

# Pure Facts

Newsletter of the Feingold® Association of the United States



April, 2011

www.feingold.org

Vol 35, No. 3

## The Wacky World of Food

Once again we celebrate April Fool's day with a look at some of the "foods" that aren't.

Supermarket aisles are filled with packages of foods of all types -- a variety and selection our grandparents could not even imagine! But things are not always as they appear; these colorful containers hide secrets that manufacturers don't want you to know.

Take a look in a typical shopping cart, and you may find:

- Lemonade that has no lemons
- Cherry gelatin without cherries
- Carrot cake mix with no carrots
- Fruit punch that contains no fruit
- Natural ice tea that isn't natural
- Blueberry waffles without blueberries
- Pomegranate cereal with no pomegranates
- Orange juice that isn't orange juice
- Diet foods that make people fat

as well as "healthy" foods that make people sick.

The front of the package shows a picture of yummy looking food, but the back tells a different story. Once you take a look at what is *really* inside that package and learn that it has very little to do with the picture on the front of the box, you might feel like you've fallen down a rabbit hole and landed in Wonderland, where up is down and nothing makes sense.



Our grandparents didn't need instructions on how to find food in food stores, but today's shopper needs help to guide her through the supermarket jungle. The good news is that there is real food mixed in among the phony foods that line supermarket shelves, and the Feingold Association has been helping shoppers find them since 1976.

Not only are the foods phony, but so are the claims being made for them, or, to be charitable, these claims stretch the truth to remarkable lengths.

Kellogg's promotes its Froot Loops as "made with whole grain" and "a good source of fiber." What they don't promote is the fact that a single serving of it contains a hefty 3 teaspoons of sugar.

They leave out the part about the rainbow of synthetic dyes and fake flavorings in each bowl, as well as the trans-fats. The petroleum-based BHT is found in it, although it's hard to see why they would need to preserve something that can barely be called food. As for the whole grains, you can sprinkle some whole wheat flour on junk, but it's still junk.



Froot Loops were originally called "Fruit Loops," but the company was forced to change the spelling to "froot" as a result of a law suit.

Last year, Kellogg's was sued due to its claims that Frosted Mini Wheats were "clinically shown to improve children's attentiveness by nearly 20%." Now the \$13 billion company is in hot water again. This time, the lawsuit concerns the claim that its Rice Krispies "support your child's immunity" which was touted during the 2009 bird-flu scare. The Federal Trade Commission won a \$2.5 million settlement against the company for false advertising.

*Continued on page 2*

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.

## The missing berries

Kellogg's has also received a lot of bad press lately for its Frosted Mini Wheat Blueberry Muffin cereal that does not contain blueberries (or muffins, for that matter). Feingolders know to look closely at the ingredients in "blueberry" products to see if they have blue dye and fake flavors.

General Mills has also been getting negative publicity for its "blueberry pomegranate" Total cereal that has neither blueberries nor pomegranates.



Betty Crocker, the mythical lady from the General Mills corporation, offers consumers a Super Moist Carrot Cake Mix, with a mouth-watering photo on the box front. But unfortunately, Betty forgot to include the carrots! Since she is 90 years old this year, maybe Betty's getting a little absent-minded.

Very small, faint lettering on the box front says "with carrot flavored pieces." The ingredient listing on the side shows that mixed in with the sugar, corn syrup and additives are those "carrot pieces" that are composed of corn syrup, enriched flour bleached, corn cereal, partially hydrogenated cottonseed and/or soybean oil, and carrot powder colored with Yellow 6 and Red 40.

Considering how inexpensive actual carrots are, it's sad to see that the only healthy thing this product had going for it isn't even real!

## Diet Coke

Coca-Cola, the world's largest soft drink company (and owner of many other beverage labels) didn't have a very merry Christmas last December when the Food and Drug Administration gave them a wrist-slapping for promoting their Diet Coke Plus drinks as a source of vitamins and minerals. The agency said it is inappropriate to add extra nutrients to snack foods like carbonated beverages.

## The aura of healthy

The attempt to make a soft drink look like a healthy beverage is bad enough, but to apply that to a drink sweetened with aspartame is astonishing. It has generated more reports of serious health problems than any other additive in history.



\$100,000 is an advertising bargain!

## New marketing strategy

Now the company has appointed Diet Coke as the champion of women's heart health and pledged \$100,000 to be donated to research efforts. While that's a lot of money to you and me, how does a hundred thousand dollars compare to their income and other expenditures?

