

Pure Facts

Newsletter of the Feingold® Associations of the United States



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When food hurts - allergies continue to rise

Nearly 4% of American children are believed to suffer from food allergies, an 18% increase between 1997 and 2007, as reported in the December issue of *Pediatrics*.

The researchers, who are from the CDC (Center for Disease Control and Prevention) also found that children who have food allergies are likely to also have respiratory problems like asthma and skin problems such as eczema.

One theory to explain the rapid rise in food allergies is the widespread use of **genetically modified** (GM) foods. Researchers at the University of Chicago will be investigating a link between GM foods and the rise in food allergies in the US. Most soy is genetically modified, so infants who are fed soy formula would be exposed to a great deal of GM foods at an early age.

New research suggests that the increase in food allergies and **obesity** are related. Significantly higher levels of the antibody Immunoglobulin E (IgE) were found in obese and overweight children compared to normal weight children. This is the antibody associated with an allergic response. Childhood obesity has risen drastically since 1980. At that time only 5% of American children were overweight, but in the 25 years that have followed, this number rose to 19%.

Low levels of the B vitamin **folate** may be connected with allergic responses, according to research published in *The Journal of Allergy & Clinical Immunology* (6/09). Some suggest that supplementation with folic acid (the synthetic form of folate) might be helpful for both allergies and asthma. Since vegetables are a good source of folate, this is an additional link between a diet that is deficient in healthy food and a long list of health problems.

Swedish researchers found that women who took **fish oil** supplements, rich in omega-3 essential fatty acids, during their pregnancy and the early months of breast feeding were less likely to have allergic children than those who did not. They also found that only 8% of the omega-3 group suffered from eczema, compared to 24% of the babies in the placebo group. The results were published in the journal *Acta Paediatrica*.

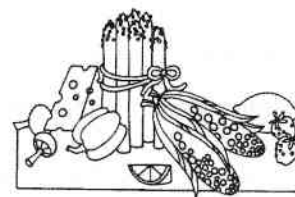
Children, males and African Americans are at greatest risk for food allergies, and black male children have four times the risk of other populations. This information was reported at the 2009 annual meeting of the American Academy of Allergy, Asthma & Immunology.

More good reasons to eat those veggies

Not only have low levels of the B vitamin folate been linked with allergies and asthma, but previous research has found a link between low levels of folate and other serious health issues.

Scientists in Texas and the United Kingdom (UK) reported in 2008 that low levels of folate increase the chances of developing **colon cancer**. [Duthie et al. *Journal of Proteome Research*, 2008]

People who have high levels of folate, through consuming vegetables and taking supplements, are less likely to develop Alzheimer's disease. [This is based on the work of Dr. Jose Luchsinger of Columbia University Medical Center and was reported in 2007 in the *Journal of the American Medical Association*.]



The down side of this issue is that a growing number of children have developed an allergy to fruits and vegetables!

Allergy UK has reported that fresh fruits and vegetables (but not processed ones) are causing a large increase in the number of allergic reactions showing up in the lips, mouth and throat. The group believes the symptoms are related to hayfever, which affects about 20% of the people in the United Kingdom.

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.

Tics & Temper Tantrums ~ Isa's story

by Jenny Conlon

I fully appreciate the work Dr. Feingold did and that he stood his ground in the midst of all the negativity from critics, food manufacturers and the FDA. I will forever be in his debt.

In August of 2007 my two-year-old daughter began experiencing tics, and within months she had many more issues. I documented them and her various behavioral reactions as they happened, and here are some of the things I wrote:

- * She is extremely sensitive to sounds, particularly the coffee grinder and hair dryer. The sound of Cheerios pouring into a bowl causes her to cover her ears and tell me it's too loud. A high pitched violin sends her out of the room, sobbing.

- * She spends most of the day in constant motion, jumping from the couch to the ottoman to the chair and back again. She runs back and forth on the couch like a child possessed, and nobody can stop her. She will even flip off the side of the couch, cry because it hurts, but just get up and do it all again.

- * She makes constant noise, screeching and banging things together.

