

Pure Facts

Newsletter of the Feingold® Association of the United States



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Thanksgiving!

With a mixture of relatives and food, Thanksgiving can be a happy event, or it can be a big challenge for a Feingold family.

One new member wrote on our message board, "My DH is one of 6, and as the family has grown and more children have been added, they cannot get together often.

"For this Thanksgiving, MIL (mother-in-law) is planning a get-together in Gatlinburg, TN. Nobody lives there; she just figures it's pretty much a central meeting place for everyone.

You can strike fear in the hearts of reluctant relatives with our favorite holiday announcement to the gathered group. As you and your "target" child enter the room, make the announcement, "Whoever turns him on gets to take him home and keep him for 3 days!"

"She knows we are following a special food plan, and I try to stress that we're doing this to help bi-polar DH (her son) as much as our child.

"From what I understand, the accommodations will be a 4-story house with 15 bedrooms! I'm guessing there will be only one refrigerator. What do I do about food? I'm overwhelmed by the vision of problems, and of course, my DH says, 'Let's just eat what they have. What's the big deal?'"



"This is the holiday when women all over the country get up at 4a.m., arm-wrestle a naked turkey, stand over a toaster trying to make stale bread into fresh dressing, and spend ten hours making a meal that will take 12 minutes to inhale."

Erma Bombeck

Another mom, Carolyn, wrote back, "I would ask to be in charge of the meals; of course, try to get others' input, but make up a menu, and then come up with a specific list of items that are needed for the menu. Make sure they are all found in your *Foodlist* book. (If you live in a different region of the country, you might want to order a *Foodlist* for the region you will be visiting.)

"If you trust others to get what you list, make the assignments. Otherwise, go ahead and buy it all yourself; then, split the cost with the others.

"Assign different people to put together each meal, using the specific menu items. We have a family reunion every year and this is what we do.

"We always have a food chairperson, and last year I managed to get the job, and it worked out well. I had other people buy the items I thought they couldn't mess up, like the fresh fruits and veggies. But for things where I was afraid they might ignore my specific brands, I bought them myself."

Renee has created a fail-proof shopping list for relatives, teachers, etc. She searched online for pictures of each of the acceptable brand name foods and created a shopping list that includes full-color photos of the products. (This might be helpful for absent-minded spouses as well!)

Continued on page 3

Ben's Story

This summer, Dina Kimble wrote about the transformation of her son; their story is typical of those we have heard from families for more than 34 years!

Yesterday, while watching my 6-year-old son at his first day of swim practice, it hit me how far we have come in the five months we've been on Feingold. So, it's time to share our story in hopes it helps or encourages someone else.

Ben was the most awesome, loveable, well-behaved baby. But when he was 2 ½, it seemed like he turned into another child overnight. This happened to coincide with having a baby sister and switching daycare, so we thought this, combined with the terrible twos, was the reason. We used all the Supernanny techniques religiously, and it seemed like we spent all our time continuously disciplining the child. Everything was a struggle and battle of wills.

At last, we have our son back!

At 3 ½, he spent a month in preschool until we pulled him out (before they could kick him out for behavior issues!). We found a daycare with a woman I adore, and her discipline helped in that he got consistent consequences at home and in daycare. But we still struggled every single day.

Ben now has the patience and focus to take on challenges.

Last year, he started kindergarten, and I was terrified. Ben loved school (well, recess), but it felt like every day we were getting notes home about him getting "cards pulled." Everyone loved his personality, but he was extremely disruptive, fidgety, loud, physical (not in a mean way, but just annoying). His teacher told me he was very smart, but he was struggling because he heard about only 20% of what she was saying.

In one particularly bad week in February, we hit rock bottom. His T-ball coach gave up on him at practice because even with one-on-one attention, Ben would not/could not follow directions.

That Friday, his teacher sent a note home that he missed library because he couldn't hold still in line, and his new after-school care lady pulled me aside and said she didn't know how to discipline him. She would look him in the eye and give him directions, but he could not/would not follow them.