Coca-Cola spent \$4,500,000 in 2009 to hire 38 lobbyists from 7 different firms to influence legislation favorable to them, according to Wikipedia. Their 2010 revenue was more than thirty-five billion - with a "B"- dollars (\$35,000,000,000), and their net income was about five billion dollars (\$5,000,000,000). Soft drinks are considered to be one of the most profitable products.

## Skinny Pepsi

Not to be outdone by its arch rival, Pepsi has launched their Diet Pepsi Skinny Can. The tall, narrow can has the same amount of beverage and the same unwanted synthetic sweetener -- aspartame -- as their fat can.

But since many researchers believe that synthetic sweeteners actually cause weight gain by tricking our taste buds, the only thing skinny about this product is its elongated container.



## "Bring back the fun"

When a company cannot think of any worthwhile attribute for its product, it plays the "fun" card.

A new Kool-Aid ad shows 8 kids with garishly colored tongues that are supposed to pull on the heartstrings of parents, trying to evoke feelings of nostalgia for the bug juice of their childhoods.

Feingold families steer clear of the powdered drink mix because of the petroleum-based dyes and synthetic flavorings, but the fact that a cup of Kool-Aid contains 5 teaspoons of sugar is another good reason.

## Jamba Juice

The "non-dairy blend" in Jamba Juice drinks isn't a non-dairy product at all, according to *The Consumerist*.

The ingredients are water, grade A **nonfat dried milk**, grade A **whey**, grade A **whey** protein concentrate, Splenda, sodium alginate, maltodextrin, pectin, carrageenan, sodium citrate, sodium hexametaphosphate, natural flavor, annatto. ♦

## Sometimes a good diet isn't enough

"I guess the word has gotten out: from meltdowns to learning issues to migraines to moodiness, the way my family eats has changed everything!" In response to all the questions she has received about the remarkable change in her family, one Feingold mom wrote about their experiences on her blog [www.LLHdesignsblog.com](http://www.LLHdesignsblog.com).

I read all the great parenting books, I disciplined with love and consistency, I loved on them and I prayed lots. But there was still so much frustration in our house...frustration that was relieved when we changed our diet.

**We eat real food** -- food that is a natural part of God's creation. That's not to say we don't ever eat anything from a package, but if the ingredients aren't ones we can pronounce, identify or potentially produce ourselves, we don't buy it.

Real food is better than processed food, chemically altered food, artificially colored, flavored and preserved food any day of the week. But, if your child is reacting to a natural food and you don't know it, delighting in that child will be nearly impossible! (And if you're reacting to a food and you don't know it...ditto. Been there!)



I've never been a fan of artificial colors, flavors and preservatives, so that part of the Feingold Diet was a no brainer. Yes, we had our meltdowns and temper tantrums and inability to listen and obey, but we were eating healthy, so I thought it was all just normal kid stuff (or that I had yet to succeed as a parent).



**My youngest is still moody at times. That's part of who she is, but it's a more predictable, controlled, positive kind of moody.**

Everything seemed "normal" until my oldest daughter showed signs of ADD in first grade. She was brilliant, her teachers said, but the lights were not always on. She looked like a deer in headlights half the time, and she spaced out when she needed to be paying attention. A specialist was brought in to observe her and Ritalin was suggested.

It gets me all worked up that a psychotropic drug is offered as a first line of defense for a child who expresses ADD or ADHD symptoms while diet is ignored. My husband was diagnosed with ADHD so I knew there was a chance it could pop up in our children. But he never took medication and is one of the most amazingly talented, entrepreneurial, ground-breaking doctors in his field. There is hope for success!

So with a strong conviction that medicine wasn't the solution for us, we tried lots of other things -- occupational therapy, morning exercise, afternoon exercise, middle-of-the-day skipping around the track exercises

(the school was very cooperative), extra encouragement, more hugs, and art as a creative outlet. We were desperate to boost her spirits because even at six, she was aware of being slower to catch on than her fast-paced peers and was feeling a little anxious about it.

**All that was good, but it wasn't enough.**

That's when we decided to give the Feingold Diet a serious, wholehearted try. It was the least expensive, least invasive and least traumatic option...even if it looked a little challenging on paper. In May 2008, I ordered the materials, cleaned out the pantry, created a new shopping list with "approved foods" and told my girls we were going to do a "food experiment" together. (My oldest even took notes along the way.)

