

Pure Facts

Newsletter of the Feingold Association of the United States



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www.feingold.org

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Changing school food

Many people are working to improve school food but are finding it difficult and frustrating.

When did it all get so complicated? Our parents and grandparents were given food in their school cafeteria, not the chemical stew now appearing on those plastic trays.

Most countries in the world still provide food for their students. Here's an example of a school lunch in Korea.



Compare that to what is being fed to many American children, below:



It's all beige; the only colorful thing in this lunch is the ketchup!

Jamie's back in town!

After its success in West Virginia, celebrity chef Jamie Oliver's Food Revolution is now at work in Los Angeles.



Jamie and his U.S. crew are working their magic once again, and will unveil their newest revolution in the southern California schools later this spring. They offer practical help for those wanting to get involved.

You can learn more about Jamie's Food Revolution in LA by visiting:
<http://www.facebook.com/FoodRevolutionLosAngeles>.

Schools have many options

Any school can take the simple baby steps to better food.

Feingold parents understand how to do this since we have received a unique education. Our classrooms were our kitchens and supermarkets.

Challenge your schools to take as many of these steps as they can, and even if they take only a few of them, it will mean much better food for the children. If they can implement even just one of these, it will be a victory, and you can go back and ask for more once these changes are in place.

1. Ditch the dyes. Any food now being served in school cafeterias can be found in a dye-free version, often at no increase in cost. We know that this simple step will remove one of the worst offenders. Food distribution companies routinely offer a wide range of options, so they can provide this.

2. Get rid of the other unwanted additives. Schools can order foods without fake flavorings, synthetic sweeteners and the petroleum-based preservatives from their distribution companies. Two other harmful additives, found in astonishing amounts in typical school foods, are MSG and its many clones and high fructose corn syrup. These are used to compensate for the lack of real food.

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Where do we go from here? See page 3 for suggestions on additional ways to help a Feingold child.

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.

Andrew's Story

I want to thank you from the bottom of my heart for the Feingold Program and the incredible changes it has made in our son's life.

My husband and I are overwhelmed with awe and gratitude because of how dramatically our lives have changed as a result of such a seemingly "simple" thing as a diet.

I have never been a junk food junkie, but I always assumed that if something was for sale on our supermarket shelves, it must be safe for us.

We have struggled with our middle son, Andrew, for years because of his lack of focus and attention, some behavior problems, trouble completing work in school, and trouble focusing and completing things at home.

Two of his teachers told us that he probably had ADHD, would struggle with this for the rest of his life, and would probably end up on Ritalin.

This year, a specialist was called in to observe our son in class and filled out a three-page form detailing all of his distractive habits in class during a 30-minute period. The dreaded teacher conferences had begun, in which his teacher basically said, "What are you going to do about this?" Meanwhile, we were always told that Andrew was incredibly bright and well-mannered and "didn't seem to understand why he was misbehaving or not following directions but wouldn't be able to continue to function with his lack of attention."

I felt completely hopeless, like I had my back against a wall. I agreed to take him to a psychologist, knowing they would "diagnose" him and tell me he needed drugs, which I didn't want to do. I told his teacher that I would start therapy with him but was going to try some dietary changes first as my last resort, but I didn't know what changes to make.

Then, I listened to a health show on the radio where people were calling in about ADD. One mom called in and said that her son had been on Ritalin, but he had been helped tremendously by a "Feingold diet." I looked it up online and ordered the information.

I began to make changes to our diet and noticed immediate improvements in our son. His handwriting completely changed from illegible to neat and legible -- almost perfect.

He wasn't grumpy and started hugging and kissing us, which he had never really done. He was happy, full of energy, calm, and focused. He could sit through an entire meal without leaving his seat. He now slept well at night and didn't have outbursts of anger. I could go on with the changes we saw. But I remember thinking to myself, "This can't be true."

I saw his teacher after he had been on the program for one week, and she said, "If I didn't know better, I would have sworn you had medicated him. He is just a completely different child." She is amazed and has provided us with many details of all the ways in which he has changed. Three different teachers came up to me and asked what we were doing, and then they rushed out during their break to research the Feingold Program online. Two of them have told me that they are going to put their own children on the diet because they're so impressed with the change in Andrew.



This is truly an answer to prayer, and I cannot thank the organization enough. Our whole family feels better; I cannot believe all the stuff we were eating, and I'm so grateful.