By the grace of God, my mom was at our house that night, and she said something that has changed our lives. She said "Some people think diet is linked to behavior." Later that night, I googled "diet and behavior in children" and Feingold was the first site I found. Tears poured down my face as I read the testimonials because it was everything we had been living. We started as best we could that week and have been 100% ever since I got our materials.

In the first week, even before 100%, we noticed huge changes. Where Ben would usually play with his large duplo blocks but yell out in frustration and anger every five minutes because he would knock them over, now he was playing for HOURS with the little Legos -- making cars, houses and more. The second week of Feingold, his T-ball coach said, "It's like Ben



woke up and decided he wanted to play baseball -- have you been practicing with him or something?" His daycare lady kept a food log for me, and the third week in, she wrote "GREAT!" in the behavior blocks of the diet diary. It's been "Great" every day since (except the week we allowed him to eat berries every day, and then each day was "Had trouble listening.")

In the past five months, Ben has learned to read, write legibly, ride his bike without training wheels, swim without floaties, climb rocks and hills, and so much more. He apologizes when he does something wrong, he follows directions (usually the first or second time we ask), he reasons things out on his own now, and you can actually see him analyze situations in his head and then offer commentary on the things around him.

We are enjoying our son more than we have in 3 years. He is funny and a joy to be around. He is still a boy who requires a little straightening out once in a while, but I consider that normal! I am so excited and actually looking forward to the start of first grade.

Dina Kimble

Thanksgiving, from page 1

Identify the area stores

If you will be going to an area far from where you live, find out which stores have the best foods. In the Southeast, Publix is a very popular supermarket with many acceptable brands. Publix has three GreenWise Market stores, with a focus on natural, organic and earth-friendly products; it is a wonderful option if you will be in any of these Florida locations: Boca Raton, Tampa, or Palm Beach Gardens. Or, there might be a Whole Foods or Trader Joe's in the area. Log on to our members' message board for advice on where to shop. If you will be traveling by car, consider doing some shopping en route.



Consumers win this round

The state of Ohio has had a ban that prohibits dairies from labeling milk as free of artificial hormones. Most notorious is rBST, the chemical used to increase milk output in dairy herds.

The Ohio Department of Agriculture's argument was that there is no difference between milk from treated cows and those which are not; thus, dairymen were not permitted to say their milk is "artificial hormone free" or "rBST-free."

But a district court has overturned the ban, finding that a compositional difference does exist, including higher levels of an insulin-like growth factor that has been linked to cancer, and a tendency for the milk to sour more quickly.

The Feingold Association does not eliminate products with rBST, but supports a producer's right to provide consumers with comprehensive information on its foods.

Institutional Thanksgiving

Here are the ingredients in the "special" Thanksgiving lunch that will be served in many school cafeterias and other institutions:

Sliced Turkey Breast with Gravy

Turkey Breast Meat, Water, Chicken Stock, Margarine [**Partially Hydrogenated and Fully Refined Soybean Oil**, Water, Salt, Mono and Diglycerides, Whey, Lecithin, **Sodium Benzoate**, Beta Carotene, Palmitate, **Artificial Flavor**], Wheat Flour - Enriched [Bleached and Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Food Starch Modified, Chicken Flavor [**Hydrolyzed Soy and Corn Protein**, Salt, **Sugar**, **Maltodextrin**, **Partially Hydrogenated Cottonseed and Soybean Oil**, **Autolyzed Yeast Extract**, **Disodium Inosinate**, **Disodium Guanylate**, Thiamin Hydrochloride (Vitamin B1), Tricalcium Phosphate, **Artificial Flavor**, Tocopherol (preservative)], Chicken and Vegetable Flavor [**Hydrolyzed Soy and Corn Protein**, Salt, **Autolyzed Yeast Extract**, **Maltodextrin**, **Partially Hydrogenated Cottonseed and Soybean Oil**, **Sugar**, Onion Powder, Thiamine Hydrochloride (vitamin B1), **Disodium Inosinate**, **Disodium Guanylate**, Spices including Turmeric, **Natural Flavor** (contains Celery)], Salt, Caramel Color, Spices.

