

# Pure Facts

Newsletter of the Feingold® Association of the United States



February, 2011

www.feingold.org

Vol. 35, No. 1

## Harming our Children

Neurotoxicants are chemicals that damage the nervous system; they are linked to the continuing rise in learning, behavior and other developmental problems.

The Environmental Protection Agency (EPA) has created a list of chemicals in our environment (including food additives, medicine, cosmetics and household products) which appear to be the most harmful. Their focus is on pollutants that are most likely to cause damage to children, infants and the developing fetus.

Chemicals on the list that are of particular interest to *Pure Facts* readers include:

**Aspartame** - the widely-used synthetic sweetener that is sold under names like NutraSweet and Equal.

**Benzene** - occurs both naturally and synthetically. It is regarded as one of the most dangerous of the chemicals that can be found as a contaminant in food dyes.

**Bisphenol A** - also known as BPA, is used to make plastics.

**Butylated hydroxyanisole (BHA)** - a petroleum-based preservative that is eliminated on the Feingold Diet.

**Butylated hydroxytoluene (BHT)** - a cousin of BHA, also eliminated on the Feingold Diet..

**DEET** - a chemical commonly used in insect repellants.

**Lindane** - still found in head lice treatment products.



**Monosodium Glutamate (MSG)** - This is a widely-used flavor enhancer that is often disguised under other names.

**Polybromated diphenyl ethers (PBDEs)** - flame retardants.

**Phthalate**, di-(2-ethylhexyl) used in soft plastics.

**Trichloroethylene** - long used in dry cleaning, but still used in industry.

"Behavioral toxicology is a field defined as a race to figure out what's going wrong and how to deal with it before we're too stupid to care."

*Edward Levin, professor of psychiatry and behavioral science, Duke Institute for Brain Sciences*

A growing number of professionals are concluding that there has been a drastic rise in the number of children diagnosed with a neurobehavioral disorder, including ADHD and autism spectrum disorders, and that this is not simply due to better diagnostic techniques. Today, the number is one child in six. Neurological problems have increased in adults as well, and growing numbers are being diagnosed with Parkinson's disease.

New chemicals are being created every day and are permitted to be used without first being tested for safety.

Not only do current regulations allow companies to add new chemicals to our environment without having to first test them, but the EPA is not allowed to do the testing either. Thanks to the power of the industry lobbies, the agency can only investigate a chemical after it has been identified as a toxin.

Even then, there is no assurance the public will be protected from that substance; many of the 100 chemicals that are on this list to be investigated have a long history of studies that show the harm they cause.

*Continued on page 3*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

## Look at him now! Jordan's story

It's hard to believe that this healthy young man was once a sickly little boy. As an infant, Jordan Gaudy was labeled as "failure to thrive," and you could see each of his ribs. At age 3, he was still wearing an infant's 12-month size clothes.

Jordan had grown and developed normally for the first months of his life as he breastfed, but once he began to eat table food, his growth and development slowed, and he was sick most of the time. Doctors would later discover that Jordan had a birth defect -- the passageway in his throat was very narrow, and germs seemed to lodge there, resulting in croup and asthmatic attacks. His mom recalls that he would get sick simply by being around others not in the family. "Basically, Jordan didn't have an immune system."



While other two-year-olds were running and playing, Jordan couldn't walk more than ten feet before he would be gasping for air. Most of the time he was on powerful drugs, including antibiotics and steroids, and at age three, he weighed only 23 pounds. He rarely ate without throwing up most of his food and having a bout of diarrhea afterward. Jordan cried or whined most of the time, and at family gatherings, all of the photos show his mom, Jan, holding her unhappy toddler.

When their son was 3, Jan and Phil learned about the Feingold Diet and were determined to give it a 100% effort for a whole year. She recalls, "The Feingold Program was our last ray of hope." Their diet was generally healthy, with Jan making many things from scratch. The kitchen had many Feingold-acceptable products, but some that were not; also, the toothpaste was unacceptable, and they ate lots of salicylates.

