Cannell who wrote in 2006: "Vitamin D deficiency predisposes children to respiratory infections. Ultraviolet radiation (either from artificial sources or from sunlight) reduced the incidence of viral respiratory infections, as does cod liver oil (which contains vitamin D)."



Full spectrum lighting can help us make vitamin D during winter months.

Healthy foods and nutrients can help keep us healthy.



### Children and Infants at Greatest Risk

The US Centers for Disease Control and Prevention has found that the most vulnerable children are those with certain chronic medical conditions that include: respiratory illnesses, developmental delay, cerebral palsy, and neurodevelopmental delays. It may be because these children are likely to spend more time indoors.

Babies with rickets (a problem that has re-emerged in the past twenty years) have also been found to be at risk for developing flu. Vitamin D3 deficiency is linked to rickets, a condition where the bones are malformed and remain soft.

Researchers at UCLA's Geffen School of Medicine write, "In children, an association between nutritional rickets with respiratory compromise has long been recognized. Recent epidemiological studies clearly demonstrate the link between vitamin D deficiency and the increased incidence of respiratory infections."

Even infants with no signs of rickets, but with low vitamin D, are at risk for acute lower respiratory infection. The research, published this year in the *European Journal of Clinical Nutrition*, suggests supplementation for expectant mothers, especially during the winter months.

### Teens, Vitamin D, Obesity

Teens with the lowest vitamin D levels are at greatest risk for obesity according to research at Johns Hopkins and at the Medical College of Georgia. A deficiency in the vitamin was linked with greater amounts of abdominal fat, associated with heart disease, stroke, diabetes and hypertension.

In another study, the more adequate the vitamin D levels, the more success people had with weight loss diets.

### Not so hard to take

For those who want to supplement with vitamin D3, but don't enjoy swallowing pills, the vitamin is available in drops that have no taste. One single drop on food or in a beverage will provide an entire day's supply.

### If you are taking blood thinners

Even healthy foods and nutrients can be a problem for someone taking blood-thinning medicine.

Aspirin and natural salicylates are known to thin the blood, and while this is a real benefit for most people, it can be a problem for those whose blood does not clot easily.

Some herbal supplements, omega-3 essential fatty acids, and vitamin E are also considered blood thinners. Research in Canada and the US suggests that vitamin D could have a similar effect.

If you are taking blood-thinning medicine, speak with your doctor about the foods and any supplements in your diet. Patients scheduled for any type of surgery should also consult with their doctor about blood-thinning effects.

## Holiday Treats!

Here are some of the treats that will be in our Holiday Goodie Baskets. (See page 8 for details on ordering.)

One of the easiest -- and tastiest -- ways to introduce family and friends to the Feingold Program is with a selection of delicious treats like these. It will demonstrate that the Feingold Diet is not a "Health Food Diet," but is much closer to a "Gourmet Diet." What's not to love?

### Feingold Stage One Gummies

The new sour gummi candy we introduced in the April *Pure Facts* is now available in holiday shapes.

Not only is it free of corn syrup, but the candy, called "Mommy Says I Can," is also free of both gluten and casein. These gummies can be ordered from the Squirrel's Nest Candy Shop at [www.squirrels-nest.com](http://www.squirrels-nest.com) or by calling (302) 378-2884.

### New Candy Bar Choices

Chocolate/wafer candy bars and rolls offer new options for Feingold families.



These Stage One treats are not only free of synthetic colors and flavors, they also have no high fructose corn syrup and no hydrogenated oils. The candy was developed by a dad who wanted his son to be able to enjoy candy bars -- like the other kids -- but without harmful additives.

Q.BEL candies come in six versions. **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.

They currently are available at many natural food stores, from the Squirrel's Nest, and from the online [naturalcandystore.com](http://naturalcandystore.com). Also, look for them at: Whole Foods, Harry's Farmer's Market, Sprouts, Sunflower, Wegman's, Food Emporium (New York City), Fairway (NY), PCC (Northwest), and New Seasons (Northwest).