Amanda Hiner

Andrew 2 wks before Feingold

Andrew pre-Feingold:

Name Andrew

Andrew

Andrew

After ten days on the Feingold Diet:

Andrew

6 years old 9-27-08

The next steps after Feingold

How can you help a child who has improved on the Feingold Diet but is still having problems?

For suggestions, we turned to our consultant, Richard Carlton, MD.

Dr. Carlton first learned of the Feingold Association in 1975 and was intrigued by our work. He called the newly-formed local chapter on Long Island and offered his help. As he worked with the support group, he was able to help the organization as well as find answers for many of the children who had benefited from the diet but still had problems.

These kids were well-established on a careful Feingold program and doing much better, but it was clear that there were still problems with learning, mood and/or behavior.

On searching for additional triggers, Dr. Carlton found that DAIRY was one of the two main offenders! This means fluid milk, whey, cheese, yogurt, butter, cream -- anything from the cow's udder. The reactions (which can include chronic ear infections) are due to the protein (casein) in dairy products, not to the milk sugar (lactose). More recently, many parents of autistic children have seen similar drastic deterioration when the children consume casein, and improvements when it is removed from their diet.

Casein and Calcium

Casein refers to a group of proteins that are abundant in cow's milk.

While dairy is an excellent source, **calcium** is also found in many other foods, including fruits, vegetables, nuts, seeds, oats, eggs, meats and some fish. In other words, a healthy diet will supply the calcium both children and adults need.

Avoiding casein can be difficult because it is used in many processed foods such as soups, gravies, and even health food snack bars.

Many parents are anxious about eliminating dairy from a child's diet, and Dr. Carlton reassures those parents by asking them to consider two factors: (1) We are the only species on earth that has any dairy after being weaned; and (2) every year, animals with antlers grow a new rack, the equivalent of their own skeletal mass -- and yet they haven't had a drop of dairy since the day they were weaned. Nature provides! That being said, Dr. Carlton points out that when children have to eliminate dairy, it is essential for the family to work with their pediatrician (and perhaps with a nutritionist) so as to eat a diet with many other foods rich in calcium.



Second on the list of food triggers was CHOCOLATE, even natural chocolate without fake vanilla (vanillin). As one example, a 9-year-old girl Dr. Carlton treated had been on Feingold for several years with many improvements, but she continued having "brain fog" that dragged down her grades. After eliminating chocolate, her grades went from below average to straight A's. However, the occasional ingestion of chocolate (at parties) would bring back the mental confusion, to the point where she couldn't even spell the word "cat" in class.

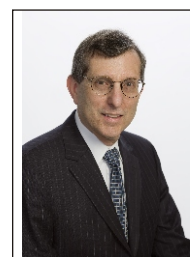
But the list of potential offenders doesn't stop with dairy and chocolate. Dr. Carlton reports that fluoride sensitivity was the culprit for one child, and foods cooked in Teflon-lined pans caused problems for another. Parental observation and help from a knowledgeable professional were the keys to finding answers for these children.



Why are they so sensitive?

Artificial colors, flavors and salicylates are very inflammatory substances that can irritate the body. Consider, for example, the "burning" that salicylates can cause: (1) aspirin can burn a hole in the stomach lining; and (2) when salicylic acid is applied to the skin to remove chronic acne scars, if it is left on too long, it can cause 3rd degree burns! Some people are more sensitive to the Feingold-type irritants than others. That same "reactivity" can cause them to have bad responses to other foods and food components, as well as to environmental factors that don't seem to bother most children (or adults).

Dr. Carlton has found that a rational approach to nutrient supplements (vitamins, minerals, essential fatty acids, etc.) can not only improve academic performance and mood but will also in many cases blunt the reactions that the children would otherwise have to irritants in their diets and in the environment.



Dr. Carlton is a psychiatrist who specializes in helping children with ADHD; he has a practice in New York City.

Schools have options, *from page 1*

3. Commodity foods. Supplement food from distributors with low-cost commodity foods available to schools from the Department of Agriculture. (Sadly, schools are allowed to take the basic, healthy commodity foods and swap them for highly-processed junk versions.)

4. Natural food companies. There are companies, such as Revolution Foods, that provide healthy school lunches; while the cost might be slightly higher, the value is far greater than a school's factory foods.