In their search for answers, the Gaudys consulted many doctors, but none of them was able to help their sick little boy.

The second day on the Program, Jordan slept through the night. This is the same little boy who took no naps during the day and was up every fifteen minutes throughout the night. Most of the time Jan held him all night long as she sat in a rocking chair, catching what sleep she could.

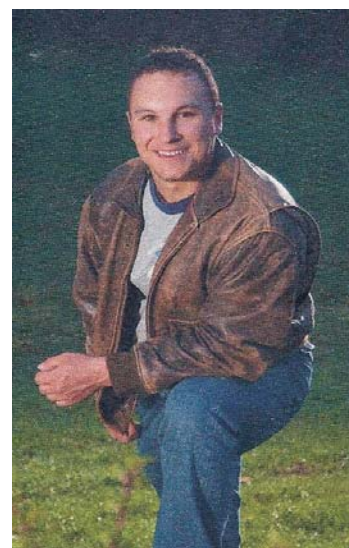
### Big improvements

After ten weeks on the Feingold Program, Jordan was off of most medicine and had gained eleven pounds. Jan recalls that he began talking, threw up his food much less frequently, stopped having diarrhea, and was able to play happily by himself.

By age four, Jordan's weight was a healthy 38 pounds and he was wearing a size 5. He could run and play easily and was better able to fight off colds. Jan also credits the help she received from her new pediatrician and the nutritionist she consulted, and use of supplements, as well as the Feingold Diet.

Jordan wasn't the only family member reacting to additives and salicylates. The baby, one-year-old Miriah, suffered from chronic eczema and hives. Jan recalls that after only 24 hours of the whole family being on the diet, the eczema and hives were both gone.

Shortly afterward, as Jan enjoyed her new-found freedom to get away from the house, she indulged in her favorite (additive-laden) candy bar. She returned home, not feeling very good after eating the candy bar, and nursed the baby. Less than eight hours later, Miriah was covered with eczema and hives. Jan quickly got back on the diet, and both were well after that.



Last year, Jordan graduated from high school and is now working as a skilled cabinetmaker. He is able to tolerate salicylates as long as he doesn't overdo them. One look at Jordan today speaks volumes about how good nutrition, along with a dedicated mom and dad, can transform a sickly little boy into a successful young man. ♦

## Who is harmed?

Judging the effects of a chemical is not a simple matter. While exposure to a toxin can be expected to harm everyone, only some people will show a dramatic effect. Just as some children have an obvious reaction to food additives and some do not, the same is true for other synthetic chemicals. As we learn more about prenatal development, we see there are critical periods when the fetus is more vulnerable to a particular type of toxin. Fetal development follows a predictable timetable, so a mother's exposure during the first trimester might have a different outcome than her exposure during the third trimester. (This was tragically demonstrated in the 1960s when expectant mothers took the drug Thalidomide during the period when limbs were forming.)

In the 1970s, Dr. Feingold wrote about things that are just now being recognized by scientists.

## The role of genes

The effect of a toxin will also depend upon what Dr. Feingold referred to as the "genetic predisposition" or the genes that set one child up to be more susceptible than another. He believed that certain food additives do not "cause" a reaction but "trigger" such a response in a person who has what he termed "the appropriate genetic profile." A recent paper by Dr. Jim Stevenson and colleagues in Britain shed new light on this. Children with a slight genetic variation have difficulty getting rid of histamine, which is created by our bodies in response to exposure to various things, including additives. Extra histamine can travel to the brain where it acts as a neurotransmitter, influencing behavior. [See the September, 2010 issue of *Pure Facts* for details.]

## Testing

Despite these variations, animal studies have been a good predictor of the effects (or lack of them) that a particular chemical is likely to have on humans. These studies can evaluate behavioral changes as well as health effects. The downside is that testing is costly and can take a long time. This is one reason the chemical manufacturers don't want to be required to first prove their products are safe before putting them on the market.

Critics are glad to see new tests, but point out that there have already been many studies of these chemicals, showing harm.



