

Pure Facts

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A new approach for teachers and parents

Children often behave in ways that are puzzling. This has been happening throughout history, long before the advent of synthetic food additives. There are accounts of ancient Greeks and Romans writing about the younger generation, deploring their shortcomings.

How do you deal with a child who is being raised in a loving home, who is enjoying healthy food, and who has caring teachers, and yet the time-honored approaches to discipline don't seem to be working?

Parents and teachers may turn to professionals when they encounter such a child. But when the professional's recommendations only seem to make matters worse, what can be done? This is where family therapist Howard Glasser found himself. As he searched for answers, he dug down into his own experience and discovered some surprising answers.



He had caring parents and a childhood that should have produced a reasonable, cooperative child, but young Howie typically behaved in ways that exasperated his parents and teachers. Why? As he pondered this he began to gain a unique insight into his behavior as a child and to understand why some youngsters don't respond to current techniques. He started bringing this insight into his work with his toughest cases and began to see positive changes; this eventually developed into an approach that is effective for all children, not just the most challenging ones. He calls it the "Nurtured Heart Approach."

Removing harmful chemicals from a child's food and environment generally results in improved behavior, but some children continue to be challenging.

Dr. Glasser's techniques are very simple, but they are certainly not easy. Intellectually, they make total sense, but they force us to change -- and often to reverse -- our instinctive responses.

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Dyes in Cosmetics

Feingold members know to avoid petroleum-based dyes in cosmetics by looking out for FD&C or D&C numbers.

But other countries use what is called a "colour index" or CI designation. To make things even more confusing, food additives in Europe are listed by an "E" followed by numbers.

So if you purchase products made in other countries and you want to avoid tartrazine, for example, you will need to watch for these: FD&C Yellow 5, Yellow 5 Lake, E102, and **CI 19140**. The various aliases for Allura red AC are FD&C Red 40, Red 40 Lake, E129 and **CI 16035**.



Beauty is not easy!

Solutions

There are natural cosmetics available, but look carefully at the ingredient list since many that are claimed to be natural contain the unwanted dyes. Don't trust that products sold in health food stores are free of these additives. For Feingold-friendly cosmetics, check your *Foodlist* book and the *Feingold Mail Order Guide*. ♦

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.

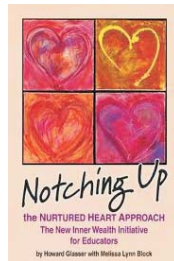
New approach, from page 1

Young Howie Glasser discovered that behaving well was boring, while misbehaving was exciting. At an early age, he learned how to create "fireworks," how to make the adults around him focus their attention and energy directly on him. It wasn't that he consciously planned it, but each time he was rewarded with adult fireworks, the pattern became more entrenched. Today he sees a parallel in the excitement of a video game, and the greater the special effects, the more attractive the game. For a child, the significant adult -- parent, teacher, or other caregiver -- is the ultimate "toy." The possibilities are endless, unlike even the most sophisticated electronic game. As he learns which buttons to press, he is rewarded with explosions of various magnitudes.

He explains a child's addiction to breaking rules.

Howard Glasser has written a series of books describing how he used the Nurtured Heart Approach with clients and later in his workshops for teachers. As he gained new insights he refined his techniques. This is why his first book, *Transforming the Difficult Child*, is not the best place to begin. While he experienced success, there were many drawbacks. The protocol in that book requires a parent to spend a great deal of time and energy keeping track of earned rewards and doling out privileges. A Feingold parent will see that, despite his successes, he could have achieved so much more by a change in diet. When *Pure Facts* spoke with Dr. Glasser recently, he had become aware of the diet/behavior link and agreed that even the best of techniques could easily be undone by a bag of Skittles.

Two of the most recent books would be a better place to begin learning about Glasser's work. One of them, *Notching Up the Nurtured Heart Approach*, is directed toward teachers but is highly applicable for parents. Conversely, *All Children Flourishing* is directed toward parents, but would be helpful for professionals to read.



Most techniques that deal with child behavior inadvertently energize negativity.

There's a lot of repetition in the various books, but while some readers have objected to this, I found the restating of his basic concepts to be helpful. Similarly, the examples he gives are useful to illustrate the techniques.

Many readers will be surprised that techniques which appear to be positive and enlightened are rejected. Children are not given warnings, and the rules of conduct are not stated in positive terms like "cooperation," "respect," etc. This sounds harsh, especially when it comes from a man who truly believes in the greatness of every child. Like many of his methods, these seem counter-intuitive, but it's hard to deny the success they have brought. Similarly, Dr. Glasser does not focus on the "why" of a child's misbehavior (such as troubled home, etc.) but delves right into reversing the youngster's negative self-image.