5. Go back to the 1950s. Prepare food as it was done in our parent's and grandparent's day, and as it is being done in many other countries. This might require the purchase of stoves, pots and pans, and (dare we dream?) they might even provide real forks and spoons!

6. Cook it, don't thaw it! To supervise these reforms, schools should hire someone who actually knows how to cook! Culinary schools produce young chefs every year who could easily create recipes and train the cafeteria staff, and who would prefer a job like this to the

type of career generally open to them -- working until the wee hours, in a hot kitchen at Applebee's, for very low wages.



The payoff for schools

Schools that have reformed their food quickly see that real food means fewer illnesses, better behavior and enhanced learning. Simply getting rid of the additives eliminated on the Feingold Diet has been shown to result in a dramatic improvement in behavior and school-work. (See Andrew's story on page 2.)

More money is not needed!

Each child who no longer needs to receive special services will mean a huge saving for the school. One student going from special education to the mainstream program will save about \$10,000 per year per child.

This is the best argument a school food activist can use, but few of them are aware of it. With the amount of money a school will save on remediation, it can afford great food!

Free for All

Fixing school food in America.



Sociologist Janet Poppendieck has written a scholarly yet very readable book about the history of school food, and all of the politics and profit motives that surround it.

She explains the mess that is the typical American school cafeteria and how it got that way. This will make it easier for activists to understand the obstacles they face and the many ways that reform is sabotaged by special interests who claim they want to help.

Even when students are offered free or reduced-cost lunches, many will go hungry rather than face the stigma that is attached to being "one of the poor kids."

The conclusion she reaches is as startling as it is logical. Enormous administrative costs and confusion can be eliminated while children become better educated, healthier and more productive citizens. How? By providing free, nourishing food for all students. Families don't pay tuition to public schools or for the use of text books; there is no fare for riding a school bus or cost to use a classroom computer, so why should a family be charged for another essential component of education? [*Editor's note:* And because it is clear that good food will save huge amounts of money by reducing the need for expensive special services, free, good food for all children is a smart way to go.]

Kids DO like good food

Boston schools have shown that there is no validity to the common belief that children will reject good food.



Boston's Chefs in Schools Initiative, begun in 2007, has shown that healthy, delicious food can be provided without raising costs. It has documented that the children are eating significantly more foods like vegetables, and the amount of plate waste has dropped dramatically. With nearly ¾ of the children on free or reduced-price food, this boost in nutrition is vitally important. School food provides a large chunk of their diet.

What one woman can do!

Mrs. Q, the anonymous teacher who risked her health by eating her school's food for an entire year, and risked her job by blogging about it, will be coming out of the coat room soon. She is retiring from teaching and will publish a book about her experiences with the unsavory things routinely fed to children.

Fast Food Guide Update

Restaurant food can change at any time. We suggest you avoid eating out until you are established on the diet.



Fast food can be healthy

Our current *Fast Food Guide* was assembled at the end of 2010, and the information on Culver's was based upon its 2010 ingredient list. Sadly, the restaurant has changed its Cookies & Cream Concrete Cake. The previous ingredients were: milk, cream, skim milk, sugar, corn syrup, enriched wheat flour, egg yolk, chocolate liquor, coconut oil, palm and/or high oleic canola and/or soybean oil, cocoa processed with alkali, high fructose corn syrup, guar gum, mono and diglycerides, locust bean gum, carrageenan, vanilla, soy lecithin, baking soda, salt, corn starch, natural flavors, vanilla.

Look at the number of ingredients Culver's now lists, as well as the unfortunate addition of petro-chemicals:

milk, cream, skim milk, sugar, corn syrup, enriched bleached wheat flour, egg yolk, chocolate liquor, coconut oil, palm and/or high oleic canola and/or soybean oil, cocoa processed with alkali, high fructose corn syrup, dried egg whites, guar gum, mono & diglycerides, locust bean gum, carrageenan, propylene glycol, mono & diesters of fatty acids with **BHT** & citric acid, vanilla, soy lecithin, leavening, salt, corn starch, modified food starch, dried egg yolk, caramel color, mono and diglycerides, dextrose, sorbitan monostearate, soy lecithin, propylene glycol, polysorbate 60, cellulose gum, xanthan gum, natural and **artificial flavors**, **vanillin**, chocolate, **Red 40**, polysorbate 80, glycerine, wheat starch, sulfites, silicone dioxide.