## Playing the game

Since the Feingold Association was first formed in the 1970s, we have watched the industry responses to tests that challenge their bottom line. When animal tests show a product is not toxic, they use them to support the industry position. But when animal tests show harm, the claim is that a rat is not a human and so you cannot draw any conclusions from the tests.

New "in vitro" tests can screen chemicals quickly without the need to use animals, and it is hoped that this will speed up the process. However, such tests could potentially miss some of the more subtle effects that can be identified in animal studies.

Another tool that is useful in identifying toxins is an "epidemiological" study where a geographic population is examined. The subjects have all been exposed to a chemical, and the researchers calculate the number of people affected and the symptoms they show.

## Epidemiology

For the past 12 years, researchers from the University of California at Berkeley have been conducting an epidemiological study of farm workers in the Salinas Valley, referred to as "the world's salad bowl" because so many fruits and vegetables are grown there. They collect data on the level of pesticide exposure in expectant mothers and their children and show how this correlates with the later development of behavior, learning and developmental disabilities, including autism spectrum disorders. ♦

Most of the chemicals in use have been added to our food and air, but never been tested for safety.

## Parkinson's disease

Research at Duke University and UCLA has shown that exposure to pesticides is linked to the development of Parkinson's disease. It has long been known that one of the risk factors for developing the disease is having a relative who has it. But in the study of 319 patients with Parkinson's and 200 of their relatives without, the researchers found a clear link between the disease and exposure to pesticides. [*BioMedCentral-Neurology*, June 2008]

Exposure to pesticides when they are young dramatically increases a person's likelihood of developing Parkinson's disease when they are older. This was the finding of researchers studying a population sample in California's Central Valley.

The researchers believe that exposure to more than one pesticide is particularly damaging, increasing the harmful effects of both. [*American Journal of Epidemiology*, April 15, 2009]



## Polluting the air

Air fresheners, scented laundry products and various personal care items are permitted to contain a stew of harmful chemicals, and manufacturers are not required to list them on their labels.

Scented products used in American households each emit an average of 17 different chemicals into the air, and nearly a quarter of them are considered to be toxic or hazardous. More than a third of them give off at least one cancer-causing chemical, with no known level of safe exposure according to research at the University of Washington.

Professor Anne C. Steinemann and her colleagues tested best-selling products, including those that advertise they are "green," "organic" and "natural." All of them that contained fragrances came out about the same regarding the presence of toxic ingredients.

Cleaning supplies, air fresheners and laundry products are regulated by the Consumer Product Safety Commission, while personal care products are regulated by the Food and Drug Administration.

In addition to air fresheners and laundry products, the items tested included soaps, shampoos, dish detergents, cleaners and baby products.

Representatives of the fragrance industry defended their products, claiming "the amount of ingredients in these products is not known to cause any problems." However, Dr. Steinemann reports that she actually witnessed someone having a seizure as a result of exposure to an air freshener.

A single "fragrance" can be composed of hundreds of ingredients, including chemicals classified as hazardous air pollutants.

"More than 30 percent of the general population reports breathing difficulties, headaches and other problems from fragranced products," noted Dr. Steinemann. The research was published in October in the journal *Environmental Impact Assessment Review*.

A good general rule for Feingolders -- if you can smell it, avoid it.

Feingold members have reported many harmful effects from exposure to fragranced items of all types, including toys, pens, and markers. In addition to fragrances found in some stores (see the accompanying article about Abercrombie & Fitch), the products used in school and public restrooms present a problem for many chemically sensitive people.

The Fragrance Materials Association defended these products by saying that people who are sensitive to these chemicals "can simply avoid them."

## Pollution in the classroom

One mom wrote, "My daughter had trouble focusing in school because of the chemicals in the classroom. She could not tolerate perfume, room deodorizers, the pink soap in the bathroom, the smelly markers, colored play doh, and the tattoos and stamps teachers sometimes use on children's hands."

