

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Lunchtime at your child's school!

October 11-15 is National School Lunch Week.

The School Nutrition Association encourages parents to eat lunch at their child's school, and so do we -- but perhaps not for the same reasons.

Those monthly menus might look fine, but that doesn't mean they will provide real information about what is being served in your child's school cafeteria. Stop by the school at lunch time and see for yourself what the food is like. If you are the only adult eating there, that's a good indication of how it actually tastes. And if the taste is bad, you can be sure that it is filled with unsavory chemical additives.



*More on page 3*

## Vanishing Childhood

Many children today are being exposed to toxic chemicals, given a steady diet of foodless foods, and pushed beyond their natural limits. When they falter, they are given potent drugs.

Throughout history, children have been disenfranchised; their fate rested in the hands of a few adults. While childhood was a happy time for some, for many it was grueling. Children were a source of labor, whether it was in the fields, in mines or in textile factories. Today, children continue to be exploited in third world countries, but we in the West are confident that child labor laws, child protective services and a general enlightenment have eliminated past abuses. But, sadly, there are new ones.

Bicycle helmets, car seats, and childproof latches help to protect the growing child, but they can't prevent the damage that has already occurred.

Exposure to toxins begins while a child is still in the womb. A study published in *Current Science* in May found that a woman's exposure to fluoride during pregnancy was correlated with anemia, resulting in low birth weight babies and infant mortality.

*Continued on page 4*

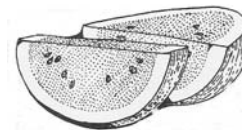
## Additive-free in the community

Sometimes it seems like just about everyone is feeding our kids!

Feingold mom, Gayla, wrote about her experience this summer:

I have seen what I call some baby steps this summer with people where I live taking a look at the food we eat. Before Bible school this summer, I gave copies of the Feingold literature to the director of our children's program at church.

She looked at the material and decided to make some changes in the snack program, including doing away with Kool-Aid and replacing it with water. While not everything on the menu was Feingold-acceptable, I thought this was at least a step in the right direction.



I helped with the first two days of registration for Bible school. During that time another volunteer made the comment that there hadn't really been too many discipline problems so far. The director happened to be standing nearby and made the reply, "Maybe it's because we didn't serve Kool-Aid."

*Continued on page 3*

## Dear Feingold Association,

I want to thank you so very much for your program!

In December of last year, I overheard a friend talking about the Feingold Program when I was at my youngest daughter's preschool. I was interested because I was at my wit's end with my older daughter, Savannah, who was in the 2nd grade.

Savannah is a very dramatic and creative girl, but she would lose focus easily, and at times she could be very hard to get along with. She did not respond to the various parenting techniques I tried; I seemed to be unable to have any impact on her behavior. Today, she is still a bit dramatic and very creative, but she has focus and is a pleasure to be around!

Here in Georgia, the kids take a CRCT test to evaluate where they are for the school year. When she took the test in first grade, Savannah scored very low. She was having trouble with both reading and math and was in an early intervention program. I just dismissed the problem as a lack of maturity -- of course my kid is smart -- it's just taking some time.

I was amazed at all the nasty stuff we were actually eating on a daily basis.

At the start of second grade she again scored low on the CRCT test and was again placed in the early intervention program for math and reading. I met with her teachers, and they were concerned! They told me that if she didn't improve, we were going to have a meeting with the principal, vice principal and school counselor to see what we could do to help her. They also said she just couldn't stay focused.

At this point, I began to freak out...this couldn't be happening...what could I do? Not only was Savannah's social behavior out of control at times, but now this!

My gut feeling always told me something was wrong with her diet, but I just didn't know what it was. I thought that it couldn't just be sugar; it had to be something else. There was no way I was going to take her to the doctor so they could tell me she needed some kind of ADHD medicine!