He and those he has trained give workshops to educators and parents around the country. The initial reaction is often skepticism, but the results soon speak for themselves.

"Kind and loving teachers tend to make requests to students using impeccably polite wording. *Please do your assignment without talking to your neighbor. Would you please pick up your trash? Will you close your books and put them away, please?* In the process, they are accidentally conveying that students have a choice. And for the energy-challenged child, such politely worded requests advertise that a refusal is a quick way to lure the teacher into the energy-for-negativity dance. If the child holds out long enough, she can get more relationship with everyone in the room and maybe even the principal or school counselor -- simply by refusing to comply with a request made by an adult. She doesn't do it consciously; she just wants the intimacy and connection."

from Notching Up the Nurtured Heart Approach

More Information

Dr. Glasser established the Children's Success Foundation in Tucson, AZ. See www.difficultchild.com for details on the programs, including You Tube films from educators who are using this approach.

The site also provides details on workshops and training sessions being given around the country. These are geared to therapists, educators, parents and others.



"He is proudest of the fact that he is responsible for keeping more children off of psychiatric medications than perhaps any other living person."

from www.difficultchild.com ♦

Let's get creative!

Art projects are fun, but some of the ingredients in art supplies can lead to problems for the highly sensitive child.



Markers can be a problem, especially those with strong smells, either from added fragrances or from the solvents found in permanent and dry-erase versions.

Seek out markers that advertise they are washable since these are less likely to cause problems. A good option is the **Clementine Art Natural Markers**, a set of four markers that are made from plant and mineral colorings. They are available from many online merchants and are sold at Baby Gap, PCC Markets, Wegman's and Whole Foods. You can also order them from Amazon.com.

Modeling clay doughs and finger paints are two other potential problems. How careful one needs to be depends on the child's level of sensitivity. This can be:

1. Just have the child wash his hands after finger painting.
2. Create a barrier by applying Gloves in a Bottle beforehand. (It is sold in beauty supply stores.)
3. Use vinyl or latex gloves, but they can be hard to find in small sizes.
4. Send in your own homemade play dough or purchased a version such as Eco Dough..

Eco Dough is a natural option, colored with plant, fruit and vegetable extracts.

www.ecoartworks.com It is available in both regular and gluten-free versions, but the high cost makes it worth considering making your own recipe at home.

Trenton makes the grade!

His mom writes, "The comments his teacher made bring tears to my eyes when I remember back to where we were not very long ago!"

He was a little boy who seemed angry all the time for no apparent reason. He suffered daily meltdowns; even the smallest disappointment set him off, and neither his parents nor any of his preschool teachers had an answer. The coaches in hockey camp were also unable to reach or teach him. Once she discovered the Feingold Diet and used it for their family, Renee Shutters and her husband were rewarded with the wonderful little boy they always knew was there.



In preschool, the prospects for Trenton's educational success had looked dismal, but the comments on his first grade report card tell a different story. What's more, he tested in the 96th percentile in his school.

Here are the comments from his first grade teacher:

First quarter: parent teacher conference.

Second quarter: "Trenton has continued to work hard this quarter. As a result, he has made gains in all areas of the school day. He has also been making an effort to be more independent in his decision making. Trenton is a model student, and I expect his progress to continue next quarter."

Third quarter: "Trenton's hard work has carried over into this quarter and is evident in his consistent progress in all academic areas. He continues to be a great friend to his classmates. We will continue to work on making decisions on his own, as well as being a bit more assertive with 'pushy' friends :o). Keep up the good work."

Fourth quarter: "I can't express how much fun it's been having Trenton in class this year. He is truly a one-of-a-kind character. His sense of humor, positive attitude, and wit were contagious! Trenton has worked hard this year and it shows. He takes his work very seriously. Trenton is ready for second grade, and I expect him to excel next year." ♦



Eco also offers natural finger paint in both regular and gluten-free versions.

Finger painting at home can be both creative and delicious by using pudding or yogurt. Greek yogurt is thicker than traditional yogurt and works well for finger painting. Add several drops of natural food coloring.

Try using strained baby food veggies and hope that your kids will taste it! ♦

The hot school lunch -- it's not so hot!

Jennie Cook is passionate about food and health and has been a moving force in the Los Angeles public schools.

You may have seen her on TV in Jamie Oliver's Food Revolution program in Los Angeles. She and other crusaders filled plastic milk jugs with sugar to stress how unhealthy the school food is, and work for the removal of sugary flavored milks.

