

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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Your child is ready for school, but is the school ready for your child?

There are steps you can take to make your child's school a healthier place.



As more and more people become aware of the problems created by the unhealthy food found in supermarkets and served in schools, Feingold parents have an opportunity to have a major impact.

While the school staff works to teach children about good health and to excel academically and socially, most schools are filled with things that bring on poor health, academic failure and social problems.

You will find these saboteurs all over the school: the bowl of Jolly Ranchers on the teacher's desk, the Diet Mountain Dew in the vending machines, factory foods served in the cafeteria, the M&Ms used with math lessons, solvents and varnishes in shop class, and the list goes on. Happily, these problems have solutions, and we will address many of them in this issue.

Many teachers have noticed that the children seem to be able to learn in the morning but not after they eat lunch.

1 Bring in basic information on diet, behavior and learning for your child's teacher. You can request paper copies or download it from our web site.

2 Meet with your child's teacher and/or principal. Ask if they will watch our You Tube film with you (see www.feingold.org) or view the introductory slide show on school food; see www.School-Lunch.org.

3 Ask for some time after a teachers' meeting to explain the program your child is on to all of the teachers. Contact us for help with this.

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Congresswoman calls for the FDA to regulate dyes

US Representative Louise Slaughter of New York has called on the Food and Drug Administration to require warning labels on foods that contain synthetic dyes. She is asking for regulations similar to what have been enacted in Europe, where foods with dyes must warn that they can affect attention and activity in children.

Mrs. Slaughter has had personal experience with the effects of food dyes, which trigger asthmatic attacks. She is a microbiologist and holds a master's degree in Public Health.

She praised the decision of the European Union and has said, "For too long, studies have raised questions about the impact food dyes have on the health and behavior of children. It's my hope that the Food and Drug Administration reviews the science on this issue and considers implementing a warning label that empowers parents to make informed decisions prior to purchasing food for their children."

The Feingold Association adds that the FDA needs to update its web site, written by one of the industry lobbies, to acknowledge the studies of the past 25 years and to correct their misstatements about the results of a National Institutes of Health conference on ADHD.

The ugly side of food dyes

They might look pretty, but food dyes and other synthetic additives can have terrible effects.

Before our family was on the Feingold Diet, the stress level in our home was very high. Our 2 1/2-year-old son, Michael, would undoubtedly be diagnosed with ADHD when he hit school age. He could not sit down for longer than 2-10 seconds. He was constantly hitting his older sister and me, kicking, yelling, crying, taking toys from his sister, hitting the dog, climbing up the entertainment center or fish tank, throwing toys, jumping off the couch, throwing 45+ minute tantrums where he was inconsolable and uncontrollable, having night terrors 3-4 times per week, a constant runny nose, and rarely saying he loved anyone.



When I would try to put him in his car seat, he would pitch such a tantrum that, at almost 30 years of age, I could *barely* hold him in his seat to buckle him in. I would pick him up numerous times and hug him and tell him it's OK before finally getting him buckled into his seat.

He could not sit down long enough to listen to a bedtime story. I did not have any of his "artwork" on my refrigerator because to him, "coloring" consisted of scribbling for 1 second, hitting the dog, taking Katie's crayons and dumping them on the ground, scribbling for 2 seconds, telling me that he hated me, climbing the entertainment center, scribbling for 1 second, hitting his sister and pulling her hair, scribbling...etc.

We had his speech tested last November because we felt he was developmentally behind where he should be. His speech was often slurred, and members outside of our family could rarely decipher what he was saying.

Our daughter, Kaitlyn, acted like a 15-year-old in a 5 1/2-year-old body. She was very "mouthy," disrespectful, and would have 30-plus minute melt-downs complete with screaming, crying, and kicking over things that didn't warrant that kind of reaction.

Unfortunately, many people thought this was just "normal kid behavior," or for Michael, the "terrible twos."