Then, I heard about Feingold. Barbara, the friend I overheard in my younger daughter's preschool, let me borrow her book, and I was hooked! I was going to try this diet, and if it worked, great; if it didn't work, that would be okay. We were going to do it regardless because I was amazed at all of the nasty stuff we were actually eating on a daily basis. Enough! I cleaned out the cabinets, fridge, and freezer; who wants to give their kids a ring pop with petroleum anyway?

Within a week, there was a change, a HUGE change! Savannah was a different kid! No more meltdowns and crying, and her schoolwork improved. Not only did I change her diet, but I also spent extra time with her every day to focus on schoolwork. We would read and do math for about 30 minutes before bed. Her focus

improved with me, and she actually loved this time we had together, and so did I!

Within a few weeks, I got a note home that Savannah was taken out of the reading early intervention class! They kept her in math for the time being for some extra help to catch up, but both teachers agreed that she really didn't have to be in there anymore!

When she saw my daughter's new test scores, Savannah's teacher started to cry.

Here is the big reason that I am thanking you! Not only is my daughter a creative, energetic, still somewhat dramatic little girl, but she is also a smarty pants! I got her second grade CRCT scores back today, and she was only a few points from a PERFECT score in reading! She is now considered above average! She is also only a few points away from scoring above average in math and language arts, but she now meets the standards! Her teacher told me that she started crying when she saw Savannah's scores and that she is the most improved student she had. I know that she did benefit greatly from my help and from the help she received from her teachers, but the diet change let the help sink in and work! Savannah's teacher even said to me that she was a different kid after we changed our diet!

*Heather Harris*

P.S. In case we doubted the effectiveness of the diet, I made the mistake of buying a jar of pickles without checking my *Foodlist* or reading the ingredient label. Savannah had a major meltdown, and I discovered that many brands of pickles contain yellow No. 5! Who would have thought that green pickles would have yellow dye?

## Do school lunches make kids fat?

Children who participate in the National School Lunch Program are more likely to become obese than those who do not, according to new research from Southern Methodist and Georgia State Universities.

The research was funded by the US Department of Agriculture (USDA), which oversees the school lunch programs. It was published in *The Journal of Human Resources* this summer.

Approximately 30 million children eat lunch at school, and (a curious numerical coincidence) the number of children estimated to be overweight or obese is 30 percent.

The USDA is said to be very concerned about the issue, but apparently not concerned enough to stop allowing French fries to be counted as a vegetable.

### Dubious solutions

How can a food service department continue to serve factory foods, but tweak things just enough to make it look like they are part of the solution, not the cause of the problem?

- Include some whole grains in the crust on that greasy pizza
- Add a small cup of grapes to the menu
- Change from artificially colored and flavored whole milk to artificially colored and flavored low fat milk
- Post a list of calorie counts somewhere in the cafeteria
- Switch from ice cream to frozen "fruit" popsicles

And here's another ploy - let the local media know how great your food is, but send out the press releases after school has closed for the summer so no nosy reporter can actually see or taste the stuff!

## Jamie Oliver Update

Food revolutionary, Jamie Oliver, has launched a new web site to bring the Food Revolution to even more people and offer practical help in changing things at your community's schools.

Log on to [www.jamieoliver.com](http://www.jamieoliver.com).



Jamie and his Emmy award

### Let folks at your school know of your interest

Speak with the PTA officers, the principal, school counselor, or any others at your child's school who might be receptive to making improvements in the school food. One member writes:

"I have been asked to be a part of changing my kids' school lunch at their elementary school. The principal wants to win the Governor's Award and track the data on healthy food and exercise.

"The cafeteria manager is on board with this as well, and they are hoping to ramp the program up by October. If we get one school to impress the Superintendent, this could be beneficial for the whole region."

FAUS can help you by providing information on how you can work with your child's school to make the food better for all of the children. Visit [www.School-Lunch.org](http://www.School-Lunch.org) and check out the back issues of *Pure Facts* where we have provided lots of suggestions. FAUS can serve as a resource and will help you with any questions you may have.