Editor's note: Many parents have reported that their child who is extremely sensitive to sound, creates loud noises.

- * She wrings her hands, bites and sucks on her fingers, chews her clothes, chews furniture, sucks on metal, and picks at her lips until they bleed.

- * She suffers from night terrors 4 to 5 times a week and grinds her teeth constantly.

- * She doesn't play with other children, and cannot hold a conversation.

- * She won't play on the playground, but likes to watch the other kids.



- * She likes to line up her toys, but won't play with them, other than drawing materials.

- * Her tantrums last for hours if I don't console her. She has multiple tantrums each day and they aren't normal, but filled with rage.

These are just some of the things I wrote down. When Isa was three, I met with the intervention team at what was to be her new preschool. I brought in the full book for her intake evaluation after her neurologist diagnosed her with mild autism. At that meeting they gave me a lot of information on autism and local support chapters. Her actual evaluation was scheduled for a month from then, but in the meantime I knew I had to do something!

I was frazzled, at the end of my rope, and a big lump of nothing by the time my husband got home from work. I couldn't survive like that anymore!

When she was two, Isa began to show disturbing symptoms: prolonged blinking over and over, her arm would go up in the air, twist and then stretch up over her head. Then it would happen with both arms; her legs would jerk up as she was sitting. Later she had a seizure and staring spells and was diagnosed with epilepsy.

I had heard about Feingold on a message board but I have to admit I thought that they were crazy moms who just were on some weird trip and were a little bit neurotic. BUT, I was at the end of my rope. I had tried everything else but meds and as an ADD child myself I know how horrible those meds make you feel and I didn't want that for her. So I ordered the kit and tried it.

Within a week I was turned into one of those crazy moms on a neurotic trip! I realized...hmmm ...maybe I shouldn't be so judgmental, there may be something to this.

Isa slept through the night after three days on the program. By the time her evaluation was to take place they weren't quite sure why I had brought her in and actually said she may be intellectually gifted rather than autistic. We also began seeing a new neurologist at about that time and he couldn't understand why she had been diagnosed with autism. I did!

Isa still has an occasional night terror; sometimes she is hyper but it's not the constant every-second-of-every-day hyperactivity. She does still line up her toys and has tantrums, but now they are normal kid tantrums that I can work with and begin to stop. Her tics are still here but less than they were.

After being on the Feingold program for 5 months now, she holds conversations and loves to play with other children and recently went down the big kids' slide all by herself.

The diet didn't take care of everything, but it made our lives manageable and today Isa is a completely changed child.

Alarming Autistic Statistics

The recent report from the Centers for Disease Control (CDC) shows that nearly one child in a hundred in the United States is now considered to have autism spectrum disorders (ASD).

This represents an increase of nearly 60% between 2002 and 2006. In some areas the numbers are staggering, with the state of Missouri reporting nearly one child in fifty, or almost 2% of the population. The rate was found to be the highest in non-Hispanic white children. The fact that we have seen clusters of ASD in certain regions (including the well-known story of Brick Township in New Jersey) further supports the possibility of environmental -- not genetic -- factors.

Award-winning investigative journalist, David Kirby, has followed the many contentious issues surrounding the debates over the causes of autism and has written extensively on it. Kirby is the author of the book, *Evidence of Harm*.

Unless the drastic rise in ASD is reversed, the emotional, social and financial damage will be hard to imagine.

Kirby recently interviewed Dr. Thomas Insel, Director of the National Institute of Mental Health and Chair of the federal government's Interagency Autism Coordination Committee (IACC).

While many scientists have claimed that there is no increase in the number of children with autism, and the rise in numbers merely reflects better diagnosis, and that the causes are genetic, Dr. Insel does not agree, saying, "There is no question that there has got to be an environmental component here."

There are signs of a clear change in policy in numerous governmental agencies. Kirby described seven new studies related to vaccines and autism. The agencies that will be involved are: US Department of Health & Human Services, US Environmental Protection Agency, US Centers for Disease Control & Prevention, National Institutes of Health, National Institutes of Environmental Health Sciences, National Institutes of Mental Health, Eunice Kennedy Shriver National Institute of Child Health and Human Development, National Institute of Neurological Disorders and Stroke, and National Vaccine Advisory Committee.