When my friend told me about how the Feingold Diet helped her family, especially her son, I began to think that this would be something Michael could benefit from. After our first 48 hours without the artificial dyes, flavors and preservatives, I noticed significant changes in not only our children, but myself as well.

My daughter was transformed into a polite, thankful, happy little girl. I was becoming more patient with the children; my temper wasn't so quick. My feelings of depression and anxiety slowly started to dissipate.

After the first two weeks, I was overjoyed. Michael's speech and vocabulary were improving at a rapid rate. He was now able to sit still and *cuddle* with me for a 30-minute period. He actually sat down and colored his first picture.

At the end of the first two weeks, Michael ran up to me, full force, and threw his arms and legs around me. He hugged me so tightly that it hurt, looked up at me with the biggest smile I've ever seen, and said, "Mommy, I'm so happy!" I couldn't believe what he was saying. I had never heard this from him before.

As time goes on, I frequently hear, "I love you SOOOO much."

Our children's behavior continued to improve over the next 8 weeks. My kids were indulging in pretend play, sharing with each other, helping out around the house, being polite to each other and us, and now making an average of only 2 trips per day to the "naughty corner." I received many compliments on how my children's behavior had improved. I noticed changes in myself. I was remembering things without a list and was more productive at work and with my schoolwork, and my kids said I was the "best mommy ever!"

We took a trip to Disney World in March. Despite riding in the truck for two days, our children were so content and quiet -- much different from our trip to North Dakota last year. I had a huge bag full of Feingold-approved snacks that the kids just loved!

At Disney World, I made a special diet request, so the chef took me around the entire buffet, and we discussed what foods were suitable for our family. The chef said not to get a cupcake, but the ice cream was OK. Right after the children ate their dinner of chicken, baked potato and vegetables, I gave them a big bowl of ice cream! Not 30 minutes later, they transformed into whiny, aggressive children who turned a deaf ear to any instruction from my husband or me.

The next day at Disney was horrible -- they were pulling, kicking, crying, and fighting -- completely uncharacteristic of my quieter, gentler, petroleum-free children! That night we were at a different restaurant with a different chef. He said that all Disney restaurants use the same brand of soft-serve ice cream. He checked the label and told me it has yellow dye and artificial flavor!

Continued on page 8

New information on "Why Your Child is Hyperactive"

In the 1970s, Dr. Feingold published his landmark book. Now, a new study sheds light on why food additives affect some children more dramatically than others.

The Southampton, England researchers whose work fueled the move to remove synthetic dyes from food in the U.K. and Europe, and to require warning labels on most dyed foods in Europe, have published a fascinating new study. In it, they explore some fundamental causes of ADHD symptoms.

Why do certain food additives have such a profound effect on the behavior of some children and not on others?

Histamine

The answer might lie in the child's genetic makeup, according to the study's authors. They found that children who have a stronger reaction to food dyes have a slight variation in what is called the "HNMT" gene, which helps break down histamine in the body. If the child cannot easily get rid of histamine, it can cause problems in many parts of his body, including his brain.

When we get a **cold**, our body releases histamines, which lead to the familiar symptoms of sneezing, coughing and runny nose. But there are other things besides a cold that can trigger the release of histamines. **Allergic reactions** to irritants like ragweed can release them, bringing on symptoms like watery eyes.

Other causes of histamine release include the things Feingold families know to avoid -- certain **food additives** and **toxic chemicals** in the environment. What's more, eating a **food** to which you are allergic can cause the release of histamines. And they can be released in response to **infection**.

Dr. Feingold explained that a person's "genetic inheritance" or "genetic profile" plays an important part in determining who will be most vulnerable to the effects of food additives.



How do histamines affect behavior and learning?

When our body releases histamines in the area of the nose and throat, we experience the symptoms of a cold. But in other parts of the body, histamines have a very different effect. Some of the histamine produced as a result of eating synthetic food dyes can travel to the brain, where it acts as a neurotransmitter, causing neurons (nerve cells) to fire. Too many neurotransmitters in the brain lead to too much firing, which can interfere with normal brain activity.