**Guess what I found out as soon as we got started?** It's not just the artificial colors, flavors and preservatives that can make your kids crazy, but there are naturally occurring chemicals (called salicylates) in healthy, natural foods that can wreak havoc on a person who's sensitive to them.



**Who knew?!** Dr. Feingold did! Don't let me scare you, but would you ever guess that this delicious, all natural snack could send your child off her rocker?

*Continued on page 4*

Sometimes a good diet, *from page 3*

**I was feeding my children things that made them feel crazy inside every single day!** Grapes and raisins sent my youngest through the roof. I had no idea! I thought she was just a moody, impulsive, temper-tantrum throwing child who would challenge me until the day I died. (Sometimes, I blamed sugar, which turns out not to be the problem I thought it was.)



### Unexpected benefit!

We started the Feingold Diet to help my oldest daughter in school, but after only 48 hours, it was my youngest who was an entirely different child. So unexpected! For the first time, I saw her for who she really was: a sparkling, shining, spirited, imaginative, loving and passionate little girl! (It brings tears to my eyes just thinking of it!) She looked free!



As for my oldest, it took more than 48 hours to see significant changes in her attention span, but with some fine tuning (which includes a gluten-free diet along with Irlen lenses to help with a light sensitivity caused by Irlen Syndrome), she has become an excellent student. She no longer complains of brain fog or looks like "a deer in headlights." And her happy, creative spirit is fully restored.



When my kids eat things they know they shouldn't, they feel it. They can generally identify the culprit and decide for themselves that it wasn't worth it. **Such an empowering thing for a child!**



**Fortunately, we can eat these now.**

Here's my promise: give the diet a dedicated, whole-hearted try, and your whole family will benefit in ways you can't imagine. (I discovered a key migraine trigger: black pepper! I had too much of it in a cooking class recently and paid the price! Black pepper is not one of the salicylate foods, but by being on a fairly pure diet, I am able better able to identify any allergy triggers.)

**The good news:** You don't have to avoid all the foods on the salicylate list forever. As you add foods back into your diet, you'll be able to tell which are the culprits and which are fine for your family. (The Feingold Association will guide you every step of the way.)



**We're enjoying tomatoes again, when they're in season.**

**It breaks my heart** to see families struggling through behavior, learning and health issues with no idea that diet can change things, sometimes dramatically, but always for the best.

**It breaks my heart** to see children get in trouble for behavior that's triggered by the food they eat. (I've seen kids change in front of my very eyes based on what they eat. It's wild!)

**And it breaks my heart** to see moms feel frustrated and defeated because no amount of discipline, love and patience seems to be working.

**I know you want to delight in your children.** I know you want to look in their eyes and see them for who they really are. (To this day, I can tell by their eyes if my children have eaten something they shouldn't have. They really are the windows to the soul!)

I hope there's a day when we don't have to choose between fake food and real food, but until that day comes, I'm thankful for the research, materials and support provided through the Feingold Association. ♦

*Linsey Hasenbank*

Linsey is a talented designer who creates customized cards and personalized stationery. See [LLHdesigns.com](http://LLHdesigns.com)

## Wal-Mart

The retail giant is finding ways to use its clout to benefit the community and remove some of the tarnish from its reputation.

Wal-Mart has achieved its astonishing success by pioneering a state-of-the-art distribution system that ruthlessly cuts costs, but the firm has frequently come under attack for approaching social and human rights issues with the same type of ruthlessness. Now they will move ahead of government regulatory agencies by banning a chemical used as a flame retardant.



PBDEs (polybrominated diphenyl ethers) have long been used to treat fabrics, sporting goods, furniture and electronics. While the flame-retardant properties of the chemicals are desirable, PBDEs have been shown to cause serious health problems in animal studies. These effects include damage to the thyroid, liver, and reproductive systems, as well as causing harm to brain development.

Beginning in June Wal-Mart will test the products it sells to ensure they do not contain the chemicals.

The US Environmental Protection Agency has identified PBDEs as harmful, but bureaucratic red tape has prevented the agency from taking any meaningful action on it, as well as countless other harmful compounds in our environment, including asbestos.

Whole Foods, Toys R Us, Sears and KMart have also used their commercial muscle to pressure manufacturers to replace risky chemicals with safer alternatives. The halls of Congress are not the only place where money talks! ♦

## Glad to hear it, Frito-Lay

The snack giant is making news with its line of reformulated products.