Additive-free, from page 1

### The Coach gets some coaching

Feingold mom, Sandy, writes: My boys played in a Little League team where the coach gave them Gatorade (red, blue, orange), Jolly Rancher candy and colored bubble gum.

The children could not pay attention, rolled around in the dugout "horsing around," could not hit the ball and couldn't catch, either.

I suggested we run an experiment. I would supply the snacks for a few weeks, and we could see what happened. I brought in water and Feingold-friendly (natural) candy, and the improvement was dramatic!

The team supported one another in the dugout, hit the ball when they were up to bat and won the next several games by a comfortable margin. It was quite a testimonial to the harmful effects of additives on behavior and on our ability to function physically.

*Editor's note:* I wonder if professional football teams would win more games if they switched to water as well; they can always continue to use the Gatorade to "shower" their appreciation on the winning coach.

### Who's in charge?

Does your school hold "tasting parties" to allow students to select the foods they want in the cafeteria? Do the administrators in your child's school say they have to feed the kids junk because that's what they want to eat?

Using that line of reasoning, let's let the students play video games instead of doing math, and if they don't want to learn to spell or read, let's get rid of those unpopular activities. In fact, why bother having school at all?

## Got Petroleum?

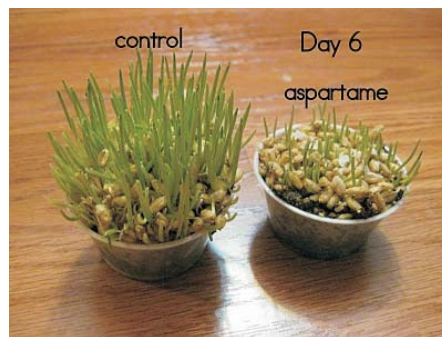
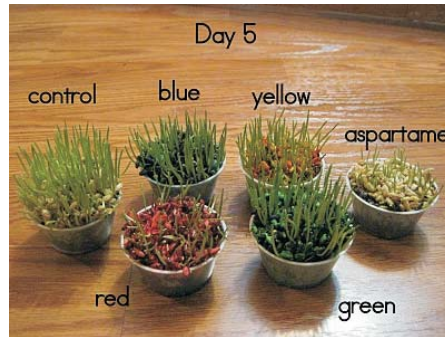
Looking for a science fair project? Want to find a way to "wow" your family, friends, relatives, or skeptical co-workers?

Feingold teenager, Alyssa Amott, came up with an experiment that can only be described as "brilliant."

Not only is this a rodent-free project, but it is simple to conduct and yields fast, dramatic results.

Alyssa used hard red wheat "berries," which are kernels that have not yet been ground into flour. She also used liquid food coloring from the supermarket and a packet of "Equal" (aspartame).

First, she soaked the wheat berries in a combination of 2 ounces of water with 10 drops of the dye in 4 of the bowls; in one bowl, she dissolved a packet of Equal (aspartame) in the water. The control wheat berries were soaked in plain water.



After four hours, the water was drained off, to be used for watering the plants, and supplemented with plain water. The wheat berries were planted in regular soil.

The wheat berries given plain water grew lush and strong, while the chemically-treated plants were stunted and sickly; even the root systems were dramatically different.

This experiment is an eye-opener for all ages. It could be located on the window sill in your kitchen, in your child's classroom, or in your office. Anyone who believes that living things are not harmed by chemicals like this should start to question their comfortable beliefs after they see what happened to these wheat grass plants.

### Vanishing Childhood, from page 1

Among the adverse reactions to fluoride noted by the researchers are the reduction of red blood cells, reduction of blood levels of folic acid activity, inhibition of vitamin B12 production and the non-absorption of nutrients.

Fluoride is only one of countless chemicals that affect the unborn child. A remarkable book that investigates this issue in depth is *Poisoned Profits, The Toxic Assault on our Children* by Alice and Philip Shabecoff.