Extra histamine in the brain is like static in a radio signal. In order for a brain to work well, there are countless chemical and electrical processes that must take place in fractions of a second. It doesn't take much to cause problems.

The researchers explained that children with certain variations in the HNMT gene had trouble getting rid of the histamine released by their bodies in response to the food additives. The neurological effects caused by the excess histamine resulted in increased levels of activity.

More Links to ADHD

In addition to a child's genetic inheritance, Dr. Feingold explained that the things to which a woman is exposed during pregnancy can set her child up to be sensitive to the effects of food additives.

Diet soda

Premature birth is a high risk factor for a child to later have many behavior, learning and health problems.

The June 30 issue of the *American Journal of Clinical Nutrition* published the results of a Danish study showing that women who drank diet soda were more likely to give birth to babies before they were fully developed.

The study investigated the diets of nearly 60,000 women and recorded the number of artificially sweetened beverages they consumed. While aspartame appeared to be the most widely consumed, some of the drinks contained other synthetic sweeteners as well.

The researchers found that drinking sugar-sweetened soda had no effect; drinking one can of diet soda a day meant a woman was **38%** more likely to deliver a premature baby; women who drank at least 4 diet sodas daily were nearly **80%** more likely to deliver preterm.

Stevenson J, Sonuga-Barke E, McCann D, et al. "The Role of Histamine Degradation Gene Polymorphisms in Moderating the Effects of Food Additives on Children's ADHD Symptoms." *American Journal of Psychiatry*. June 15 2010

4 Consider contacting your child's principal and teacher via email if the school has a web site and will provide this information. In your email, you can include the links to our home page and school lunch site.

5 Prepare a list of Feingold-safe snacks and drinks that can be purchased locally. Write in the stores that carry each of them. Provide this to your child's teacher and suggest she send home such a list to the other parents. (This works best if your child is on Stage Two and does not need to restrict other things like milk, gluten or allergy foods. In that case, it is best if you just plan to provide all of the food your child needs.)

6 Bring in a "Teacher's Stash" of natural candies and snacks that all the children can enjoy. Check out the article on page 5 about ordering them from the Squirrel's Nest Candy Shop.

Dr. Laura Thompson suggests plants in the classroom that help clean the air: Boston fern, English ivy, and palms are all good choices.

7 Offer to be the volunteer to shop for food for any classroom activity or party that involves food.

8 If you have the time to be the room mother, that's an even better option.

9 Do a "sniff test" in the class for plug-ins, scented products of all types, washroom soap, smelly markers, etc. Suggest that markers are now available in "low-odor" versions. Offer to bring in fragrance-free liquid or bar soap for the class to use, and contact us if you need suggestions on natural air fresheners.

Natural candy and snacks

One of the best ways to teach others how to avoid harmful additives is to provide a list of suggested snack foods. Here are some Feingold-friendly options.



Drinks

Minute Maid Lemonade juice boxes
Blue Sky canned sodas: Natural Root
Beer, Black Cherry
Juicy Juice Tropical
7-UP, Sprite
Minutemaids Natural Fruit Punch
Izze Sparkling sodas
Mott's juice boxes
homemade lemonade
Snapple Fruit Punch
Welch's Grape Juice
Glaceau Vitamin Water
Dole Pineapple Juice

Cookies

Trader Joe's Chocolatey Cat Cookies
Nabisco Honey Teddy Grahams
Matt's Natural Chocolate Chip Cookies
Paterson All Butter Shortbread
Cookies
Hy-Vee Health Market All Natural
Double Chocolate Cookies
365 (Whole Foods) Chocolate
Sandwich Cremes

Ice cream & popsicles

Breyer's Ice Cream (black containers
only; do not use "No sugar added")
Dreyer's All Natural
Edy's Homemade
Haagen-Dazs