**A note about all that sugar!** We know that most of us eat too many sugary foods, so why does the Feingold Association put so much emphasis on candy? Because it's harder to find natural candies than most other foods. While we do not encourage people to pig-out on treats, we know that once a family cuts out additive-laden foods, they will automatically remove much of the sweeteners that are used in huge amounts in foods of all types, not just candy. It's a lot easier to monitor your intake of sweeteners when they are in your dessert, not in salad dressings and frozen dinners.

### Bellow's House Brownie

After working for many years as mechanical engineers, Lois Ford and her husband, Lou Ciercielli decided it was time for a change so they opened the Josiah Bellows House Bed & Breakfast in Walpole, New Hampshire.



Wanting to make their guests feel welcome, they placed a cookie on the nightstand in each room. This led to the development of Bellows House Bakery, where the couple devotes their energies full time to baking cookies and brownies.

Only one of the treats found on their web site ([www.bellowshouse.com](http://www.bellowshouse.com)) is Feingold-acceptable, but it's a winner. It's the Fudge Brownie, a melt-in-your mouth delight sure to please any chocoholic.

### Jelly Bellies

Jelly beans get a makeover



The Jelly Belly company continues to offer a national version of their jelly beans, but they have switched from a selection of fruit flavors (strawberry, grape, cherry, etc.) to their Superfruit Mix containing a more exotic blend of acai berry, Barbados cherry, cranberry, blueberry and pomegranate.

Like the previous version, the Superfruit Mix is Stage Two Feingold-acceptable

# Small-Bladder Syndrome?

Some observations and advice from a chemically-sensitive adult.

For most of my life, up until I changed to eating only organic food, I diagnosed myself with having a small bladder because I spent a lot of time running to use the bathroom. I accepted my self-diagnosis as fact and lived with it.

After I started introducing organic food to my diet, I started to notice that my small bladder miraculously became bigger. In other words, I wasn't running to the bathroom all the time. I then noticed that my "small-bladder syndrome" returned after eating non-organic food. Then I started seeing advertisements for drugs to help people with overactive bladders. This helped me understand that this problem is common.



The nervous system signals the bladder to do what it's supposed to do, but if neurotoxins (such as pesticides and additives) are ingested with our food and drink, then the nervous system doesn't function properly. Neurotoxins affect the nervous system, so surely these chemicals affect the bladder as well.

The healthier I become the less time I spend in the bathroom. I now see that frequent trips to the bathroom had nothing to do with the size of my bladder, but were the results of the chemicals running through the bladder.

This article has been reprinted from a free online newsletter, "Get The Connection", by Mary Anderson. To sign up for this informative newsletter, you can email: [MaryEllen.Anderson@q.com](mailto:MaryEllen.Anderson@q.com)

## The Feingold Connection

Dr. Feingold noted that the muscles and nerves are very sensitive to many chemicals, including both the synthetic compounds added to foods and those used to treat foods. Even the naturally-occurring salicylates in foods can be a factor.

Bed-wetting is a common problem for children who have been diagnosed as "ADHD" and many children have seen the problem disappear after they switch to a healthier diet.

With so many families struggling in this economy, it can be difficult to replace conventional foods with organic, but if you have already eliminated the additives and tested for salicylates, it might be worthwhile to run a short-term trial to see if bladder symptoms improve with a regimen of organic food.

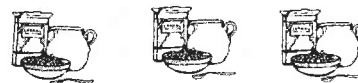
## Some Statistics

Nocturnal enuresis (bed-wetting) is estimated to affect approximately one quarter of 5-year-olds, 20% of 7-year-olds, and 5% of 10-year-olds. For 1% to 2% of people, the problem continues to age 18 and beyond. As with the diagnosis of ADHD, more boys are affected than girls and there is often a family history of the problem. Mayo Clinic urologist, Erik Castle, cautions that if enuresis begins in adulthood, it could be an indication of a health issue including diabetes, bladder cancer, prostate enlargement, urinary tract infection, sleep apnea or a neurological disorder.

When a child has been dry for at least 6 months and then begins bed-wetting, the trigger could be psychological, brought on by stress, fears or other form of insecurity.

## "Smart" Choices

Every few years the same industry that has been feeding our kids additive-laden junk for decades emerges to save the day!



This time the self-proclaimed super heroes are the enormous food conglomerates that include Kraft, Kellogg, General Mills, Unilever, PepsiCo and ConAgra. Another player is the American Society of Nutrition, which receives money from these companies to give their stamp of approval on various foods.