This move to finally attempt to pin down the possible causes of ASD comes as states have run out of money and are cutting back on services. But the legion of autistic children will soon be autistic adults and there are few resources available for them.

The crushing costs are beyond the reach of most families and so state and federal governments will be faced with billions of dollars of expenses which are steadily increasing each year.

Kirby concludes by saying, "Anyone still trying to lull Americans into complacently believing that autism is a genetic disorder that has always been with us in such staggering numbers (we just never noticed it before) needs to stop doing that. Now."

Common pain and fever reducer may be linked to autism

Could the acetaminophen given to children when they received vaccines lead to autism?

Stephen Schultz and colleagues at the University of California conducted a survey of parents of children with autism and found that the use of acetaminophen after the children received their MMR (measles-mumps-rubella) vaccine was "significantly associated with autism disorder..." (Acetaminophen is available under many brand names including Tylenol and Datril.)

The researchers did not see an association in children who were given ibuprofen (Advil, Motrin) after their MMR vaccine. [*Autism*, May 2008]

The early 1980s, when parents in the United States replaced aspirin with Tylenol due to the belief that aspirin was linked with Reye's syndrome, was the same time the incidence of autism began to rise.

A comprehensive look at the issue of acetaminophen use and an explanation of how it impairs the ability of the liver to remove toxins has recently been published. The title of the paper is "Did Acetaminophen Provoke the Autism Epidemic?" by Peter Good. It appears in *Alternative Medicine Review*, Volume 14, Number 4, 2009.

Fever reduction

Reducing fever after a vaccination could make the vaccine less effective. This was the conclusion of research from Czechoslovakia, published in *The Lancet* in October.

Professor Richard Phipps of the University of Rochester suggests that for most healthy people, it is not a good idea to take OTC anti-inflammatory drugs immediately before or after a vaccination, as long as the fever is not high. He notes, "A bit of fever indicates that the immune system is doing the work it's supposed to do."

Aspirin, Acetaminophen & the Feingold Diet

Because salicylate-sensitive people generally avoid using aspirin, many Feingold members turned to acetaminophen instead.



Some of the over-the-counter (OTC) alternatives to acetaminophen (aspirin, ibuprofen, and naproxen) are available in liquid or chewable tablets for children, but most contain synthetic dyes and flavors, and a few have BHT. Some contain fake sweeteners like aspartame and acesulfame potassium. A few are available in dye-free versions, but they still have artificial flavorings. While it is not ideal, a dye-free version is certainly preferable to one with dye.

FDA recognizes acetaminophen dangers

Just because a drug is available without a prescription does not mean it is free of risk.

In June of last year a panel of the Food and Drug Administration called for lowering the recommended maximum daily dose of acetaminophen, citing it as the leading cause of liver failure.

Acetaminophen overdose is one of the most common causes of drug poisoning and is a leading cause of liver failure. [Some practitioners use milk thistle extract to help protect the liver.] Too much acetaminophen can damage the liver, kidneys, and heart, and is linked to stroke. There also appears to be a link between acetaminophen and asthma. If a person regularly uses alcohol or smokes, the risk of damage increases.

Simply taking two Extra Strength Tylenol tablets more than four times a day will produce an overdose, according to the *Journal for Nurse Practitioners*.

What can you do?

Ask your doctor and pharmacist for help in finding an adult version that is free of the synthetic additives, and has been adjusted to the dose appropriate for your child. Ask for guidance in how the drug can be administered. Can it be removed from a capsule and added to food? Which foods? If the adult form is in a colored capsule, perhaps it can be transferred to a clear capsule. This is a good time to seek out a compounding pharmacist in your area who can make the medicine for your child in a version that is free of the unwanted additives. Contact www.Iacprx.org or (800) 927-4227.