Snacks

Fritos Corn Chips (original)
Clif Kids Peanut Butter Organic Z Bar
Pringles Original Potato Crisps
Utz's Pretzel Rods
Sunshine Hi Ho Crackers
Kashi Go Lean Honey Vanilla
Yogurt Bar
Trader Joe's Rich Golden Rounds
Cheetos Natural White Cheddar
Flavored Puffs Cheese Flavored
Snacks
Smartfood White Cheddar Cheese
Flavored Popcorn
Lay's Classic Potato Chips
Cracker Jacks (original)
Fisher Honey Roasted Peanuts

Candy

Sunspire Sundrops - plain, peanut
Ghirardelli Chocolate Squares
Surf Sweets Gummi candies
Mary Jane Peanut Butter Kisses
Florida's Natural Au'some Fruit Juice
Nuggets
Pearson's Chocolate Covered Mint
Patties
Great Value (Wal Mart) Peanut Butter
Cups
Panda Licorice Chews
Yummy Earth Lollipops
Life Savers - Pep-O-Mint

Most of these are Stage One treats. Check your *Foodlist* for more choices of brands and varieties. Create your own snack food list that will accommodate your child's sensitivities.

Teacher's Candy Stash

At the recent Feingold Open House in Maryland, your editor was chatting with Nancy Kemble from the Squirrel's Nest Candy Shop and mentioned that it would be nice for parents to be able to purchase a bag of natural goodies to send with their children when they return to school. When a teacher gives out candy rewards, it can be a problem for a child on the Feingold Diet. The result can be a reaction if the child eats candy with artificial ingredients, or he can feel left out if he does not accept it. A good option is to give the teacher some candy to keep in the closet or desk so the Feingolder could select a natural treat.

So, the Teacher's Stash was born! Nancy has created a one-pound bag of Feingold-acceptable treats. You can order the Teacher's Stash from her web site www.squirrels-nest.com.



Ranch Dressing

It's hard to find a prepared Stage One ranch dressing. Here's a simple recipe that can be prepared quickly, substituting lemon juice for the apple cider vinegar (salicylate) used in many dressings.

- 1/4 cup Mayonnaise
- 1/2 cup Sour Cream or Plain Yogurt
- 1/3 cup Milk
- 1 Tbsp Lemon Juice
- 1/2 tsp Garlic Paste
- pinch Black Pepper
- 1/4 tsp Salt

Combine the mayonnaise, sour cream and milk in a mixing bowl and use a whisk to blend until smooth.

Add the remaining ingredients and mix well.

Keep in a sealed container in refrigerator.

Stir before serving.

Birch Oil

Like some of the other oils that are derived from plants, birch oil is considered to be a **natural salicylate**. It was once widely used to make birch beer, and is now being used in some root beers, which will be noted as Stage Two products. We are adding birch oil to the list of natural salicylates in our materials.

Cool Cups

For children who have been carrying gelatin junk in their lunchboxes, here's a delicious natural alternative: Cool Cups Natural Gels.

There are three (Stage Two) flavors: Orange, Peach Mango and Black Cherry, available in 4-pack single serving portions. For the Feingold member who is on a more restricted diet, all of them are fat-free, gluten-free, GMO-free and vegan. They are also low in calories.

Learn more about Cool Cups at www.cool-cups.com.



Spectrum Shortening

For many years, consumers were warned to stay away from traditional fats like butter, coconut oil and palm oil. Critics blame the U.S. vegetable oil industry for convincing Americans to use the margarine and shortening that we now know contain unhealthy trans fats. These are created when oil is treated with hydrogen, turning it from a liquid to a solid, or semi-solid.



Feingold bakers will be delighted to know that Hain, the manufacturer of Spectrum Organic All Vegetable Shortening, has filled out our paperwork, and the product can be added to Stage One of your *Foodlist*.