Shoppers are told to look for the Smart Choices label with the big green check mark, designed to convince shoppers that the product is "better for you." The question they don't address is "better than what?"

Among the products that have received the green check mark are Kraft's neon yellow mac & cheese mix, Lunchables, and Kellogg's Cocoa Krispies, Lucky Charms and Froot Loops.

Eileen Kennedy, who heads up the Smart Choices board, was quoted as saying that Froot Loops (which has added vitamins, along with more than 40% sugar) is a better choice than other things parents could choose for their child's breakfast. But she didn't specify what is actually worse, and that's hard to imagine.

## 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

CRISPY CAT\* Chocolate Sundae candy bar (GF, CF)  
ECO PLANET 7 Whole Grains Instant Hot Cereal: Maple & Brown Sugar (GF, CF), Original (GF, CF)  
FOLLOW YOUR HEART\* Lemon Herb Dressing (GF, CF);  
Vegan Gourmet: Cream Cheese Alternative (GF, CF),  
Sour Cream Alternative (GF, CF)  
INDIA TREE\*^ (all are GF, CF) Nature's Colors Sprinkles: Blue Orange, Pink, Red, Yellow; Peppermint Crunch Party Decoratifs (CS)  
JUST DESSERTS Brownie Bites (CS), Carrot Cake, Lemon Cake  
LUCKY Chicken Flavor Spring Rolls with Sweet & Sour Sauce (CF), Original Flavor Spring Rolls with Sweet & Sour Sauce (CF)  
NATURE CLEAN® ^ (all are GF, CF) 100% Natural Bar Soap, 3X Concentrate Laundry Liquid Unscented), Delicate Wash Dishwashing Liquid Unscented, Fabric Softener Unscented Glass & Window Cleaner, Laundry Stain Remover, Liquid Soap Unscented, Tile & Bath Cleaner, Toilet Bowl Cleaner (SB); 99.9% Natural: Herbal Conditioner Unscented, Herbal Shampoo Unscented  
PAMELA'S\*^ Bread Mix & Flour Blend (GF, CF), Chocolate Cake Mix (CS, GF, CF), Chocolate Chunk Cookie Mix (GF, CF), Classic Vanilla Cake Mix (GF, CF), Confetti Frosting Mix (CS, GF, CF), Cornbread & Muffin Mix (GF, CF), Dark Chocolate Frosting Mix (CS, GF, CF), Vanilla Frosting Mix (CS, GF, CF); Organic Cookies: Chocolate Chunk Pecan Shortbread (GF); Simplebites: Chocolate Chip Mini Cookies (GF, CF), Extreme Chocolate Mini Cookies (SF, GF, CF); Traditional Cookies: Lemon Shortbread (SB, SF, GF)  
RUSTIC CRUST\* Ready Made Old World Crust: Crispy Italian Thin Crust (CF)  
SO DELICIOUS All Natural Coconut Milk Yogurt: Chocolate (GF, CF), Passionate Mango (GF, CF), Pina Colada (GF, CF), Plain (GF, CF), Vanilla (GF, CF)  
SOLAR\* Energy Gum: Moon Melon (CF), Peppermint Planet (CF), Spearmint (CF)  
SWEETLEAF^ Liquid Stevia: Vanilla Crème (GF, CF)  
WHOLE FOODS MARKET^ Dark Chocolate Little Bites (GF), Milk Chocolate Little Bites (GF)