This is a far cry from what the Pilgrims served! While the only ingredient listed above eliminated on the Feingold Diet is artificial flavor, there are many other junky and unnecessary additives. Here's a translation of the other chemicals.

- * Maltodextrin is a form of sugar, added to the two other sugars in the list.
- * Partially hydrogenated oils equal trans-fats.
- * The preservative sodium benzoate can trigger many problems.
- * All of these are ways to hide MSG (monosodium glutamate): Hydrolyzed Soy and Corn Protein, Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate, Natural Flavor

This listing came from the web site for the Fairfax County, VA public schools. Check out the web site for your public schools to see if they have an online listing of food ingredients.



No Thanksgiving Grinch here!

Consider bringing some of the sweet foods when you get together with the relatives this season. It's typical for others to believe that your healthier lifestyle means you won't be eating any candy or dessert, but the Feingold diet has never eliminated sweets. However, by cutting out certain additives, Feingold families are more likely to eliminate "invisible sugars" -- particularly the high fructose corn syrup found in unlikely items like processed and fast food main dishes, salad dressings, condiments, and more. If you focus on enjoying the visible sweets like candy, cookies and an occasional soft drink, and if *you* decide how much sugar to add to your cereal, you'll be able to enjoy some guilt-free holiday indulgences.

The problem of childhood obesity -- more than TV and chips!

One of the biggest misconceptions about childhood obesity is the belief that we can resolve the problem by making small adjustments to the highly processed foods children are now eating.

Adding fiber to Froot Loops is not a solution.

Every time there is a rash of publicity about the down side of highly-processed, chemically-laden foods, the mega-corporations pull out their own "solutions;" but tweaking junk is not a good enough answer, according to a new study published in the *Journal of the American Dietetic Association*. [Vol. 110, No. 10, pp. 1477-1484]

The researchers found that there are too many empty calories in the foods children typically consume for the efforts at reformulation to be effective. In other words, get rid of the junk and feed children food.

A recent study on trans-fats, found in the partially-hydrogenated vegetable oil so widely used in unhealthy food, showed that a breast-fed infant whose mother consumes large amounts of it is more likely to become obese.

The study was published in the *European Journal of Clinical Nutrition*.

Addressing childhood obesity means reforming school food -- possibly the worst offender for most children.

The factory food served to children in most schools is a collection of strange chemicals that has historically never been part of the food supply of humans -- the petroleum-based dyes, flavorings and preservatives, along with huge amounts of cheap fats, MSG, high fructose corn syrup and genetically-modified soy.

It won't be easy to persuade junk-loving parents to switch to healthy options, but changing school food is something that can be accomplished quickly and at no increase in cost. Visit www.School-Lunch.org to learn how this can be done.

Cigarettes and Cheese

Kraft, a mega-corporation today, had a modest beginning in 1903 when James Kraft began selling cheese door-to-door. The first year was a rough one, with Kraft losing \$3,000 (a huge sum at that time) and a horse.

But his fortunes changed when four Kraft brothers joined him, and they soon became a major player in the dairy industry. The invention of a pasteurized processed cheese that did not require refrigeration made the Kraft brothers' products part of the military rations during World War I.

The next 70 years saw continued growth as Kraft acquired numerous businesses, including non-food products such as Duracell batteries and Tupperware.

By the late 1980s, tobacco's dirty little secret -- that nicotine is addictive -- was finally out. Even after they paid huge sums in fines and settlements, Big Tobacco still had enormous assets, and they went shopping for a less risky investment. Philip Morris bought the large conglomerate, General Foods, and soon afterward they bought Kraft. Later, they purchased Nabisco from the R. J. Reynolds Tobacco Co.