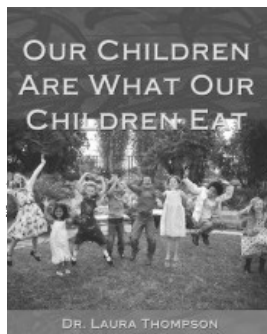
The manufacturer describes how the product is made: "We start with organic palm oil, extracted via manual pressing without the use of harmful chemicals. The oil is refined using a certified organic, chemical-free process similar to Spectrum's other organic oils. The palm oil is then whipped using nitrogen, resulting in a creamy consistency similar to conventional shortenings."

"It is better for your body than ordinary shortening because it's never hydrogenated, has zero grams of trans fat, and is made from palm oil, which is naturally cholesterol free and a good source of healthy monosaturated fat. Even better are the dozens of small family farmers in Colombia who cultivate and press our palm oil in an environmentally sustainable manner. It's good for you, the farmers and the earth; just imagine what it does for a pie crust!"

Our Children Are...What Our Children Eat

by Dr. Laura Thompson

This book will be a valuable resource for parents who want to take their family's diet to the next level. It provides comprehensive data on research and statistics, as well as basic nutrition information.



She "tells it like it is" when it comes to the use of drugs on children; see chapter Seven, which is titled "The Rx Generation."

There are details on the various diets used for children with allergies and developmental problems, as well as ideas for meals and snacks that comply with them. This will be a go-to resource for families who either need to or wish to further enhance their diet.

For more information on Dr. Laura's work as a nutritional consult, visit www.ourchildrenshealth.com.

High Fructose Corn Syrup is in the news again

Pancreatic cancer, considered one of the deadliest forms of cancer, has been linked to the growing intake of high fructose corn syrup (HFCS), according to new research from the University of California.

Lead researcher, Anthony Heaney of UCLA's Jonsson Cancer Center, found that pancreatic tumor cells can distinguish between glucose and fructose, and they multiply more quickly in fructose.

The study was published in the journal *Cancer Research*; it is titled, "Pancreatic cancers use fructose, common in the Western diet, to fuel their growth." The cancerous tumor cells were grown in lab dishes where they were fed either glucose or fructose.

HFCS was first introduced into our food supply about 40 years ago and today is widely used in processed foods, especially soft drinks. The beverage industry has long argued that there is no difference between HFCS and other sugars; however, some Feingold members can tolerate conventional sugars but not HFCS.

My 4th Grade Teacher

This homeschooling Feingold mom has found a way to teach both of her children some important skills that are not found in any curriculum.



I decided to schedule my 4th grade daughter a 30-minute time slot where she would teach her 4-year-old brother phonics three times a week. I figured it would be reinforcement for her, and for him a bit of fun with sister at the very least. Actually, what has happened is that my little boy has learned numbers, letters, handwriting, colors, math, and beginning reading skills -- all from his very serious 4th grade teacher.

Vaccine combination increases seizure risk

Researchers at the Kaiser Permanente Vaccine Safety Center report that the combined measles-mumps-rubella and chickenpox vaccine doubles a toddler's risk for experiencing fevers that can lead to convulsions.

The study, which was published in the journal *Pediatrics* in June, used data from the medical records of over 83,000 1-year-olds.

The reactions typically occurred from a week to ten days after the children received the combined vaccines.

Editor's note: Information on vaccines is available from the National Vaccine Information Center, www.nvic.org.

I had not expected her to take the job so seriously. She expects him to pay attention and do homework! I have been pleasantly amazed; I've even purchased additional phonics supplies based on her very professional suggestions. "Mom, he needs more practice on his colors. Can you buy a game for him?" How could a good homeschool mom say "no" to that?

I must say that this arrangement has given me the free time I need to have one-on-one time with my high-school daughter without worrying about the whereabouts of my 4-year-old, not to mention that he has learned oodles from his very motivated big sister.

Another plus is that my 4th grader's reading has improved by leaps and bounds since she is reviewing those basic phonics concepts daily! Eureka ...this is why I homeschool!