With a background running a restaurant and now as a caterer, plus her work in teaching teens how to cook, Jennie is well qualified to offer practical solutions that can help reverse the epidemics of obesity and type 2 diabetes in children.

She has teamed up with pediatrician Rebecca Crane to create the site <http://foodforlunch.org> to promote their recommendations. In addition to healthy unprocessed food, they are calling for the public schools to offer children filtered tap water as a beverage with lunch. This is such a reasonable request, it's a wonder it has not been implemented all over the country.

Here's another very logical suggestion Jennie offers -- replace unhealthy hot lunches with healthy cold lunches.

"As crazy as it might sound, I would like the USDA to consider ending the hot lunch program and instead implement a cold lunch program. I'm envisioning a canteen of sorts, of simple whole foods that can be procured by the students at any time during the beginning of the day and held by them to eat as needed."



Like cold showers, hot lunches often sound better than they really are. But most people who prepare their lunch at home don't fix a hot meal; sandwiches have been the mainstay for generations. For a busy, money-strapped school system, a cold lunch offers solutions to many problems:

- the costs can be low
- food can be prepared in advance without worrying about it getting cold
- students don't need to use up most of their lunch time waiting in long lines
- minimal training would be required for the staff
- schools would not need to install expensive kitchen equipment
- like sandwiches, salads do not require special equipment

Some schools already have a "grab and go" plan where students pick up a bag lunch and take it to one of numerous eating areas on the school campus. For elementary students, the classroom often serves as a place to eat.

Currently, some schools serve a processed version of a sandwich -- Uncrustables. Another peanut butter & jelly wannabee consists of two pieces of a dry graham cracker-type on the outside, with a synthetic tasting peanut butter substance inside, and microscopic traces of what is probably intended to be grape jelly. Of course, it comes wrapped. For schools that have not banned peanuts, a better and more economical option would be some real peanut butter, real jelly and some loaves of bread. ♦

Brown bag winners ~ good lunches to fix at school or at home

Looking for sandwich ideas? Here are a few of the sandwich option ideas from the Arlington, Vermont schools:

Cape Cod wrap – turkey, bacon, lettuce, tomato, and cranberry mayonnaise

Buffalo chicken on a bun

Turkey, cheddar and apple slices on a bagel

Italian sub, provolone, salami, ham, w/lettuce and tomato

Tuna sub

Turkey Reuben with Swiss, kraut and Russian dressing

Curried chicken salad wrap

Turkey BLT on wheat bread

Ham & cheddar bagel

California club wrap w/turkey, cheese, avocado, bacon, lettuce & tomato

Chicken salad in pita bread

BLT wrap with cheddar

Turkey and provolone focaccia with pesto mayonnaise

Chicken Caesar wrap



Egg salad sandwiches can be even tastier by adding some crumbled bacon and healthier with baby spinach leaves in place of lettuce.

Grated carrot or zucchini can be hidden inside of sandwiches or wraps.

Slices of apple or pear give a sandwich an added crunch and flavor.

Sliced cucumber can replace tomato when it is not available. ♦

Feingold-friendly snacks

Check the snack section of your *Foodlist* book for both regional and national brand snacks to replace the Frito-Lay items. These include some well-known brands: Utz's, Barbara's Bakery, Whole Foods 365, Michael Seasons, Kettle Chips and Boulder Chips.

Feingold members who are successfully using the Program typically begin branching out and testing new products, including items that are not on the *Foodlists* but whose ingredient labels look good. If you continue to use these Frito-Lay products, watch the ingredient labels for possible future changes. Sometimes labels will provide this information.

Papa Murphy?

Several members have asked about adding Papa Murphy's to the *Fast Food Guide*. One reason it is not listed is because this chain is a "take and bake," not a sit-down restaurant where families can enjoy a meal away from home.

Papa Murphy's has a comprehensive listing of ingredients online. Many of the pizza ingredients look good **except for:** creamy garlic sauce, provolone topping cheese, bacon, beef, chicken, herb chicken, pepperoni, sausage and salami. **Also not acceptable** are cheese bread, chicken caesar salad, club salad, garden salad, Italian salad, lasagna and all of the desserts. ♦



Fast Food Guide Alert

Please remove **Culver's Cookies & Cream Concrete Cake** dessert from your Fast Food Guide. We have just learned that the product contains BHT, even though it is not listed in their online information. ♦

Frito Lay products being removed from our Foodlists

Dear Feingold Members,

Despite your efforts in writing to them recently, the Frito Lay company has decided to no longer work with the Feingold Association. They claim to be unable to fill out and sign forms, even for products that appear to contain no more than corn and salt. Such forms are required in order for us to list a product as "acceptable." Therefore, we are sorry to inform you that we will no longer be able to list the following products in our *Foodlist* books.