### Growing up too soon

In August, the journal *Pediatrics* published a study documenting the fact that girls in the United States are entering puberty at an increasingly early age. In addition to creating many emotional problems, a longer exposure to estrogen is believed to be a risk factor for the later development of breast and uterine cancer.

While other studies have looked at the use of hormones in meat and dairy products, these researchers point to endocrine disruptors like the chemicals found in plastics and personal care products. They also note that extra body fat could trigger the release of hormones that bring on early puberty.

The Fluoride Action Network points to research showing the fluoridation of water supplies as a factor in early puberty.

A California company, MGP Biotechnologies LLC, has developed a way to remove the mercury preservative found in some vaccines. The device would be part of the syringe, filtering out the mercury as the vaccine injection is being administered. Unfortunately, the company does not expect the device to be available soon.

### Starting too early

Kindergarten was once a time for crayons, blocks and stories. After centuries of viewing children as small, inferior adults, Western countries finally began to understand that childhood is a unique time and that a child has a built-in timetable for development. These concepts were eloquently taught by Rudolph Steiner, who developed the Waldorf schools, and Maria Montessori, who was both a doctor and an educator.

But for hurried American children, kindergarten now means academics -- reading, math, and sitting at their desk. It also requires homework. New research at Michigan State and the North Carolina State universities shows that children who begin school too early are the most likely to be misdiagnosed with ADHD.

*Continued on page 6*

## Jacksonville, Florida

There's good news for those dealing with allergies and sensitivities!

Not only does owner, Michelle Doss, offer hard-to-find items like natural marshmallows and gluten-free soft pretzels, but she also carries natural and organic foods and Neighborhood Garden Organic Produce, with a selection of fruits and vegetables.

You can visit the Allergy Free Food Market on Yellow Bluff Road and check them out at [www.chasefoods.com](http://www.chasefoods.com).



## Catering to Kids

To compensate for the foodless foods being served in so many schools, innovative women have created businesses that provide healthy boxed lunches to children at their school.

One such woman is Monica Tomasso, whose company, Health E-Lunch Kids, provides good food to children in the Washington, DC area. Considering the sorry state of foods served in Northern Virginia's Fairfax County, this is a welcome resource. See [www.healthelunchkids.com](http://www.healthelunchkids.com).

Similar companies have been formed in other locations, including a San Ramon, California, company that offers 17 choices daily. For details, visit [ChoiceLunch.com](http://ChoiceLunch.com).

In Vernon, British Columbia, check out [TheLunchMoms.com](http://TheLunchMoms.com).

## New Halloween candy

The Squirrel's Nest Candy Shop announces its new Halloween Cremes, candies that come in assorted flavors and spooky shapes of bats, cats, owls, witches and moons.

They also offer Halloween jelly beans! You can have a selection of both candies by ordering the Halloween Mix. These candies are Stage Two Feingold acceptable.

Necco Jrs are old fashioned candy wafers that come in small packages good for Trick or Treat, and if you are looking for the gross factor, try Gummi Vampires Lunch which is GF and CF as well as Stage One.



## Whole milk will now be researched

It has come to our attention that some members are having a reaction to whole milk. As a result, we can no longer say that "any" whole milk is acceptable and have begun researching milks. If you are using a whole milk that is not listed in the *Foodlist* and are having no problems with it, please contact the dairy and ask if they would like to be listed in our *Foodlist & Shopping Guide* so that everyone in the area can purchase their milks. You can send that contact information to [ckharrell@att.net](mailto:ckharrell@att.net), and we will try to get them in the *Foodlist*.

Check your *Foodlist* and the PIC report on page 7 of this newsletter for newly approved brands of milk.

## Tried & True Breakfast & Lunch Ideas

Another approach to better lunches for kids is the information offered at [www.kidapprovedmeals.com](http://www.kidapprovedmeals.com). The founder, Christine Steendahl, provides a 13-week, "kid tested" menu, with recipes, that can be rotated throughout the year. The meal plan comes with a grocery shopping list for each menu.