Catryna Jackson

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

ALLEN'S Original Baked Beans Seasoned with Bacon & Brown Sugar (CS, MSG/HVP, SM, GF, CF)

BLACK RIVER^ (available in Canada only) Bartlett Pear Juice (GF, CF)

CADIA Lemon Italian Soda (GF, CF), Low Fat Milk 1%, Low Fat Refried Beans (GF, CF), Low Fat Refried Black Beans (GF, CF), Low Sodium Chicken Broth (MSG/HVP, GF, CF), Organic Reduced Fat Milk 2% (GF), Organic Soymilk Original (GF, CF), Organic Soymilk Vanilla (GF, CF)

DAKOTA'S PRIDE Original Baked Beans with Brown Sugar & Bacon (CS, MSG/HVP, SM, GF, CF)

NASH BROTHERS™ TRADING COMPANY Natural Flatbread Multiseed (CF), Natural Flatbread Original (CF)

NATUR ^(*only available in Canada*) Creamy Peanut Butter (GF, CF), Crunchy Peanut Butter (GF, CF)

NATURE'S PATH ORGANIC* ^ Cereal: Crunchy Maple Sunrise (GF, CF)

PERFECT PRESCRIPTION (www.toothsoap.com) "Plain Jane" Tooth Swish (GF, CF), Tooth Brightener (GF, CF)

SENECA^ Crispy Sweet Potato Chips with Sea Salt (GF, CF)

SEVEN STARS FARM YOGURT Low Fat Milk Maple Yogurt (GF), Low Fat Plain Yogurt (GF), Whole Milk Maple Yogurt (GF), Whole Milk Plain Yogurt (GF), Whole Milk Vanilla (GF)

SPECTRUM Organic All Vegetable Shortening (GF, CF)

TRULY NATURAL MIXES (www.trulynaturalmixes.com) Belgian Waffle & Pancake Mix (GF, CF), Double Fudge Chocolate Chip Brownies (GF, CF)

UTZ'S (www.utzsnacks.com) Pretzels: Country Store Stix (CS, CF)

WILDERNESS FAMILY NATURALS*^

(www.wildernessfamilynaturals.com) Pure & Natural Lip Balm (GF, CF), Vanilla Mint Lip Balm (GF, CF); Natural Body Butter Unscented (GF, CF), Coconut Spread (GF, CF)

Product Alert

ORGANICVILLE Non-Dairy Ranch Dressing now contains cider vinegar so please move it to the Stage Two section of your *Foodlist & Shopping Guide*.

Stage Two

BLACK RIVER^ (*only available in Canada*) Apple Juice (GF, CF), Concord Grape Juice (GF, CF), Orange Juice (GF, CF), Prune Nectar (GF, CF)

CADIA Organic: Apple Juice (GF, CF), Apricot Preserves (GF, CF, apples), Balsamic Vinegar (SF, GF, CF, grapes, wine vinegar), Blood Orange Italian Soda (GF, CF), Blueberry Preserves (GF, CF, apples), Cinnamon Applesauce (GF, CF), Cinnamon Applesauce Cups (GF, CF), Diced Tomatoes in Juice (GF, CF), Four Cheese Sauce (GF, tomatoes), Gravenstein Apple Juice (GF, CF), Gravenstein Applesauce Cups (GF, CF), Ketchup (GF, CF, cloves, tomatoes)

KINESYS* ^ (www.kinesys.com) SPF 30 Fragrance-Free Sunscreen Spray (GF, CF, octisalate)

NASH BROTHERS™ TRADING COMPANY Multigrain Tortilla Chips (apples, chili peppers, tomatoes), Organic Balsamic Vinegar of Modena 500ml (GF, CF, grapes, wine vinegar), Organic Blueberry Preserves (GF, CF, apples), Organic Cheese Ducks (paprika, red peppers), Organic Cheese Squares (paprika, red peppers), Organic Grape Jelly (GF, CF, apples), Organic Raspberry Preserves (GF, CF, apples), Organic Strawberry Preserves (GF, CF, apples), Reduced Sodium Vegetable Broth Concentrate (CS, MSG/HVP, GF, CF, tomatoes), Veggie Tortilla Chips (GF, CF, tomatoes); Natural Italian Soda: Blood Orange (GF, CF), Pomegranate (GF, CF, apples)