Risk for Children

McNeill Pharmaceuticals makes Tylenol in versions for infants and for children. The infant medicine is dispensed with a dropper, while the children's version is given by the spoonful. **But Tylenol for infants is three times as concentrated as the children's version, so the dose is much smaller.** If a caregiver confuses the two and gives a child a teaspoon of the infant Tylenol it could be dangerous.

Another potentially dangerous scenario is when one parent gives a child medicine, and the other parent is unaware of it and gives the child or infant a second dose.

People who are using several medicines may be unaware that they all contain acetaminophen, leading to an overdose.

Drugs used for pain and fever reduction

NSAIDs (non-steroidal anti-inflammatory drugs) reduce pain, fever, and inflammation; they include aspirin, ibuprofen and naproxen. These types of medicine could be a suitable option to replace acetaminophen.

ASPIRIN (acetylsalicylic acid)

IBUPROFEN - Advil, Emu-Profen, Genpril, Medipren, Midol, Motrin, Nuprin, Pedia-Care Fever

NAPROXEN - Aleve, Anaprox, Napreelan, Naprosyn



ACETAMINOPHEN (known as paracetamol in the UK, and best known as Tylenol in the US) reduces pain and fever, but is not considered an NSAID since it has very little effect on reducing inflammation.

These products are all versions of acetaminophen:

Anacin, Calpol, Comtrex, Contac, Coricidin, Darvocet, Datriil, DayQuil, Dristan, Excedrin, Feverall, Goody's Powders, Liquiprin, Midol, NyQuil, Pamprin, Panadol, Percocet, Percogesic, Singlet, Sinutab, Tempra, TheraFlu, Triaminic, Tylenol, Vanquish

Many prescription products contain acetaminophen.

Pharmaceutical companies have different versions of many of their OTC drugs; they are similar in name, but with different active ingredients. In order to be sure that you avoid acetaminophen you will need to read the list of ingredients on the package.

Help for Troubled Tummies

Parents look to the B.R.A.T. diet to soothe a sick child.

The name "B.R.A.T." stands for Bananas, Rice, Applesauce and Toast. These are the foods that have long been offered to children and adults who are sick or recovering from an illness.

When their two young children were suffering from stomach flu, California parents Greg and Ilsa Toepfer knew the girls shouldn't have milk, but that's what they were craving. This led the parents to develop Organic B.R.A.T., a nutritious, rice-based milk-like beverage that would satisfy a sick child, while providing added electrolytes, calcium and vitamins.

Although the drink might not be tolerated by someone who is salicylate sensitive or who doesn't tolerate apples, it is organic and eliminates many common allergens: lactose, gluten, casein, soy and corn.



The Toepfers soon found that children enjoy the drink even when they aren't sick, and that it is a good option for adults who are dealing with flu, morning sickness, digestive disorders or even the side effects of chemotherapy. The drink comes in four flavors (see the PIC report on page 7).

Many natural markets and supermarkets carry these drinks. They are found with products for infants. Visit their site bratdiet.org to locate a store in your area.

French's French Fried Onions



This crunchy favorite has been added to the Feingold Association's Foodlists! Not only do they top off those famous green bean casseroles, but fried onions can be used as a topping on any casserole, to add crunch to cheeseburgers, and they can be crushed and used as a coating for meat, fish and vegetables.

Recipe suggestions can be found on their site: frenchs.com.



Special Sweets for your Sweetie

Gourmet cookies make a wonderful gift for any occasion. A company called Desserts On Us, Inc., offers a tin of crisp almond toffee wafers, sandwiched with dark chocolate; they have just been found acceptable for Stage Two of the diet.

Lacey's cookies can be ordered online from the company and are found in some stores and catalogs. Or, you can buy them directly if you happen to live near Arcata, on the northern coast of California near Eureka. Their web site is dessertsonus.com and the toll-free number is (800) 691-9977.

Extra vitamins are needed in winter

Yet another study on the value of vitamin D3 was published in the January issue of the *Journal of Nutrition*.

Our bodies create this important vitamin when sunlight falls on our skin, so most people get more of it in the summer than in the winter. However, those who spend little time outdoors or live in northern latitudes, or use sunscreen are likely to be deficient.