Fast Food Questions

Q: Why are Papa John's and Pizza Hut not included in this year's Fast Food Guide?

A: We were not able to obtain detailed information from these restaurants. If you are experienced on the program and have been successfully eating at them, there is no reason to stop. But without more details, we could not recommend any menu items for inclusion in the Guide.

Q: Why is Einstein Bagel not included in this edition?

A: At the time the Guide was being created, the only information available was obsolete. The new ingredient list is now available and will be included in our on-line version of the Guide. Meanwhile, here are some items that can be added:

Bagel Thins

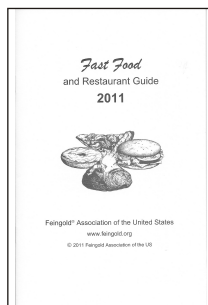
- Plain
- Honey Whole Wheat (CS)
- Everything

Bagels

- Asiago Cheese (CS)
- Black Russian (CS, SF)
- Blueberry* (CS, poss MSG)
- Cinnamon Raisin* (CS, SF)
- Everything (CS)

Good Grains (poss MSG)

- Honey Whole Wheat
- Onion (CS)
- Plain
- Poppy (CS)
- Potato (CS)
- Power* (CS)
- Pumpernickel (CS, SF)
- Salt (CS)
- Sesame (CS)



FAUS Cookbook

We would love to have your favorite Feingold-safe recipes for inclusion in the second volume of our Cookbook. Send them to ckharrell@att.net.



Feingold members can see the most recent version of the Fast Food Guide online by going to www.tinyurl.com/FFG2011

Please remember that just because a food is included in the guide, that is no guarantee it is healthy or that it's wise to eat it frequently. Note how many of the items have CS and MSG. Instead, check out some of the chains listed in the Guide that focus on providing healthy, natural food.

Breads

- Challah Roll* (CS)
- Ciabatta
- Multi Grain (CS)

Whipped Cream Cheese Schmears

- Plain
- Onion and Chive (CS)

Whipped Reduced Fat Cream Cheese Schmears

- Blueberry* (CS)
- Garlic Herb (CS)
- Garden Vegetable* (CS)
- Honey Almond* (CS)
- Jalapeno Salsa* (CS)
- Plain (CS)
- Sun Dried Tomato Basil* (SF)

Sandwiches

- Albacore Tuna Salad* (CS)
- BLT with Avocado Bagel Thin* (CS, SB, SF, SM, N, possMSG)
- Ham* (CS, N)
- Nova Lox & Bagel* (CS, N)
- Veg Out on Sesame Seed Bagel* (CS, SF)

What a toddler eats

The type of food a child eats during his first three years of life appears to have a permanent impact on his intelligence as measured when he is older.

Those first three years are a crucial time for the developing brain. A new British study rated the types of food consumed by thousands of children during their early childhood and found that the more highly processed the children's diets were for their first three years, the lower their I.Q. scores when they were tested at 8.5 years.

These findings are part of an ongoing study that is tracking the long-term health of about 14,000 children. It was published in the *Journal of Epidemiology and Community Health*.

Unlike some of the studies that focus on a particular nutrient or supplement, this research considered the overall diet of the children. Brain development not only impacts the child's level of intelligence, but also influences mood and behavior.



**Finally, a Place Where
Everyone Can Play!**

Morgan's Wonderland is a unique theme park that is fun for everyone, but it is especially designed to be enjoyed by individuals with disabilities. The park will open on March 4 for the 2011 season.

The 25-acre park located in Northeast San Antonio, Texas, is the work of George Hartman, who was inspired by his daughter Morgan.

The many attractions include: a Carousel, Wharf for fishing and feeding fish, Pirate Island and Playground, Wonderland Express and Depot featuring a 1930s style train, Off-Road Adventure Ride, Wheelchair Swings, Sand Circle, Music Garden, and Water Works. There is a unique Sensory Village that offers interactive sensory stimulation with colors, lights, sounds and textures.



The Sensory Village is a cluster of themed spaces. The Paramount Theater offers interactive videos. The Saddle-Up Stable holds two Equicizer Horses. The Fix-It Shop lets guests create a tool sounding symphony, design a custom car and go for a simulated test drive. The Village Market provides imaginative play.