Following some bad publicity in 2003, Philip Morris adopted the name "Altria Group, Inc." In 2007, the corporation sold Kraft (thus the reference in our 2010 July-August newsletter to Philip Morris owning Kraft is incorrect).

In the early days of Feingold, the people at Kraft were very helpful and were willing to fill out the paperwork to get their products added to our *Foodlists*. But this has changed, and today, Kraft is one of several mega-companies that won't fill out our forms, so even if their products are free of offending additives, we cannot add them to our list of acceptable foods.

Corn sugar and the name change game

When the Corn Refiners Association petitioned the Food and Drug Administration (FDA) for permission to change the name of high fructose corn syrup (HFCS) to "corn sugar," their argument was that consumers are confused by the term HFCS, that all sugars derived from corn are metabolized in the same way, and that "our bodies can't tell the difference." They launched a new advertising campaign to try to dilute the bad press HFCS has received from health advocates in recent years.

This is not the first time corn syrup has had an image problem. It was first marketed to the public in 1902 under the name "glucose," but it was not well received by the public, who thought it was made from glue. Changing the name to "corn syrup" brought acceptance from the public, but not from Harvey Wiley, the first Commissioner of what is now the FDA. After tests showed it induced diabetes in animals and caused damage to the pancreas, he attempted, unsuccessfully, to have it banned.



Virginia/Maryland restaurant chain puts the focus on healthy food

The Silver Diner, a throwback to the 1950s, with a retro decor and juke boxes, has taken a leap into the 21st century.

It now features fresh, healthy foods, sourced from local farms and ranches whenever possible. This includes free-range eggs, grass-fed hormone-free ground beef, naturally-cured pork products, hormone-free milk, and artisan breads, among other treats. The bottle of ketchup on each table is organic, and the in-season produce is from local farms. The Mid-Atlantic location means easy access to fresh seafood.

Shakes include acai and pomegranate, along with the usual versions. For smaller appetites, there are "Lite Dinner Bites" -- 600 calorie dinners for just \$9.99; and breakfast is available at



all hours. This means you don't have to go in early to enjoy their Belgian Waffles or Ultimate French Toast (challah bread, caramel drizzle, maple sugar and strawberries).

The Silver Diner offers gluten-free versions of waffles, sausage and scampi, plus a GF mini brownie sundae. And those wanting to indulge in moderation can order their "World's Smallest Sundae."

As with all restaurant food, Feingold members should wait until they have experience on the program before venturing out, choose carefully and ask lots of questions. At this time, the chain does not have a comprehensive listing of all its ingredients, so we cannot recommend specific menu items in our *Fast Food Guide*.

Silver Diners are located in Northern VA, and the Tidewater Region, and in MD, with one restaurant in Cherry Hill, NJ. See silverdiner.com

Check out Chipotle!

Although we have not been able to obtain a comprehensive list of the ingredients in the food at Chipotle, its focus on high quality foods is encouraging.



If you are experienced on the diet and love Mexican food, this might be just the place for you to test out! Chipotle advertises its commitment to using sustainably-raised foods and meat from humanely-raised animals, free of the hormones and antibiotics that are routinely fed to factory-farmed animals. The buyers look for organic and locally-raised produce whenever possible. While this is no guarantee that the food will be free of our prohibited additives, it's a very positive sign.

Evos -- a bright spot in the South



All but one of the Evos restaurants are in the South -- the Tampa area of Florida, the Atlanta area of Georgia, Chapel Hill, NC and a lone operation in San Luis Obispo, California.

Evos wants to give burgers, fries and shakes a good name by making them with good, healthy food. Unlike nearly all other fast food chains, it has food with a difference: hormone-free chicken and beef, air-baked fries, and organic milk that goes into shakes that are made with fresh fruit.

The restaurants use green material in their construction, and wrap food in recycled packaging, printed with soy ink.



Papa Murphy's

This is not actually a restaurant but a chain of "Take & Bake" pizza shops.