The paler our skin, the more easily we can absorb the sun's rays. Researchers from the University of California, Davis, recommend that anyone with dark skin needs to take in about 2,000 to 3,000 IU of the vitamin, and they should ingest this amount every day throughout the year. This is much higher than current recommendations.

Among the health risks from low levels of D3 are: osteoporosis, muscle weakness, fractures, cancer, autoimmune diseases, infectious diseases, heart disease and type-1 diabetes.

Smelly Stores

The Scent Marketing Institute was proud to announce that while many businesses reported losses in 2009 their product sales rose. Apparently, stores can increase their sales by pumping fragrances into the air.

This is bad news for the chemically sensitive people who shop in stores like Bloomingdale's, Nordstrom, Macy's, Jimmy Choo, Lane Bryant, Hallmark, Guess?, and Abercrombie & Fitch. All have been identified by the Institute as using their perfumes.

But the Diane von Furstenberg store, in a posh section of Manhattan, went a bit overboard last summer when they sent their signature smell out of the store into the surrounding area, sickening some of the pedestrians who were unfortunate enough to pass by.

US scandal causes Australian embarrassment

The Royal Australasian College of Physicians, which covers doctors in both Australia and New Zealand, is taking a second look at the recommended treatments for children in those countries with ADHD.

The Australian government had created guidelines on the treatment of ADHD and was ready to release them when they learned that most of the people who were in charge of creating these guidelines received money from companies that make drugs used for ADHD.

Most prominent is Massachusetts child psychiatrist, Joseph Biederman, who had a major role in recommending anti-psychotic drugs for children. The Australian authorities only recently learned of the US Congress' investigation of Dr. Biederman who illegally accepted over a million dollars from the companies whose drugs he promotes.

Australia's *Daily Telegraph* reported that both child welfare and ADHD experts are calling for a complete rewrite of the guidelines. Dr. Brenton Prosser of the University of South Australia says, "I advise parents to use medication as a last resort. Pills don't acquire skills. Medicines don't address social skills."

In 2008 Dr. Andrew Kemp of the University of Sydney wrote an editorial for the *British Medical Journal*. In it Dr. Kemp said that diet should be a standard treatment for ADHD. The editorial was stimulated by the results of the Southampton, England study showing that food additives bring on ADHD symptoms in most children, not only those who have a diagnosis.



Big Pharma and Big Buck\$

Last year, as the patent rights for Adderall XR were running out, Shire Pharmaceuticals raised the price of the drug by 20 percent. The plan was to try to switch patients to Shire's new, less expensive ADHD drug Vyvanse. If they could get people onto Vyvanse, the hope was that when the generic versions of Adderall came on the market patients would already be using Vyvanse and would stick with it. But in April of last year when generic Adderall was introduced Shire's sales fell dramatically from \$1.1 billion in 2008 to \$70.9 million. In an effort to recoup some of the losses, Shire has recently developed their "ADHD Support Twitter" to go along with their ADHD Support web site. Drug companies like to use the term "support" in an effort to appear more like an actual support group, rather than a marketing gimmick.

The U.S. Government Accounting Office (GAO) has reported that Big Pharma has raised their prices on many of their best sellers. Between 2000 and 2008 the prices on more than 300 of these drugs rose from 100% to more than 2,000%. In addition to the Adderall price increase, other drugs include: Prozac, Paxil, Effexor, Zocor, Lipitor, Lunesta and Abilify. After two large price increases for a rare cancer drug, the GAO reported that the cost for a full course of treatment rose from \$390 to over \$3,000. Between 1996 and 2006 the overall cost of drugs has doubled, now making Big Pharma a \$315 billion industry.

Mystery Meat

Chickens that are rejected by the likes of Kentucky Fried Chicken and Campbell's Soup are being served to children in school cafeterias. And some of the beef in school lunches does not meet the standards set by fast food restaurants. School food falls under the jurisdiction of the US Department of Agriculture. A Department agency, the Agricultural Marketing Service (AMS), is responsible for purchasing meat for public schools. Investigative reporters for USA Today found that the AMS allowed bacteria counts that were ten times the amount allowed by the fast food chain Jack in the Box. The presence of high levels of bacteria is an indicator of possible E coli.