### Musk

Originally derived from the male musk deer, most of it is made synthetically today. Musk is one of the more powerful of all the chemicals used in perfumes and can be found in about 90% of all fragrances. Synthetic musks are believed to disrupt the balance of hormones in our bodies and are considered cancer-causing agents.

The \$10 billion fragrance industry uses 9,000 tons of musk each year, according to the Campaign for Safe Cosmetics. In a study that examined the chemical contaminants found in the umbilical cord blood of newborns, the majority contained two synthetic musks.



### "Fierce" Protest

Teens Turning Green, a San Francisco Bay Area group advocating for the removal of harmful environmental chemicals, showed up at their local **Abercrombie & Fitch** store wearing surgical masks and gas masks and carrying signs protesting "Fierce," the company's signature fragrance.

The advocacy group, Campaign for Safe Cosmetics, found that Fierce contains eleven secret chemicals that aren't listed on the label and eight chemicals that can trigger breathing problems, headaches, and skin disorders. It also has very high levels of diethyl phthalate, a chemical that can disrupt hormones, particularly testosterone, leading to damaged sperm and infertility. This is ironic as the company uses buff, bare male torsos in their ads for their "manly" fragrance.

Employees are directed to spray the fragrance in the air throughout the day, and most A&F stores have automatic dispensers. Even pedestrians walking past the store are not spared the overwhelming smell of the brew. ♦

## Harsh chemicals are unnecessary

For more than 40 years, Aubrey Hampton has been a leader in the field of natural skin and body care innovations.

He introduced many of the ingredients now used in natural personal care products.

In addition to being people-friendly, all of the Aubrey Organics formulas are created without any testing on animals. They contain herbs, plant extract and natural vitamins, with no synthetic dyes or fragrances.

Using ingredients that have been part of personal care for thousands of years, Aubrey Organics looks to nature for inspiration and guidance.

They are sold in stores around the world.



This impressive line of products includes: hair care, skin care, bath products, body lotions, deodorants, natural oils, make-up, lip balms, baby products, sun screen, men's products, and items for pets. Despite the fact that they are found in stores around the world, all of these products are still hand made in small batches to ensure purity. ♦

## Dakota Free

From the North Dakota prairies, one family has created a large selection of products that support their health and the health of others.

The Dakota Free line of products was developed after pesticide poisoning caused severe health problems for the Gillund family. As they rebuilt their health, they needed to find natural products to replace the chemically-laden things they had previously used.



The list of ingredients that are *not found* in their products is impressive: gluten, latex, fragrance, parabens, alcohol and casein. Also remarkable is the number of pure products they make for chemically-sensitive people.

Dakota Free offers many personal care items, bathing, laundry and house cleaning formulas, as well as baby products and bug repellants.

Unlike the large commercial manufacturers who take advantage of the laws that do not require them to disclose their ingredients, this little company chooses to "tell all." Check out [www.dakotafree.com](http://www.dakotafree.com) for details. ♦

## Cadia

"We believe in the 'abundance of simplicity,' which means eliminating the ingredients we can't pronounce and using the freshest, highest quality ingredients we can." This is the guiding principle for Cadia Foods.

Cadia Foods are available in some natural food stores in parts of the western United States, which includes these states: WA, OR, CA, ID, MT, UT, CO, AZ, NM and HI.

The array of foods found on their web sites is like walking down the aisles of a supermarket that offers only healthy, nourishing products. You will see juices, preserves, syrup, sparkling beverages, raisins, frozen fruit, salsa, pasta and sauce, ketchup, canned and frozen vegetables, tuna, grains, broths, oils, cereals, snacks and perishables such as milk and eggs. See [www.mycadia.com](http://www.mycadia.com).



Cadia will be carrying gluten-free foods in the near future, as well as canned soups and mac & cheese.

### ordering online

The Cadia products can be ordered online from [www.shopOrganic.com](http://www.shopOrganic.com), a site founded in 2008, with the goal of helping people lead healthier lives by offering high quality organic and natural products.

Their extensive web site includes many of the brand names familiar to Feingold families, as well as smaller new companies that are being formed in response to the growing demand for healthy foods and consumer products free of toxic ingredients and unwanted food additives.