It is the world's largest, with locations in most states in the US (with the exception of the Northeast) and parts of Canada.

Experienced members will be able to find some good options here, but it's best to stick with the basics -- Pizza Crust, the following sauces: Original Pizza Sauce, Olive Oil & Garlic Sauce, Herb Tomato Sauce. The best cheese options are Mozzarella, Feta, Parmesan (CP) and Ricotta. (Avoid the Topping Cheese with smoke flavoring).

Skip the meats, and opt for vegetable toppings: Anchovies, Artichoke Hearts, Garlic, Herb & Cheese Blend, Jalapenos (SB), Olive Oil, Black Olives, Spanish Olives, Pineapple, Sun-Dried Tomatoes (SF) and Zesty Herbs. Also, skip their lasagna, breads, and desserts.

Europe and food dyes

The European Food Safety Authority (EFSA), which is the European counterpart of the US Food and Drug Administration (FDA), does not believe that a case has been proven that synthetic dyes can cause allergic reactions.

Such reactions have been reported in the medical literature for decades, but the agency criticizes shortcomings in these reports. However, EFSA acknowledges there may be many people who have allergic reactions to dyes, but that neither the patients nor their doctors are aware of the possibility that these additives are to blame.

The reaction a typical Feingold member experiences is not actually an "allergic" reaction but a response to a toxic chemical.

Like the FDA, the EFSA prefers to allow petrochemicals to be used in food until there is overwhelming evidence of their harm -- and sometimes even this is not enough to cause them to take action. But the governing body of the European Union took action this summer, requiring warning labels on foods that contain the six dyes found to bring on ADHD symptoms in children in the landmark McCann study from Southampton, England. (*The Lancet*, 2007)



The International Association of Color Manufacturers, which represents the interests of the dye industry, defends the use of dyes, saying that they "provide a colorful identity to foods that would otherwise be virtually colorless." Apparently, the industry trade group is not aware of the rainbow of natural colors that are being created from fruits, vegetables and minerals.

Since 1955, the amount of food dyes used in the United States has increased by 500%.

Three dyes that account for 90% of the dyes used are Red No. 40, Yellow 5 and Yellow 6. In addition to containing lead, mercury and arsenic, they also contain benzidine, a poisonous chemical and powerful cancer-causing agent. Because this contaminant is so dangerous, the FDA's regulations specify that a dye may not contain more than 1 part per billion (ppb). But in 1999, two researchers published their report concerning the amount of benzidine in yellow dyes. They found that the levels in both Yellow 5 and Yellow 6 ranged from less than 5 ppb to as much as 270 ppb!

Natural dyes are being made from fruits, vegetables, seeds, stems, roots, and even from flowers and algae.

Hibiscus flowers are becoming increasingly popular in Asia for both their color and flavor. They are being grown in Texas as well, at the Hibiscus Hill Plantation, where there is also a focus on the high antioxidant levels found in the brightly-colored flowers.

Researchers at the California State Polytechnic University are investigating the purple carrot as a source of natural dye.

Red Velvet Cake

Some historians claim that this cake dates back more than a hundred years and was once made with beets (which added color but did not have any effect on the flavor). It gained popularity in the 1960s, especially in the South, and then fell from favor when the Food and Drug Administration banned Red dye #2 in the 1970s. Sadly, it has made a comeback in recent years, and the beets have been replaced with as much as two little bottles, or ¼ cup, of red dye!

We have received many reports from people who were able to pinpoint red dye as a trigger for their child's behavior problems.

Amy wrote, "Long before I had ever heard of Feingold or elimination diets, we noticed that red food coloring was an issue for my older daughter.

"When she was 3, I told her Sunday school teacher to please not give her the red punch they served, that the color sent her 'over the top.' She didn't believe me and gave it to her anyhow, and they had to call me out of the church service as her behavior was so uncontrollable. She went from happy, chatty and sweet to crying, monstrous, mean, throwing tantrums..."