The rejected poultry is used to feed pets and school children.

The system is presently set up to ensure that the school food contract for meat goes to the lowest bidder, but an industry expert on food safety says that the safety testing would add less than a penny per pound to the cost.



Some good news about organic farming

In May of last year the U. S. Department of Agriculture initiated a \$50 million program to help farmers move from conventional to organic farming.

Then in November, grants of \$19 million were created to help organic farmers meet the growing consumer preference for their products.

Although the amount of land devoted to organic farming has doubled since 1997, the demand has increased fourfold. It is projected to continue to increase.

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)

(all are SB,GF,CF) Fragrance Free Body Lotion,
Fragrance Free Conditioner, Fragrance Free Shower Gel

ANNIE'S NATURAL^ Basil Flavored Olive Oil

BOAR'S HEAD Maple Glaze Roasted Chicken Breast
(CS, SF, GF, CF)

BREADSMITH (FS) (all are CF) 100% Whole Wheat Bread,
Honey White Bread, Soft Wheat Sandwich Buns,
Traditional Rye

CHATHAM VILLAGE (both are CS, CF) Garden Herb
Croutons, Lightly Seasoned Croutons

DR. OETKER ORGANICS* Banana Pudding & Pie
Filling Mix (CS)

EARTH BALANCE* Soy Free Buttery Spread (GF, CF)

FRENCH'S^ French Fried Onions (CS,CF)

GOOD SENSE ® Dried Pineapple (SF, GF, CF)

HERR'S (both are GF, CF) Lightly Salted Potato Chips,
Ripple Potato Chips

IMAGINE* Natural Creations Organic Cream Corn
& Lemongrass Soup (GF, CF)

MAPLE GROVE FARMS Creamy Peanut Butter (GF, CF)

MISS ROBEY'S* (all are GF,CF) Bread & Batter
Coating, New Pancake & Waffle Mix; Original Yellow
Cake Mix

NUGO FREE* Gluten Free Soy & Dairy Free Dark
Chocolate Crunch (CS, GF, CF)

PURE & GENTLE (all are GF, CF) Unscented: Body Wash;
Cars Floors & More All Purpose Cleaner, Clean & Fresh
Laundry, Crystal Clear Automatic Dish Gel, Glycerin
Facial Bar Soap, Salon Style Hair Shampoo, San All
Disinfectant, Sanitizing Alcohol Gel, Sunbeam
Liquid Dish Soap

SQUIRREL'S NEST Dark Chocolate Cinnamon Grahams

UPTON TEA IMPORTS Domestic Spearmint Tea Item

Code BH43 (GF,CF) Egyptian Chamomile B450 (GF,CF)

ZSWEET® (GF,CF) All Natural Sweetener: 100 or 40 Count
Supersweet Packets, 8.8 oz Canister, 1.5lb Pouch

Stage Two

ANNIE'S HOMEGROWN Cinna Bunnies Cereal
(CF, peaches)

ANNIE'S HOMEGROWN Organic Bunny Fruit Snack
(GF,CF, grapes, oranges in all): Berry Patch,
Summer Strawberry, Sunny Citrus, Tropical Treat

ANNIE'S HOMEGROWN Bunny Classic Cheddar
Organic Crackers (MSG/HVP, paprika)

ANNIE'S HOMEGROWN Bunnies Cheddar Organic
Snack Mix (MSG/HVP, paprika)

ANNIE'S HOMEGROWN* Cereal: Cocoa Vanilla Bunnies
(CF, peaches), Fruity Bunnies (CF, elderberries, peaches)

ANNIE'S NATURAL^ Flavored Olive Oil with Balsamic
Vinegar (wine vinegar), Roasted Pepper

ANNIE'S NATURALS* Organic Asian Sesame Dressing
(CF, white wine vinegar)