October 10th is the first day that chocolates can be shipped from the Squirrel's Nest, so if you have been waiting for those famous chocolate covered marshmallows (in milk or dark chocolate coating) you can now order these Stage One treats.

More marshmallow treats are available from the Squirrel's Nest. These include Stage One mini marshmallows and Rice Mellow Creme. Visit [www.squirrels-nest.com](http://www.squirrels-nest.com).

## Talk about scary things!

American Greetings Corporation has come out with a new type of greeting card. No, these don't play music or have a scratch-and-sniff feature -- they have a "tasty surprise."

The cards include a sealed dissolvable flavor strip that is designed to be eaten by the poor soul who receives it. The chemically treated strips come in flavors that relate to the message on the card; the strip inside a birthday card tastes like birthday cake. They have a doughnut flavored card, and there's even one that tastes like a margarita.

## AbleChild fights for children

This non-profit organization was formed by two mothers who had been told by their children's school that the youngsters had to be placed on drugs in order to be allowed to attend school.

They were also threatened they would be reported to Child Protective Services if they did not comply. Instead, the women formed AbleChild to fight the growing pressure to label and drug more and more children.

They have fought to prohibit schools from requiring that children take a controlled substance as a condition for attending school.

AbleChild is also opposed to the mandatory mental health screening of children to identify those with problems or potential problems. They

maintain that this is typically a thinly-veiled method of promoting the sale of even more psychotropic drugs for children and teens.



The organization, under the guidance of founders Patricia Weathers and Sheila Matthews, supports a bill that has been introduced into Congress by Rep. Ron Paul, which prohibits federal funds being used to establish or implement any mandatory or universal mental health/psychiatric screening of schoolchildren. It also establishes a parent's right to refuse mental health screening for a child.

To learn more about this bill and the work of AbleChild, call (203) 594-1700 or visit

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

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### Starting too Early, from page 4

The research, published in the *Journal of Health Economics*, found that in 5th and 8th grade, the youngest children in the class were more than twice as likely to be on Ritalin. They estimate that nearly a million children in the US may have been misdiagnosed with ADHD.



### The wrong solution

As disturbing as it is to learn of school-age children being unnecessarily treated with drugs, a recent *N.Y. Times* expose' described a Louisiana child whose drug treatment began at 18 months. Before he had reached his third birthday, Kyle Warren was on a regimen of five potent drugs: an antipsychotic (Risperdal), and antidepressant (Prozac), one drug for ADHD and two sleeping pills. As shocking as it is to imagine a toddler being given this potent cocktail, there are babies less than a year old who are being given these drugs.

### Would you like statins with that?

A British doctor has recently raised howls of protest for suggesting that fast food restaurants should serve statin drugs along with their fatty foods, to help counteract the harmful health effects of those burgers and fries.

But while many doctors are voicing criticism, the medical community is heading toward prescribing these drugs for children, including those as young as 8 years old.

Statin drugs carry many risks, say their critics, and have not been demonstrated to be effective for the great majority of patients. Another criticism is that they have not been tested on children, although they are being prescribed for them. In fact, Pfizer, the manufacturer of Lipitor, has a new chewable form designed for children.

### Why Big Pharma wants to test drugs on kids

But drug companies are eager to test their products on children because this gives them an additional six months of patent protection. The US patent for Lipitor runs out in November of 2011; after that the generic versions will be available -- most certainly at a lower price. So why is a six-month patent extension such a big deal? With an annual income of \$13 billion, Pfizer stands to earn big bucks from those extra six months!

### Universal screening?

There is a growing push from the medical community to screen all children for high cholesterol on the theory that if they start children out early on such drugs, they will reduce future heart attacks. But many scientists argue that cholesterol is not the culprit and in fact that it is necessary for healthy growth. They argue that nourishing food and a more active lifestyle are far better ways to keep children healthy.