To learn more and make reservations visit morganswonderland.com.

Food dyes & cancer

A combination of two dyes has been found to cause the mutation of cells when they were tested on animals.



Researchers in Punjab, India, used a blend of two dyes, tartrazine and brilliant blue. (These dyes are labeled in the United States as Yellow 5 and Blue 1). The dyes were combined with sodium chloride to form what Indian manufacturers call "apple green." This is a widely-used dye blend found in foods that are popular at festivals.

A "mutagen" is a substance that has the ability to permanently alter our genes and chromosomes. This is believed to be a first step in the development of cancer.

Lead researcher Maninder Kaur and colleagues note that "Blends of two or more dyes can produce altogether different effects than observed with individual components." This is an important factor that has often been ignored in earlier studies that tested only a single dye or other additive. In reality, few people ever consume only one additive.

The study concluded that "...the excess intake of apple green food dye can cause various adverse effects" and "continuous or prolonged exposure/consumption of apple green can pose a potential risk to human health."

Evaluation of mutagenic potential of food dye (Apple green), Kaur et al, *Indian Journal of Science and Technology*, December 2010.

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 of these are GF, CF) Organic Coarsely Ground Flaxseed, Organic Expeller Pressed Virgin Coconut Oil, Organic Expeller Pressed Virgin Coconut Oil, Organic Unfiltered High Lignan Flax Oil, Organic Unfiltered Lemon Flavored Flax Oil

BOB'S RED MILL*[^] Mix: Gluten Free Vanilla Cake (GF, CF)

DAKOTA FREE (www.dakotafree.com) Aloe Vera Gel (SB, GF, CF), Fragrance Free Massage Oil (GF, CF), Organic Sunflower Soap (GF, CF), Super Tea Tree Gel (SB, GF, CF), Sweet Body Scrub (GF, CF)

DR. OETKER ORGANICS* Frosted Brownie Mix (CF); Cake Mix: Lava (CF), Lemon (CS, CF)

EARTH BALANCE*[^] (both are GF, CF) Natural Buttery Spread Soy Garden, Organic Buttery Spread Original Whipped

EDWARD & SONS[^] Lightly Salted Rice Snax™ (GF, CF), Onion Garlic Rice Snax™ (MSG/HVP, GF, CF), Salt & Vinegar Rice Snax™ (GF, CF); Exotic Rice Toast: Jasmine Rice & Spring Onion (CS, MSG/HVP, GF, CF), Purple Rice & Black Sesame (GF, CF), Thai Red Rice & Flax Seed (GF, CF)

FINN CRISP [^] (available only in Canada) Original Rye Thin Crisp (CF)

GOGO JUICE (www.gogoj Juice.com) (both are GF, CF) 100% Peeled Organic Pear Juice, Peeled Organic Pear Juice 50/50

HENRY'S GOURMET TEMPEH* (available only in Canada) (all are GF, CF) Soy Basil, Soy Kasha, Soy Only

HERO[^] (all are GF, CF) Guava Nectar, Mango Nectar, Pear Nectar

KIRKMAN[^] (888.KIRKMAN, www.kirkmanlabs.com) Calcium with Vitamin D Powder - Unflavored - Hypoallergenic (GF, CF)

NATIVE FOREST*[^] (all are GF, CF) Organic Baby Corn, Organic Bamboo Shoots, Organic Mangosteen, Organic Rambutan, Organic Sliced Asian Pears

Stage Two

CARING CANDIES (all are GF, CF) Handmade: Kidz Tots Lollipop Gift Pack (apples, grapes, oranges, paprika, raspberries), Rainbow Spiralz Lollipop Gift pack (paprika, raspberries), Sour Spiralz Lollipop Gift Pack (cherries, grapes, paprika, tangerines)

EARTH CAFÉ LIVING FOODS (<https://earthcafetogo.com>) Rockin' Raspberry Cheesecake (GF, CF)

EREWHON*[^] Cereal: Crispy Brown Rice with Mixed Berries (GF, CF, blueberries, raspberries, strawberries)

INDIE CANDY (available retail in southeast only)

(all are GF, CF) Carrot Hard Candy Lollipop: Orange; Zoo Animal Hard Candy Lollipop: Orange, Strawberry