NATURAL DIRECTIONS ORGANIC (*only available on the West Coast*) Ranch Dressing (GF, CF, cider vinegar)

SCHWARTZ'S (*Food Service*) Refrigerated: Kosher Spear Pickles (SB, MSG/HVP, GF, CF, cucumbers)

SENECA^ Crispy Apple Chips Original (CS, GF, CF)

SHARKIES (www.sharkiesinc.com) Organic Fruit Chews: Berry Bites Lunch Box (GF, CF, blackberries, cherries, grapes), Fruit Splash Lunch Box (GF, CF, blackberries, cherries, grapes, tangerines)

SOF'ELLA Blueberry Muffin Mix (CS, CF)

WILDERNESS FAMILY NATURALS*^ Hot Lemon Lip Balm

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.

Food dyes, from page 2

This confirmed for me that the Feingold Diet is the right thing for our family. In the four months since then, we have had only 3 other "mistakes" as we call them. One of the most severe reactions came when we failed to read the label and bought a jelly that contained Red 40. Our children were inconsolable when upset, were very aggressive towards each other as well as my husband and me, and had night terrors frequently for a week and a half until the chemicals started to exit their systems.

I have no doubt that the artificial ingredients have harmful effects on our behavior and thought processes. It is such a blessing to see my REAL children, who they are without all of the chemicals in the way!

Jennifer Spacht

You can help!

How many other families are struggling with the same type of symptoms the Spacht family encountered? How many other lives are disrupted by chemicals in the food consumed by most Americans?

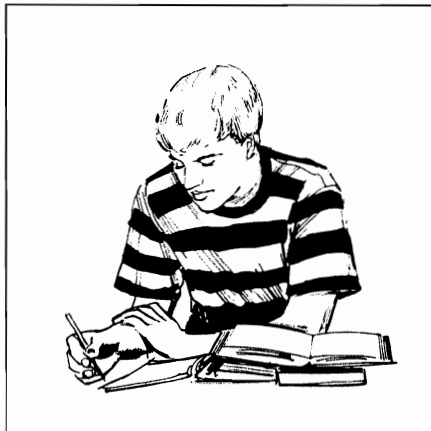
Your donation to the Feingold Association, made through your workplace, can help us create more "happily ever afters" for more families. Ask the representative at your office if you can designate part or all of your donation to go to the Association. (We are a tax-exempt charity.)

For more details on how to designate a donation through the United Way, Combined Federal Campaign, or similar effort, contact our New York office at (631) 369-9340.



Your Favorite Recipes

Our Feingold volunteers have begun work on a brand new edition of our cookbook and are asking members to send their favorite kitchen-tested Stage One and Stage Two recipes. You can email them to Cindy Harrell at: ckharrell@att.net.



Too many drugs for kids

Earlier this year the *Journal of Marital & Family Therapy* published a study that found an alarming rise in the use of psychotropic drugs for children.

The researchers question the validity of this approach and point out that there are not sufficient studies to evaluate the long-term effects.

Today, one American in fifty is considered to be permanently disabled by a mental illness, and as many as eight million children are taking one or more psychotropic drugs.

As pharmaceutical companies create new and more expensive drugs and promote them to the general public, the number of prescriptions rises. Between 1994 and 2001, according to the researchers, the number of adolescents taking these drugs rose more than 60%. In many cases, drugs which have been tested on adults are prescribed for children, even though their effects might be very different.

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, 59 Shell Road, 2nd floor, Rocky Point, NY 11901 or phone (631) 369-9340.

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

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