STAGE ONE Frito Lay Products

BAKEN-ETS Fried Pork Skins

CHEETOS Natural White Cheddar Flavored Puffs

CRACKER JACK Caramel Popcorn & Peanuts - Original

DORITOS Toasted Corn Tortilla Chips - regular flavor, Natural White Nacho Cheese Flavored Tortilla Chips

FRITOS Corn Chips - Original, Scoops Corn Chips

LAY'S Classic Potato Chips - Plain, Natural Sea Salt thick Cut, Stax Original Potato Crisps

ROLD GOLD Honey Wheat Braided Pretzels

RUFFLES Natural Reduced Fat Potato Chip with Sea Salt, Potato Chips - regular flavor, Reduced Fat - regular flavor

SMARTFOOD White Cheddar Cheese Flavored Popcorn

SUN CHIPS Original Multigrain Crisps

TOSTITOS 100% White Corn Restaurant Style Tortilla Chips, Bite Sized Gold Tortilla chips, Natural Blue Corn Restaurant Style Tortilla Chips, Natural Yellow Corn Restaurant Style Tortilla Chips with Sea Salt

WAVY LAY'S Potato Chips - regular flavor

STAGE TWO Frito Lay Products

TOSTITOS All Natural Salsa

TOSTITOS 100% White Corn Bite Size Tortilla Chips

You may have been using some of these products without any problem. Will they remain okay? We don't know. As food technology advances, we expect more and more strange chemicals and flavor enhancers to be appearing in products without being listed on the labels. Will that happen to these Frito Lay products? We don't know. Without completed product information forms, we have no way to be sure. Please help us to find new snacks to replace these products by submitting them for research.

Cindy Harrell,
Product Information Director ♦

Locating Feingold-friendly foods

Dear FAUS, I live in a small town, and we have only two stores -- Safeway and Fry's. I'm concerned that I won't be able to find the foods I need.

I know what you mean! After living in an area where we had our choice of numerous Whole Foods, Trader Joe's, health food stores and upscale markets, my family relocated to a small town. It's been an adjustment, but I'm finding my way around. Here are some things I have learned:

Natural foods in supermarkets - Products that were once available only in health food stores are now routinely found on supermarket shelves.

Check out house brands - Most supermarket chains have their own line of natural food, and some even have organic options. Once you have some experience on the diet, you will be able to start testing out products that are not listed in our materials but have ingredients that look good. For some types of food, any brand is acceptable. (This is indicated in your *Foodlist* book.)

Look in unexpected places - A growing number of stores are selling groceries. Target has brought in fresh food and so have some Walgreen stores. Wal Mart carries some of the natural brand name products and is removing synthetic additives from many of its Great Value products.

Import stores like World Market sell candy from Europe that is free of synthetic dyes; many also exclude synthetic flavorings.

There might be a food buying co-op in your area. Health-conscious families often order these items in bulk or take turns driving to cities or farms that offer natural food.

Today, nearly anything can be ordered via the Internet. This is a good option for things like candy and gum; the cost of shipping might not seem so high when you compare it to the cost of driving many miles to shop. ♦

Pinkberry Frozen Yogurt

This Mecca for "froyo" fans first opened in California in 2005 and has spread to selected locations in 16 other states and the District of Columbia, as well as several countries abroad. New York City has many Pinkberry outlets, notable for the upscale design of their shops.

The company is proud of its hormone-free milk and live active cultures, and its focus on freshness and



Shopping for food bargains

When you plan your shopping trip, consider visiting the big box stores in your area.

Both Costco and BJ's offer a huge selection of foods of all types, including brands that are found on Feingold *Foodlists* and other products that are not officially accepted but whose labels read well. (BJ's is found primarily on the East Coast.)

Of the two *Pure Facts* visited, BJ's offered the most impressive selection -- some very nice options mixed in among the culinary nightmares that are standard American supermarket food. The experienced Feingolder will be able to read labels and find some new things to try, including products that are not sold in your area supermarkets.



Of course, the down side is that you might have to pay an annual fee for membership, but that could be offset by the savings when you buy favorite foods in bulk. This can be a good option if you have a large family and a large freezer.

Stores like these are good choices for any private school, camp, church group, sports team or organization that needs to buy in quantity but doesn't require the services of a food distribution company.