KANGAROO Pita Chips: Multi-Grain Garden Herb (CS, CF), Salt n' Pepper (CS, MSG/HVP, CF, chili peppers), Zesty Cheddar (CS, MSG/HVP, bell & red peppers, paprika, tomatoes)

ORGANIC VALLEY* Organic: Lowfat Yogurt Berry (GF, blueberries, raspberries, strawberries)

PEDERSON'S NATURAL FARMS* (all are CS, SM, GF, CF) Andouille (bell, chili, red peppers), Andouille Chicken Sausage (bell, chili & red peppers), Bacon Sausage (bell, chili & red peppers), Bratwurst (bell, chili & red peppers), Country Breakfast Chicken Sausage (red peppers), Garlic Basil Tomato Chicken Sausage, Habanero Green Chili Chicken Sausage (bell & red peppers, paprika), Mild Italian Chicken Sausage (paprika), Uncured BBQ Bacon (bell, chili & red peppers, paprika), Uncured Jalapeno Bacon (chili peppers)

PROGRESSIVE[^] (available only in Canada) Multiple Vitamins & Minerals For Kids (CS, CF, blueberries, cherries, cranberries, grapes, oranges, rosehips, tomatoes)

RIGHTEOUSLY RAW[^] (all GF, CF) Chocolate Maca Bar (raisins), Rose Maqui (raspberries, rose hips); 80% Cacao Bar: Acai Bar; 90% Cacao Bar: Goji Bar (raisins)

SOLAR AEGIS (www.solaraegis.com) All Natural: 30 SPF Sunscreen (GF, CF, rosehips)

STILL RIDING (www.stillridingpizza.com) Gluten Free Pizza Crust All Sizes (CP, GF, CF, cider vinegar)

THE REAL BREAD COMPANY (sold retail in Southeast only) Granola (CF, raisins), Oatmeal Cranberry Cookie (CF), Raisin Cinnamon Bread (CF)

WAYFARE®* (all are GF, CF) We Can't Say It's Cheese: Cheddar Sauce (pimento), Cheddar Spread (pimento), Hickory Cheddar (SM, pimento), Mexi Cheddar (pimento, red 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.

New Research

The documentation continues to grow, showing that humans do best when they consume healthy things and avoid harmful ones.

Brain Development and D3

Researchers in France conducted a study on mice where females were fed a diet **deficient in vitamin D** before conception and during gestation. After the birth, both the mothers and pups were fed a diet with normal amounts of the vitamin.

Then, when the offspring reached adulthood, they were tested to see how well they learned. The researchers also used magnetic resonance imaging (MRI) to measure brain development. Compared to the control group, the mice who were deprived of vitamin D showed impaired learning and brain development.

Behav Brain Res. 2010 April 2

Fluoride in the news again

In last month's issue of *Pure Facts*, we reported on two U.S. government agencies that recommend a reduction in the amount of fluoride to which children are exposed.

Now, a new survey conducted in China shows that even low levels of fluoride exposure can not only cause damage to teeth (fluorosis), but it can also affect a **child's intelligence**. Each small increase in the level of fluoride found in urine translated to a decrease in I.Q. scores.

The research was conducted by the Chinese Center for Disease Control and Prevention and was published in the *Journal of Hazardous Materials*.

Schizophrenia

In 2009, researchers at Australia's Queensland Brain Institute published their work connecting vitamin D deficiency in rats to several adverse outcomes, including distortions in brain development, **attention deficits**, and a greater likelihood of developing neuropsychiatric disorders, including schizophrenia.

Psychoneuroendocrinology, 2009 Dec



Scots study Vitamin D

The wind-swept Orkney Islands, off of the northern coast of Scotland, are the locale for a new study on the potential **health benefits** of vitamin D3.

One of the researchers, Dr. Ruth McQuillan of the University of Edinburgh, notes, "There have been lots of observational studies showing an association between various diseases and vitamin D deficiency, but there is not any evidence yet that that is a causal relationship...it may be that vitamin D deficiency is a marker of ill health."

TV reporter and loss of speech

Commenting on the recent incident where CBS newscaster Serene Branson temporarily lost her ability to speak, one *Pure Facts* reader wrote, "It looks to me like she was having a food reaction...I have similar reactions if I eat wheat and other allergens for two days in a row." *Editor's note - the latest diagnosis is a "complicated migraine," whatever that means.*

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.

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www.feingold.org

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