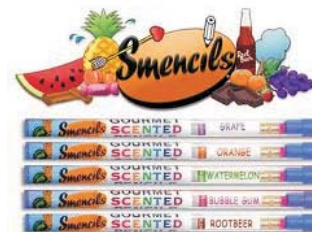


In January, the parent company, PepsiCo, announced it would change 72 of its snack foods to remove synthetic additives. Some of the Frito-Lay products, including Natural Cheetos and Lay's Classic Potato Chips, are included in the Feingold Association's Foodlist books of acceptable products. Now, how about some sorely-needed reformulation of Gatorade, another PepsiCo brand? ♦

## Does your child's school sell Smencils?

A Feingold mom wrote to us, "My family has been on the Feingold Program for about seven years. The program saved our daughter from so much heartache. Our son is 7 and is also extremely sensitive. In fact, as a result of all I have learned from Feingold, I have gone back to school to earn a degree in nutrition.

"We have had the usual challenges -- parties and holidays -- but we have managed to keep the kids almost 100% chemical-free. Our newest challenge is Smencils. I have contacted the company to get their list of scent ingredients and they tell me it's a "secret." My kids have their worst days during the Smencil sales. Of course, they don't buy the Smencils, but their classmates do, and even though my son's teacher does not permit them to be used in the classroom, the fragrance still fills the room. I have tried to reason with the principal and school nurse to have the PTO choose another fund-raiser, but with no luck. I have even presented them with studies showing synthetic fragrances to be neurotoxic. Does anyone have suggestions?"



It wouldn't have made any difference if the company had disclosed their perfume ingredients. They are primarily made from petroleum, and none is required to be tested for safety. No government agency oversees the use of fragrances.

Another mom responded: "I absolutely hate Smencils and had zero success in keeping them out of our daughter's former school, even when I was a board member of the PTA and our daughter specifically had a 504 plan stating she needed to avoid chemical exposures. They just make too darn much money for the schools for them to give them up. The interesting thing is that several teachers told me that they notice many kids acting hyper and not able to concentrate on the days they are sniffing neurotoxins all day in the form of Smencils."

*Continued on page 6*

## Tylenol and asthma

Research continues to connect acetaminophen (Tylenol) use with various health problems.

The International Study of Asthma and Allergies in Childhood gathered information from more than 300,000 13- and 14-year-olds to look at the use of acetaminophen (known as paracetamol in some countries). It found that teens who took the medicine, even if they only used it rarely, were more than twice as likely to suffer these health effects than their peers who did not use it.



Another study showed that pre-school age children who had taken one to three doses of acetaminophen were 88% more likely to have asthma, and if they took four tablets, their risk of having asthma was seven times as great. [Both studies were published last year in the *American Journal of Respiratory and Critical Care Medicine*.]

In a review of the studies on asthma and acetaminophen German researchers wrote, "A growing number of studies show that regular use of acetaminophen carries a dose-dependent risk of developing allergies in general, and asthma in particular, and the worsening of other respiratory diseases and lung function." [This study was published in *Current Allergy and Asthma Reports* in 2009.]



Some studies also show a greater chance a child will develop eczema when Tylenol is used.

Acetaminophen is believed to reduce the body's level of glutathione, which is needed to help with detoxification. Children with asthma have been found to have lower levels of glutathione in their lungs. Low levels of glutathione are also believed to be a factor in the sudden onset of autistic symptoms in young children. ♦

### Apples Arrive in the Inner Cities

Low-income families living in cities have long had a hard time finding healthy food, but that is changing as drug stores and discount chains are starting to carry groceries, and even fresh produce. Walgreen, CVS and Family Dollar are moving into the gap left when supermarkets abandoned the cities for low cost land in the suburbs. Target and Wal-Mart are also introducing small stores offering staples and fresh food. This should make it easier for city dwellers to use our Diet.

### Smencils, from page 5

The mom continues, "Truthfully, we could have pushed harder with our daughter's 504 plan, and the school did agree not to sell them the next year (but the 6th grade teacher snuck them in). But I have some suggestions:

"If you don't already have a 504 plan, you should get one. This is for students with medical disabilities (including chemical sensitivity) to level the playing field. If there are academic issues as well, an IEP can be used and include the medical components.