ShopOrganic.com lists a whopping 283 companies and ships to locations throughout the United States. ♦

## Dry skin, itchy skin - winter woes

**Q** My wife suffers from severe itching and breaking out on her back and upper shoulders. She has not had much success from skin doctors. Will the diet help?

**A** While there is no way we can predict if the Feingold diet will help your wife's skin condition, it's important to keep in mind that the program was first created to help an adult woman with a terrible case of hives. Over the years, we have also received numerous reports of the program helping eczema, and a few about psoriasis.

First of all, it's good that your wife has consulted a dermatologist since itchy skin can be just a symptom of an underlying medical problem. As far as addressing the symptoms, you can take several routes, all of which are unlikely to cause any unwanted side effects.



The first option is to remove harmful additives from the diet and to temporarily remove natural salicylates. One adult member was extremely sensitive to coffee. If he had just one cup he would break out in pimples and boils on his face and body. On a **Stage One diet**, these cleared up for the first time in his life.

The second step would be to bring in as many **healthy foods** as possible, as long as they are tolerated. (She might not be able to handle all of the natural salicylates, even though they are healthy.) This includes foods which add the important beneficial fats and fatty acids, particularly omega-3 essential fatty acids. They are found in things like fatty fish, flax oil and walnuts. Ground or chopped walnuts and walnut oil can be added to baked items. Oils can be consumed directly by putting some fruit juice in a 1.5 ounce "shot" glass and pouring a little oil on top. When you drink it, you barely taste the oil.

There are many **supplements** now available, including krill oil, that supply the essential fatty acids (EFAs) that are especially important during the winter months. Another supplement that has been found to be very beneficial is vitamin D3. Our skin creates this vitamin (which is actually a hormone) when it is exposed to the sun. But most people have less sun exposure during the cold weather, so they have less D3 and could become deficient.

You can increase your body's level of vitamin D3 by using full spectrum lights that provide benefits similar to sunlight, and you can buy inexpensive vitamin D3 supplements. The **full-spectrum lights** can be purchased as floor and table lamps or you can use your existing light fixtures and find full-spectrum lights that are sold as "grow lights" for plants. Vitamin E is another good-for-the-skin option, either in capsules or applied directly to the skin.



One of the benefits of ditching synthetic food additives is that they can rob the body of important nutrients such as trace minerals, and this can lead to many health problems. Prescription medicines can also reduce the levels of beneficial vitamins and minerals. Seek out the guidance of a qualified health care professional if you want to take more than small amounts of supplements.

## Avoiding the itch

People who are sensitive to soaps, lotions, shampoos and other topical products generally need to find what works best for them through trial and error. A good place to begin is with your *Foodlist and Mail Order Guide*, which lists many natural products. Once you locate favorite products, you can shop around for the best price. Natural products are becoming increasingly available at discount stores and online catalogs.

The first and simplest thing is to look for fragrance free soaps and skin products. And seek out detergents that are marketed as "free."

## Soothing the itch

Some of the healthy products that we eat can be directly applied to the skin. This includes coconut oil, sesame oil, almond oil and grapeseed oil; the same oils that are good on the inside are good on the outside! Conversely, aloe vera is a big favorite that is usually used topically, but is also available in drinks.

Some people do well with a natural brand of baby lotion.

Avoid hot baths and showers that can rob the skin of oils; warm water is preferable. And baking soda can be added to bath water to soothe the skin.

Two more points: drinking lots of water is important, even in cold weather, and smoking is very hard on the skin. ♦

## Dry air and itchy skin

A humidifier might help alleviate the symptoms of dry skin. During cold months, the hot air coming from your furnace can reduce the moisture in the air from the ideal 30 to 40 percent down to just 10%.

Try to keep the thermostat low, as cool air is generally more comfortable to the skin.

*Note: a few drops of grapefruit seed extract added to each gallon of water will help prevent the growth of algae.*



## PIC Report

The following products have been researched or re-researched and may be added to your Foodlist, Mail Order Guide or Supplement Guide.