Amy continues, "Another example took place at the home of my husband's parents. I stepped outside for a moment while my girls were playing with their cousins inside. One of the cousins 'got the munchies' and handed out strawberry Jell-O cups; my girls had only a few bites each and were going crazy already. I took them away as soon as I saw them, so thankfully they did not consume the whole cup, but still they were crazy, grouchy, whiny, mean, fighting, arguing, etc. for two days! It was horrible, especially since my in-laws did not see it as a reaction. They thought my kids had multiple personalities or something! It was really stressful and sad."

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

Stage One

ANNIE'S HOMEGROWN ORGANIC* Cereal: Bunny O's (CF)
ANNIE'S HOMEGROWN* (all are CF) All Natural Snack Packs
Bunny Graham Friends; Cereal: Cinnamon Roll Bunny O's,
Honey Bunny O's
BIO-K+ (www.biokplus.com) CL1285® Original Probiotic (GF)
BLACKSTAR DAIRY (*sold only in MN*) A&D Fortified 2%
Milk (GF), A&D Fortified Skim Milk (GF), Heavy Whipping
Cream, Non-Fortified 2% Milk (GF), Non-Fortified Skim
Milk (GF), Vitamin D Whole Milk (GF)
BLACK RIVER^ (*only available in Canada*) (both are GF, CF)
Grapefruit Juice, Pineapple Juice
BOAR'S HEAD London Broil Cap Off Top Round Oven
Roasted Beef (CS, SF, GF, CF)
DR. OETKER ORGANICS* ^ Butterscotch Pudding & Pie
Filling Mix (GF)
ENJOY LIFE FOODS* (all are GF, CF) Boom Choco Boom
Dairy Free: Rice Milk Bar, Rice Milk with Crispy Rice Bar,
Dark Chocolate Bar
GARRETT COUNTY Spiral Sliced Semi Boneless Whole Ham
(SM, CF), Virginia Seasoned Deli Uncured Ham (SM,GF,CF)
GLUTEN FREEDOM (all are GF) Brownie Mix (CS),
Chocolate Cake Mix (CS, CF), Chocolate Chip Cookie
Mix (CS), Chocolate Lava Cake Mix (CS), Pancake
Mix (CS, CF), Pizza Dough Mix (CF), Savory
Bread Mix (CF), Savory Pie Crust Mix (CF),
Strawberry Shortcake Cookie Mix (CS, CF), Sweet
Bread Mix (CS, CF), Sweet Pie Crust Mix (CS, CF),
Zeppole Mix (CF) (www.shopglutenfreedom.net)
KLEINPETER (all are GF) 1% Low Fat Milk, 2% Reduced Fat
Milk, K+ Probiotic Milk, Skim Milk ,Whole Milk
LOU'S FAMOUS Organic Horseradish
LOU'S FAMOUS ORGANIC* Dill Mustard (GF, CF)
MCLEAN ORGANIC FOODS Sliced Smoked Turkey
(SM, GF, CF)
NASH BROTHERS™ TRADING COMPANY (all broths
contain CS, MSG/HVP, and are GF, CF) Beef Flavor Broth
Concentrate, Chicken Broth Concentrate, Reduced Sodium
Chicken, Broth Concentrate; Flatbread Original (CF),
Natural Flatbreads Multiseed (CF)

Product Alert

Please remove DUNCAN HINES Cinnamon Swirl
Cinnamon Muffin Mix from your Foodlist. It now
contains artificial flavor.