"Point to some of Anne Steinemann's research showing the toxicity of hidden ingredients and fragrances, and point out that they are unsafe for anyone." [See the February 2011 *Pure Facts* for details on Dr. Steinemann's work.]

"You may also want to talk to some teachers who have noticed problems with the children's behavior and learning when the Smencils were out. Better yet, find a teacher who reacts to them and have him/her report this and consider filing a worker's comp case if the symptoms are severe.

"Good luck. Thankfully, our new school hasn't done anything this stupid yet."

Even before Smencils come to your school, consider giving a brief in-service presentation to the teachers at your child's school, explaining the problems with chemicals in the food and environment. FAUS can help you with this.



## Jumping on the Politically Correct Bandwagon

Here is what the company writes about their pencils (Smencils) and pens (Smens): "Helping our planet" "Good for the environment" "We roll sheets of recycled newspaper to form a cylinder that serves as the body of the pen. Then the cylinders are hardened and soaked in our gourmet liquid scents." [Editor's note: What is gourmet petroleum?] "Lastly, we put each Smen into its own corn-based biodegradable Freshness Tube."

Worst of all, the products are guaranteed to maintain their scent for two years! ♦

## PIC Report

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

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free    CF = casein-free

### Stage One

365 EVERYDAY VALUE (Whole Foods Market)^

Crunchy Peanut Butter (GF,CF)

365 EVERYDAY VALUE (all are GF,CF) Organic Peanut

Butters: Creamy No Salt, Creamy Unsweetened,

Crunchy Sweetened, Smooth Sweetened

CARING CANDIES (*reallyhealthystuff.com*) (all are

GF,CF) Handmade: Candy Cane Pure Mint, Kidz Tots

Lemon Lollipops, Sour Spiralz Lemon Lollipops

CRYSTAL FARMS Cream Cheese (GF)

EARTH BALANCE\* (all are GF,CF) Organic Soymilks:

Chocolate, Original, Unsweetened, Vanilla

INDIE CANDY (*indiecandy.com*) Available retail in

*the Southeast only* Zoo Animal Hard Candy Lollipops:

(all are GF,CF) Lime, Mango, Pineapple, Watermelon

KANGAROO (all CP, CF) Honey Wheat Itsy Bitsy Pockets,

Honey Wheat Salad Pockets, Multi-Grain Itsy Bitsy

Pockets, Traditional White Flatbread, Wheat Pita Pocket,

White Pita Pocket, Whole Wheat Flatbread

KANGAROO Pita Chips (CF): Garlic Herb, Multi-Grain

Sea Salt, Sea Salt; Sandwich & Precut: (CP,CF) Flax n'

Grains Hi-Fiber Pocket Bread, Multi-Grain Pocket

Bread; Tasty Onion Pita Pocket Bread

NATURE'S PATH ORGANIC\*^ (both are CF) Pumpkin

Flax Plus Granola, Flax Plus® Pecan Crunch Cereal

ORGANIC VALLEY\* (all are GF) Organic: Cottage

Cheese, Lowfat Cottage Cheese, Lowfat Sour Cream,

Plain Lowfat Yogurt, Vanilla Lowfat Yogurt, Sour Cream

RIGHTEOUSLY RAW^ 90% Caramel Cacao Bar (GF,CF)

SARAH KATE'S BAKERY (*sarahkatesbakery.com*)

Gingerbread Cookies

SISTERS' GOURMET ^(*sistersgourmet.com*)

Chunk Million Dollar Cookies

THE REAL BREAD COMPANY (*realbreadcompany.com*)

*Available retail in the Southeast only* (all are CF)

Chocolate Chip Cookies, Crunchy Seed Bread,

Dinner Rolls, Ezekiel Bread, Hamburger Buns,

Honey Whole Wheat Bread, Hot Dog Buns

## PIC Alert

Please move to the Stage Two section of your *Foodlist*:

KETTLE BAKES Hickory Honey Barbecue Potato Chips  
(chili peppers, paprika, tomatoes)

THUMANN'S Deli Best Golden Roasted Filet of Turkey  
Cajun Style (chili peppers)

*Stage One, cont.*

TOM'S OF MAINE\*^ True Mint Sensitive Anticavity

Toothpaste (GF,CF); Fragrance Free Sensitive Stick

Deodorant; Sweet Mint Simply White Gel Toothpaste;