### Stage Two

365 EVERYDAY VALUE (Whole Foods Market) Organic: Cheese Crackers (paprika, red peppers), Quack n' Bites Cheddar Crackers (red peppers, paprika), Steak Fries (GF, CF, apples)  
B-FOCUSED Children's Chewable: Vitamin & Mineral Supplement with Omega 3 EPA & DHA (CF, strawberries)  
DIETZ & WATSON New York State Cheddar with Habanero & Jalapeno Peppers (GF), Peppadew™ New York State Cheddar (GF, red peppers)  
ECO PLANET 7 Whole Grains Apples & Cinnamon Instant Hot Cereal (GF, CF)  
GLEE^ Gum: Wee Glee (CS, GF, CF, blueberries, currants, raspberries, strawberries)  
IAN'S Wheat Free/Gluten Free Recipe French Bread Pizza (CS, GF, CF, tomatoes, oranges, tangerines)  
OLD STYLE (Food Service - used in Publix Deli) Salad Mustard (GF, CF, paprika)  
PUBLIX (Publix Supermarkets) Deli Horseradish Mustard (GF, CF, red peppers), Dijon Mustard (GF, CF wine), Four Cheese Crispy Crust Pizza (CP, MSG/HVP, tomatoes), Honey Mustard (CS, GF, CF, cider vinegar, paprika), Yellow Mustard (GF, CF, paprika)  
RE-VITA® POP Goji Berry (GF, CF)  
SEITENBACHER\* (all are GF, CF, all contain apples) Blackberry Cats, Grapefruit Parrots, Liquorice Seahorses, Peach Chicks  
SEOUL (Food Service) Fresh & Healthy: Kim Chi (GF, CF, chili peppers)  
SILK Soymilk: Silk Nog — seasonal availability (GF, CF, cloves)  
SOLAR\* Energy Gum: Big Bang Bubble Gum (GF, oranges, tangerines)  
SOLAR\* ^ Wild Berry (CF, blueberries, raspberries, strawberries)  
SUPER SALVE\* (www.supersalve.com) Unscented Massage Lotion Delicate Blend (GF, CF, almonds, grapes)  
TASTY WOK^ All Natural Chicken & Broccoli (CS, MSG/HVP, chili peppers, oranges), All Natural Orange Chicken (CS, MSG/HVP, bell peppers, wine vinegar)  
UNCLE DOUGIE'S Bada-Boom Habanero Mustard Hot Sauce (GF, CF, chili peppers, paprika), Chicago Style Chicken Wing Marinade (CF, chili & red peppers), Lil Boom Hot Sauce (GF, CF, chili peppers), Wild-Mild Barbecue Sauce (CS, SM, CF, chili peppers, tomatoes), World's Most Dangerous Barbecue Sauce (CS, SM, CF, chili & red peppers, tomatoes)  
YUMMY (all contain MSG/HVP and paprika; all are CF) 100% All Natural: Chicken Breast Fries, Chicken Breast Nuggets, Chicken Breast Patties

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

The Feingold goodie baskets are available for you to order and we will begin shipping them in mid-November. For each \$50 donation FAUS will send a holiday gift basket filled with both Stage One and Stage Two Feingold-acceptable goodies. Once again, the baskets will include all natural red & white striped candy canes!

Baskets can be sent to anyone in the United States. Let us know when you want them to arrive and if you would like us to enclose a message.

You can call our New York office at (631) 369-9340 or order online at [www.feingold.org](http://www.feingold.org).



## Feingold Shirts!

Get a warm hoodie and tell everyone about Feingold! To see the selection of clothing and other products with messages and logos visit the Feingold shop online. You will find it at: [www.cafepress.com/feingoldshop](http://www.cafepress.com/feingoldshop).



This message says, "Petroleum is for cars, not for our food!"

## Feingold Family Pages

Beginning early next year, all those who have signed up for our free ENewsletter will receive notice and a link that will take you to our brand new "Feingold Family Pages."

Here you will find photos of kids, favorite recipes, craft ideas, tips to make life easier during that month, and ads from companies that offer Feingold-acceptable products.

Cindy Harrell, who will be the *Pages* Editor, invites you to send her your favorite recipes, ideas, and photos of your kids to be posted.

For our first issue Cindy is looking for recipes for soups, hot drinks, and other things you would serve during the cold weather months. Send her your tips for easier cooking, household ideas, and anything you have found to make your life easier. Cindy writes, "We are very excited about this new project and hope you will be too! Email me at [ckharrell@att.net](mailto:ckharrell@att.net)."

Corrections to the list of addresses in our School Year Calendar:

Grace Products, 321 N. Aviator St., #113, Camarillo, CA 93010

Good For You Girls, PO Box 635, New Hartford CT 06057

Moonworks, LLC, PO Box 616, Suttons Bay MI 49682

TruSweets, LLC, 65 E. Palatine Rd., Suite 123, Prospect Heights IL 60070

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

## Pure Facts

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