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free    CF = casein-free

### Stage One

365 EVERYDAY VALUE (all are GF, with trace salicylate in the orange pectin): Organic Nonfat Lemon Yogurt, Organic Nonfat Plain Yogurt, Organic Nonfat Vanilla Yogurt, Organic Plain Nonfat Yogurt, Plain Nonfat Yogurt, Plain Whole Milk Yogurt Nonfat Vanilla Yogurt,

365 EVERYDAY VALUE Golden Rounds (CF), Saltine Crackers (CF), Unsalted Tops Saltine Crackers (CF)

BREADS FROM ANNA Maple Pancake & Muffin Mix (SB, GF, CF)

INDIE CANDY ([www.indiecandy.com](http://www.indiecandy.com)) Available retail in Southeast only - All are GF, CF - Dark Chocolate Lollipop: Bunny, Bunnyface; Easter Egg Hard Candy Lollipop: Lime, Mango, Watermelon

NATURAL OVENS BAKERY 100% Whole Wheat Bagels (CS, CF)

PEAS OF MIND Veggie Wedgies Baked Broccoli Fries (GF, CF), Veggie Wedgies Baked Cauliflower Fries (GF, CF)

PREMIER RESEARCH LABS ([www.healthline.com](http://www.healthline.com)) Max Stress B (GF, CF)

QUANTUM NUTRITION LABS ([www.healthline.com](http://www.healthline.com)) Max Stress B (GF, CF)

SARAH KATE'S BAKERY ([www.sarahkatesbakery.com](http://www.sarahkatesbakery.com)) Chocolate Chip Cookies, Sugar Cookies

TRADITION STE-JULIE Cream Fudge (CS, GF), Cream Fudge with Maple Syrup (CS, SF, GF), Cream Fudge with Nuts (CS, GF)

TOM'S OF MAINE\* Natural Unscented Beauty Bar Sensitive (GF, CF)

WELLSHIRE FARMS\* Applewood Smoked Dry Rubbed Center Cut Salt Cured Bacon PA Pork (SM, GF, CF), Black Forest Dry Rubbed Salt Cured Bacon (SM, CF), Canadian Style Seasoned Uncured Bacon Nugget (SM, GF, CF), Ham Shank (SM, GF, CF), Morning Maple Turkey Breakfast Link Sausage (GF, CF), Pancetta Wrapped Salt Cured Bacon (SM, GF, CF), Scrapple (CF), Sliced Smoked Turkey Breast (SM, GF, CF), Smoked Maple Sliced Uncured Bacon (SM, GF, CF), Uncured Beef Bacon (SM, GF, CF), Whole Pancetta Wrapped Salt Cured Bacon (SM, GF, CF)

## PIC Alert

NATURAL OVENS BAKERY 100% Whole Wheat Bagels can be moved to the Stage One section of your *Foodlist & Shopping Guide*.

### Stage Two

365 EVERYDAY VALUE Yogurts (all are GF, oranges): Nonfat Blueberry, Nonfat Cherry, Nonfat Peach, Nonfat Strawberry, Organic Nonfat Blueberry, Organic Nonfat Cherry, Organic Nonfat Peach, Organic Nonfat Raspberry, Organic Nonfat Strawberry

BIO-K+ ([www.biokplus.com](http://www.biokplus.com)) CL1285® Dairy Free Probiotic (GF, CF, oranges), CL1285® Fruity Probiotic (SF, GF, oranges), CL1285® Organic Rice Probiotic (GF, CF, oranges), CL1285® Strawberry Probiotic (GF, oranges, currants)

BREADS FROM ANNA Apple Pancake & Muffin Mix (SB, GF, CF), Cranberry Pancake & Muffin Mix (SB, GF, CF)

COLAMECO'S\* Chicken Ravioli with Pomodoro Sauce (red peppers, tomatoes), Sausage Lasagna with Pomodoro Sauce (red peppers, tomatoes), Sausage Stuffed Shells with Pomodoro Sauce, Seafood Lasagna with Pomodoro Sauce (red peppers, tomatoes)