Clean Mint Simply White Toothpaste

WHOLESOME VALLEY Organic American Cheese (GF)

WAYFARE®\* We Can't Say It's Sour Cream:

Sour Cream (GF,CF)

### Stage Two

CARING CANDIES (both are GF,CF) Handcrafted

Naturals: Raspberry Bonbon, Sour Bonbon (apples,  
cherries, paprika, tangerine)

ELLA'S KITCHEN (all are GF,CF) Baby Food: Apples +

Bananas; Butternut Squash, Carrots, Apples + Prunes;

Carrots, Apples + Parsnips; Spinach, Apples +

Rutabaga; Strawberries + Apples; Sweet Potatoes,

Pumpkin, Apples + Blueberries

ELLA'S KITCHEN (all are GF,CF) Squished Smoothie

Fruits: The Green One (apples), The Purple One

(apples, blueberries, currants), The Red One (apples,

raspberries, strawberries), The Yellow One (apples,

apricots)

PEDERSON'S NATURAL FARMS\*^ Chipotle Chicken

Sausage (CS, SM, GF, CF, bell, chili & red peppers)

TOM'S OF MAINE\*^ (all are GF, CF) Anticavity Fluoride

Rinse: Juicy Mint (SB, apples, grapes); Long Lasting

Wicked Fresh Mouthwash: Cool Mountain Mint

(SB, apples, oil of wintergreen); Sensitive Anticavity

Toothpaste: Soothing Mint (cloves, oil of wintergreen,

oranges); Wicked Fresh Toothpaste: Cool Peppermint

(cloves), Spearmint Ice (cloves)

TOM'S OF MAINE\*^ Crystal Roll On Fragrance Free

Deodorant (SB, GF, CF, apples)

TOOTH SOAP® (all are GF,CF) Black Cherry Liquid,

Chocolate Orange Liquid, Chocolate Raspberry Liquid,

Citrus Gel (oranges), Citrus Liquid (oranges), Citrus

Shreds (oranges), Grape Liquid

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.

## Giftedness, ADHD, and where to start looking for answers

**Q**: "I have a 2.75-year-old daughter who is gifted. I believe that certain foods -- at least gluten and some salicylates -- cause her behavioral (attention deficit) and neurological issues. My wife and I have restricted her diet, but we disagree on the outcomes of these trials. Now, along with a new pediatrician and other medical specialists, my wife has started to reintroduce eliminated foods (which is a big step backward, in my opinion). Their belief is that any behavioral issues are the result of the giftedness."

**A**: Diagnosing an attention deficit in a child who is not yet three years old seems premature. But that doesn't mean she is too young for you to take steps to seek out the cause(s) of any behavior problems you are seeing.



There are many, many reasons why a child might exhibit behavior (or attention) problems as well as neurological deficits, but we don't believe that giftedness is one of them. We have had many gifted children in our membership over the past 30+ years, and they have the same behavior/learning/neurological problems when they consume the additives as do other children.

We are opposed to using a gluten-free diet (referenced in your question) as a first approach unless there is compelling evidence that the person requires it. It is not only difficult and expensive, but it might not be necessary. However, not surprisingly, we do believe that everyone should eliminate the petroleum-based additives like dyes, etc., as there is no good reason for consuming them and lots of good reasons to avoid them.

It's easy for parents to be drawn into the many helpful therapies that are promoted for dealing with ADHD symptoms, but it can be confusing and difficult to determine which ones are the most likely to produce results. Should you try eye-muscle training, desensitization, auditory training, bio-feedback, cranial manipulation, drugs, allergy diets, chiropractic, a GF/CF diet, vitamins, minerals, EFAs, sensory processing therapy, acupuncture, holding therapy, homeopathy, and the list goes on? Perhaps a child needs multiple therapies, but where is the best place to begin, and which are most likely to bring results? This is why we favor the Feingold approach as a first step. ♦



### Annual Meeting

The annual meeting will take place on Friday, June 24, 8pm at the Courtyard Marriott in Ronkonkoma, NY.

### New E-mail Address?

Please send us your new address so you can continue to receive your newsletter without interruption.

### Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Carolyn Allen

Lorraine Cordo

Markey Dokken

Cindy Harrell

Elizabeth Kellum

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

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

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

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

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

©2011 by the Feingold Association of the United States, Inc.

### Permission to Reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in Internet newsletters or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold Association of the United States, [www.feingold.org](http://www.feingold.org).