## 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 CS = casein-free

## Stage One

365 EVERYDAY VALUE (Whole Foods) Frosted Flakes (CS)

BLUE SKY FREE\* Cola (GF, CF), Jamaican Ginger Ale (GF, CF), Lemon Lime (GF, CF)

BODY ECOLOGY ([www.bodyecology.com](http://www.bodyecology.com))^ Cocobiotic (GF, CF) Culture Starter for Vegetables (CS, GF), Kefir Starter (CS, GF)

CADIA Natural Extra Virgin Olive Oil; Organic: Black Beans (GF, CF), Blue Corn Tortilla Chips (GF, CF), Dark Garbanzo Beans (GF, CF), Dark Red Kidney Beans (GF, CF), Extra Virgin Olive Oil (GF, CF), Fat Free Refried Beans (GF, CF), Free Range Chicken Broth (MSG/HVP, GF, CF), Grade A Dark Maple Syrup (GF, CF), Grade B Maple Syrup (GF, CF), Great Northern Beans (GF, CF), Pinto Beans (GF, CF), Vegetable Broth (GF, CF), Whole Milk, Yellow Corn Tortilla Chips (GF, CF), Yellow Corn with Flaxseed Tortilla Chips (GF, CF)

ENVIROKIDZ ORGANIC\*^ Crispy Rice Bars: Fruity Burst™ (GF, CF), Peanut Choco Drizzle™ (GF, CF)

HANSEN'S Natural Soda: Original Cola (GF, CF)

LET'S DO...®\*^ Sprinkelz: Confetti™ Organic Dessert Toppings (CF)

NASH BROTHERS™ TRADING COMPANY Extra Virgin Olive Oil (GF, CF), Organic Blue Corn Tortilla Chips (GF, CF), Yellow Corn & Flax Tortilla Chips (GF, CF), Yellow Corn Tortilla Chips (GF, CF); Organic Macaroni: Capellini, Fusilli, Penne Rigate, Spaghetti (CF); Organic Whole Wheat Macaroni: Fusilli, Penne Rigate, Spaghetti (CF)

NATURE'S PATH ORGANIC\*^ Pumpkin Flax Granola (CF)

SUNFLOWER KITCHEN^ (only available in Canada)

Carrot & Ginger Soup (GF, CF), Egyptian Lentil Soup (GF, CF), Jerusalem Hummus (GF, CF), Mediterranean Hummus (GF, CF), Roasted Garlic & Onion Hummus (GF, CF)

WILDERNESS FAMILY NATURALS\*^ Virgin Coconut Oil: Coconut Cream Soap (GF, CF), Oatmeal Soap (CF), Plantain Goldenseal Soap (GF, CF), Pure and Natural Soap (GF, CF) ([www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com))

**Milks** - All of these brands are newly accepted; all are GF and Stage One. The notation tells where they are available.

ALBERTSON'S (WA, OR) Whole, 2%, 1%, Skim

COUNTRY CLUB (Midwest, Southwest) Whole, 2%, 1%, Skim

COUNTRY FARMS (Southwest) 1%, 2%, Skim

CREAM O' WEBER (Southwest) 1%

DEERFIELD FARMS (Midwest, Southwest) Whole, 2%, 1%, Skim

FLAV-O-RICH DAIRY (GA, TN, NC, KY, OH) Vitamin D, Non Fat, Reduced Fat

HARMONY ORGANIC ^ (Canada) 2% Organic, 3.8% Whole, Nature's Whole Unhomogenized

HORIZON ORGANIC\* (available nationwide) Fat Free, Lactose Free, Lowfat Chocolate Milk with DHA, Lowfat, Lowfat/Reduced Fat Chocolate, Reduced Fat, Reduced Fat Plus DHA, Whole, Whole Plus DHA