HENRY'S GOURMET TEMPEH\* ^ Available only in Canada - Soy Curry (GF, CF, red peppers), Soy Red Pepper (GF, CF)

KLEINPETER Café au Lait Ice Cream (CS, GF, coffee), Peach Ice Cream (CS, GF), Strawberry Ice Cream (CS, GF)

LAST MOUNTAIN'S Raspberry Syrup (GF, CF)

NATIVE FOREST\* ^ Organic Sliced Peaches (GF, CF, apples)

NATURALLY NOURISHING ([naturallynourishing.net](http://naturallynourishing.net)) Cultured Vegetables: Garden Confetti Blend (CS, GF, apples, green peppers), Garden Patch Red Blend (CS, GF, apples, red peppers)

PEAS OF MIND Veggie Wedgies Baked Apple Fries (GF, CF)

WELLSHIRE FARMS\* (all are GF, CF): Semi Boneless Uncured Cooked Seasoned Ham (SM, red peppers), Sliced Uncured Pepperoni (paprika, red peppers), Turkey Andouille Sausage (paprika, red pepper), Turkey Peppered Uncured Bacon (SM, paprika), Turkey Kielbasa (paprika), Whole First Cut Brisket Uncured Corned Beef (SM, cloves, red pepper), Whole Semi-Boneless Uncured Cooked Seasoned Ham (SM, red peppers)

VAXA\* ([www.vaxa.com](http://www.vaxa.com)) Attend Mini (CS, GF, CF, tea)

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.

## Fed. recommends reducing fluoride levels

After decades of promoting fluoridation of the water supply, two government agencies now say levels are too high.

American children are ingesting too much fluoride, and about 40 percent of adolescents are now showing this in the form of dental fluorosis -- pitting and staining of the teeth. Excess fluoride when new teeth are forming, up to about age 8, seems to be the time when a child is most vulnerable. This has led to warnings from the American Dental Association (ADA) not to use fluoridated water in infant formula.

In January, the US Department of Health and Human Services (HHS) and the Environmental Protection Agency (EPA) announced their recommendation that the amount of fluoride in drinking water be reduced to 0.7 milligrams per liter. The ADA has applauded this move. Fluoride is also found in foods and beverages of all types, as well as dental products.

The agencies continue to maintain that fluoridation offers valuable benefits to citizens, regarding fluorosis as primarily a cosmetic issue, but the research linking fluoridation to serious health problems continues to grow.

### Scientists object

In 1999, the EPA's own scientists issued a white paper expressing their opposition to the agency's policies on fluoride "...based on the scientific literature documenting the increasingly out-of-control exposures to fluoride, the lack of benefit to dental health from ingestion of fluoride and the hazards to human health from such ingestion."

The white paper cites studies that show numerous serious health risks from added fluoride. These include reduction in I.Q., early onset of puberty, brittle bones and fractures, and bone cancer.

### Dental benefits questioned

Controversy continues regarding fluoride that is added to the water supply, but not necessarily about fluoride treatments applied directly to the teeth. The white paper points to a large 1998 study of two New York cities that showed the only difference in dental health between Newburgh (with fluoridated water) and Kingston (without) was that there were twice as many cases of dental fluorosis in Newburgh.

The type of fluoride added to water supplies is a byproduct of fertilizer production and is not the same as that which occurs naturally. The EPA scientists note that based on the agency's standards for controlling risks from toxic chemicals, there should be "an immediate halt to the use of the nation's drinking water reservoirs as disposal sites for the toxic waste of the phosphate fertilizer industry." ♦



## Thank You!

We are grateful to our members and friends for their donations in the past year. They have enabled us to help many thousands of families.

We also appreciate the many hours of time and guidance from our own grown-up Feingolder, Ray Curry, whose expertise has dazzled even our talented techies. Ray is the owner of [steelnerve.com](http://steelnerve.com) which provides web design and support.

## 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.

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