Stage One, continued

NATURE'S FARM (GF) Fat Free Milk, Low Fat Milk,
Reduced Fat Milk, Whole Milk
ORGANIC VALLEY* (GF) Pasteurized Whole Milk, Ultra
Pasteurized Whole Milk
PEAS OF MIND Veggie Wedgies Baked Carrot
Fries (GF,CF)
STIGLMEIER Garlic Bologna (CS,N,SF,MSG/HVP,GF,CF)
WILDERNESS FAMILY NATURALS** (all are GF, CF) Pure
& Natural Lip Balm, Vanilla Mint Lip Balm; Natural
Body Butter Unscented

Stage Two

BLUE SKY FREE* (all are GF, CF) Cherry Vanilla Cream,
Creamy Root Beer (birch oil)
CADIA (both are GF, CF) Unsweetened Applesauce,
Unsweetened Applesauce Cups
GLUTEN FREEDOM (both are GF, CF, paprika) Biscuit
Mix, Onion Ring Mix
LOU'S FAMOUS ORGANIC* Cocktail Sauce (GF, CF,
cloves, tomatoes), Horseradish Mustard (cloves)
MCLEAN ORGANIC FOODS (both are SM, GF, CF, paprika)
Turkey Grillers, Turkey Salami
PRIMO NATURALE* (all are GF, CF) Original Sliced Salami
(red peppers, wine), Uncured Pepperoni Stick (paprika, red
peppers), Whole Dried Chorizo (paprika), Whole Hard
Salami (red peppers, wine), Whole Large Uncured
Pepperoni (paprika, red peppers), Whole Original Salami
(red peppers, wine), Whole Salami Coated with Black
Pepper (red peppers, wine), Whole Salami Coated with
Herbs (red peppers, wine), Whole Sopressata (wine)
SUNFLOWER KITCHEN ^ (*only available in Canada*) Thai
Hot & Sour Soup (GF, CF, chili peppers, cider vinegar,
tomatoes)
TRU SWEETS^ Organic Candy Cane (GF, CF, apples,
currants)
WELLSHIRE FARMS* (all are GF, CF) Canadian Brand
Uncured Turkey Bacon (SM, paprika), Chorizo Sausage
(paprika), WholeWhole Semi-Boneless Uncured Cooked
Seasoned Ham (SM, red peppers)

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.

Holiday gifts

When you indulge in sweets this holiday season, make sure they are free of the synthetic additives eliminated on the Feingold diet. Our Goodie Baskets contain an assortment of delicious Stage One and Stage Two treats that are acceptable for use on our program.

Dental Association warns about fluoride

The cover story in the October issue of the *Journal of the American Dental Association* warns about the danger of using fluoridated water in infant formula.

This is not the first time the dental journal has issued an alert to its members about the risk of dental fluorosis, discoloration and damage to the teeth.

Fluoridated water has been linked to many problems, including pre-term birth and anemia in pregnancy. Researchers in India note that the chemical interferes with the absorption of nutrients via the intestinal lining.

Other research, particularly in the U.S. and China, measured the effects of fluoride on lowering the IQ scores of children. Details on the studies are available from the Fluoride Action Network, www.fluoridealert.org.

Dr. Roger Masters of Dartmouth found that the type of fluoride added to drinking water increased the uptake of lead in the brain. (Lead is present in small quantities in the environment.)

The April issue of *Time* magazine lists fluoride as one of the top 10 household toxins.

Canada calls BPA toxic

The Canadian government has determined that bisphenol A (BPA) is toxic. The plastic has long been used in consumer products, including baby bottles and the lining of cans of baby formula. BPA has been found to be an "endocrine disruptor" that behaves in a way similar to female hormones.



Goodie baskets can be ordered online at www.feingold.org or from our New York office at (631) 369-9340. For each donation of \$50, FAUS will send a gift basket via Priority Mail to you or to the lucky person you select. Let us know if you would like to have a message enclosed.



Our own Secret Santas!

Members have found creative ways to help us raise needed funds to support our ongoing work.

* Andrea celebrated her 50th birthday with a party where she asked guests to give a donation to the Feingold Association in place of a gift.

* Kim earned a donation to the Association from her employer by putting in 40 hours of community service -- as a volunteer for Feingold!

* Jill and John arranged to have the proceeds from a fund-raising dinner donated to FAUS.

* Thanks to Alice for her donation to the Association from a family trust fund.

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 Handbook 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 Members' 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.

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