HYVEE (Midwest, Southwest) Whole, 2%, 1%, Skim

MARKET PANTRY (Midwest, Southwest) Whole, 2%, 1%, Skim

MIDWEST COUNTRY FARE (Midwest, Southwest) Whole, 2%, 1%, Skim

MILK 2 YOU (Midwest, Southwest) Whole, 2%, 1%, Skim

NO FRILLS (Midwest, Southwest) Whole, 2%, 1%, Skim

OUR FAMILY (Midwest, Southwest) Whole, 2%, 1%, Skim

ROBERTS (Midwest, Southwest) 1% Low Fat, 2% Reduced Fat, 2% Reduced Fat Acidophilus, Fat Free Skim, Fat Free Skim Extra, Vitamin D Whole

SHOPPERS VALU (WA, OR) Whole, 2%, 1%, Skim

SWEET CLOVER (Midwest, Southwest) Whole, 2%, 1%, Skim

THRIFTWAY (WA, OR) Whole, 2%, 1%, Skim

## Stage Two

CADIA ORGANIC Concord Grape Juice (GF, CF), Corn & Black Bean Salsa (GF, CF, chili peppers, tomatoes), Crushed Tomatoes (GF, CF), Mango Salsa (GF, CF, bell & red peppers, tomatoes), Marinara Sauce (GF, CF, bell peppers, tomatoes), Morello Cherry Preserves (GF, CF, apples), Pineapple Salsa (GF, CF, bell, chili & red peppers, tomatoes), Pomegranate Italian Soda (GF, CF, apples), Raspberry Preserves (GF, CF, apples), Roasted Garlic Sauce (GF, CF, tomatoes), Strawberry Preserves (GF, CF, apples), Tomato Basil Sauce (GF, CF), Tomato Sauce (GF, CF), Tomato Paste (GF, CF)

MARICH All Natural Halloween Creams (CS, orange), All Natural Zoo Animal (CS, orange, raspberry, tangerine)

WILDERNESS FAMILY NATURALS\*^ Hot Lemon Lip Balm (GF, CF, cayenne pepper)

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

## Goodie Baskets



Each fall, we assemble baskets full of Feingold-acceptable Stage One and Stage Two candies and snacks which are provided by companies who cater to discerning diners. For each donation of \$50, FAUS will send a holiday gift basket via Priority Mail to you or to the person you choose. If you wish, we will include a message from you.

Some members order baskets for their Feingold kids; others have them shipped to the relatives so natural treats will be available for their children when the families get together. Many folks use them as a way of saying "thank you" to that special teacher or other professional who has helped their child.

You will be able to order them from our office in New York at (631) 369-9340 or online. We will have a total of 200 baskets, and they will be available starting in mid-November.

### Scary/fun movies to enjoy on Halloween

The Nightmare Before Christmas  
Beetlejuice  
Young Frankenstein  
Gremlins  
It's the Great Pumpkin, Charlie Brown  
Ghostbusters  
Casper the Friendly Ghost

One dad came up with a clever Halloween prank. He dressed up as a scarecrow and sprawled across the bench on their dimly-lighted front porch, among the pumpkins and other decorations. When the unsuspecting trick-or-treaters came up to ring the doorbell, he groaned. The startled guests poked the patient scarecrow and then dissolved into giggles.

## Feingold Facebook



Come visit us on Facebook for more good information, and post our links on your own Facebook page. This is a wonderful way to share good ideas with your friends...and theirs.



### Halloween T Shirt

"Artificial turn me into a monster" is the message on our Halloween T-shirt. You can order it, and other items with a Feingold message, from [www.cafepress.com/feingoldshop](http://www.cafepress.com/feingoldshop).

Will you be moving? If so, please send us your new address - the post office will not forward your *Pure Facts*.



## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 37 Shell Road, 2nd floor, Rocky Point, NY 11778 or phone (631) 369-9340.

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

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

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