ARTHUR'S^ *available in Canada only* Acai Plus (GF, CF,
apples, blackberries, blueberries, boysenberries),
Goji Plus (GF, CF, apples), Pom Plus (GF, CF, apples,
blackberries, blueberries, boysenberries, currants);
Smoothies: Carrot Energizer (GF, CF, apples), Green
Energy (CF, apples, plums), Mango Plus (GF, CF, apples),
Strawberry Rainforest (GF,CF, acai, apples, blueberries,
blackberries, boysenberries), Very Berry (GF, CF, apples,
blackberries, boysenberries, raspberries, strawberries)

BOULDER SAUSAGE Breakfast Sausage (GF, chili
peppers)

DESSERTS ON US* Laceys ®: Dark Chocolate Almond
Cookies www.dessertsonus.com

EDEN^ Organic: Concord Grape Juice (GF, CF)

MARICH Green Beans All Natural Jelly Beans (CS, apples,
blackberries, blueberries, cherries, grapes, oranges,
peaches, raspberries, strawberries, tangerines)

MELANSOL® (GF,CF) 100% Natural Antioxidant
Moisturizer (almonds, tea), 100% Natural Antioxidant
Sunscreen SPF 25 (almonds, tea)

NECCO WAFERS^ Original All Natural (CS, GF, CF,
cloves, oil of wintergreen, paprika)

NEILSON^ (Loblaws) Blueberry Fruit Bottom Yogurt
(GF, citrus pectin)

ORGANIC B.R.A.T (all are GF, CF, apples) Wellness Drink:
Chocolate Honey, Cinnamon Toast, Original, Vanilla

ORPHEE^ (all are GF, CF, cider vinegar) Organic:
Prepared Dijon Style Mustard, Prepared Mustard,
Prepared Old Fashioned Mustard

SEROYAL/GENESTRA BRANDS^ Children's Chewable
Vitamins (CS, GF, CF, oranges, rosehips)

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.

Popcorn Deceit

After workers in factories that produce artificial butter flavoring began to experience lung damage, the public was introduced to the chemical called "diacetyl", which was responsible for the harm. Since the imitation butter flavoring is so widely used in popcorn, the illness became known as "popcorn lung." Some of the workers died and others required lung transplants in order to survive. Even consumers who repeatedly breathed in fumes from the additive in the freshly-popped microwave snack experienced serious harm.

After the public became aware of the diacetyl issue, some companies began to advertise that their butter flavored popcorn was "diacetyl free." But it turns out that the substitute is actually just a different form of diacetyl!

The lawyers who work for the flavoring industry are warning these companies of this potential health risk, but the practice continues.

ADHD & Phthalates

Many different environmental toxins have been linked with the development of ADHD. Now, a Korean study found that children diagnosed with ADHD had higher levels of phthalates in their urine than children without the diagnosis. Phthalates are chemicals added to plastics to keep them soft.

[Journal of Biological Psychiatry]



Risky Jewelry

In January investigative reporters with the Associated Press found that some of the inexpensive jewelry being exported by China contains dangerous levels of cadmium.

After we learned of lead in toys and jewelry from China, the US government issued a ban on imports, but the ban does not cover cadmium, which is even more toxic than lead. New York's Senator Charles Schumer is introducing the Kid Safe Jewelry Act, that would ban importing such products.

Some of the jewelry sold at stores like Wal-Mart and Claire's were made almost entirely from cadmium.

The Consumer Products Safety Commission is warning parents and caregivers to dispose of cheap jewelry made for children.

Metals like cadmium, lead, mercury, chromium and arsenic are toxic in even very small doses, and it is difficult for our bodies to get rid of them.

Many harmful metals are found in cigarette smoke, where their damage to the lungs is well known. But they are found in other products including pigments and ceramics. Pigments that are used in art supplies, industrial paints and food dyes can all have toxic contaminants of these metals.

Sadly, the child who has behavior or learning problems as a result of exposure is likely to be given drugs rather than help in getting rid of the toxins.

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 Rd., 2nd floor, Rocky Point NY 11778 or phone (631) 369-9340.

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