The most impressive foods, for a Feingolder, were the grocery basics and frozen foods. But the stores sell all categories, including meat, fish, bakery items and fresh fruits and vegetables. There weren't many good choices in the bakery department, but lots of familiar "health food" brands were offered in other parts of the store. ♦

natural ingredients is commendable. The flavors rotate, and many look like they could be an option for Feingolders on Stage One. They do have corn sweeteners, which could pose a problem for some. The good news about the toppings is that there is fresh fruit, cut daily. The bad news is that the topping options include the garish Fruity Pebbles, and another Feingold no-no -- Cap'n Crunch cereal. For details, visit www.pinkberry.com ♦

PIC Report

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

^ = available in Canada.

* = available in health food stores and some supermarkets

SM = natural smoke flavoring

GF = gluten-free CF = casein-free

Stage One

ALLISON'S GOURMET (www.AllisonsGourmet.com)

Cookies: (CF) Butterscotch Pecan, Cinnamon Snickerdoodle, Classic Chocolate Chip, Chocolate Chip Pecan, Coconut Key Lime, Double Chocolate Chunk, Mint Chocolate Chip; Chocolate: (GF, CF) Peppermint Crème Patties, Peanut Butter Cups; Caramels: (GF, CF) Chocolate, Chocolate Rose, Salted Chocolate, Salted Vanilla; Brittle: (GF, CF) Salted Chocolate, Classic Peanut, Chocolate Peanut; Fudge: (GF, CF) Original, Peppermint Vanilla, Walnut

BABY'S ONLY (www.naturesone.com) Probiotics

BATTER BLASTER^ Pancake Mix: (CF) Whole Wheat Brown Sugar & Cinnamon, Buttermilk, Double Chocolate

BOAR'S HEAD (N, SM, GF, CF) (Imported product of Canada) Fully Cooked Naturally Smoked Imported Bacon, Naturally Smoked Sliced Bacon

CADIA All Natural Tuna (GF, CF): Chunk Light Tongol, Chunk Light Tongol - No Salt, Solid White Albacore, Solid White Albacore - No Salt

CADIA (GF, CF) Cut Green Beans, Super Sweet Whole Kernel Corn, Sweet Peas

CROWN PRINCE NATURAL (GF, CF) Skinless Boneless Pink Salmon

FISHER PRICE^ (GF, CF) Diapers: Happy Days, Happy Nights

INDIE CANDY (www.indiecandy.com) Available retail in southeast only. (All are GF, CF) Dark Chocolate Lollipop: Bat, Pumpkin; Frankenstein Hard Candy Lollipop: Lime; Ghost Hard Candy Lollipop: Pineapple

NATURALLY NORA* (www.naturallynora.com) (CF) Brownie Mix: Double Fudgy, Fantastic Fudgy, Cookie Mix: Spectacular Sugar, Marvelous Chocolate Chunk

PAULA'S CHOICE (www.paulaschoice.com) (GF, CF) Clear Extra Strength Acne Fighting Treatment, Hydralight One Step Face Cleanser, Illicit Lash Maximum Impact Mascara

ST. CLAIR'S ^A Organic Mints: Peppermint (GF, CF)

Stage One, continued

SEVENTH GENERATION*^ (www.seventhgeneration.com)

Free & Clear: Natural Hand Wash Just Clean, All Purpose Cleaner, Glass and Surface Cleaner, 2X Ultra Concentrated Laundry Liquid, Fabric Softener, Automatic Dishwashing Gel, 4X Concentrated Laundry Liquid, Fabric Softener Sheet, Rinse Aid, 2X Concentrated Baby Laundry Liquid, Shower Cleaner

SPELT RIGHT* (www.speltrightbaking.com) (CF)

Whole Grain Spelt Bread, Artisan Spelt Bread, Right Rosemary Bread

SUNCUPS* (www.peanutfreeplanet.com) (CS, GF, CF)

Milk Chocolate, Dark Chocolate

THE PURE PANTRY* (www.thepurepantry.com) Baking

Mixes: (GF, CF) All Purpose, Buckwheat Flax Pancake, Chocolate Chip, Dark Chocolate Cake, Oatmeal Spice Cookie, Old Fashioned Pancake, Sugar Cookie

Stage Two

A TASTE OF THAI Green Curry Paste (GF, CF, chili peppers), Pad Thai for Two (CS, MSG/HVP, GF, CF, chili peppers, paprika)

ALLISON'S GOURMET (www.AllisonsGourmet.com)

Brownies: (CF) Cherry Chocolate, Mocha; Cookies: (CF) Amaretto Almond, Gingerbread Spice (cloves), Oatmeal Raisin, Pumpkin Spice (cloves), Vanilla Almond; Candy: (GF, CF) Classic Almond Toffee, Chocolate and Almond Toffee; Caramels: (GF, CF) Chipotle (chili peppers); Brittle: (GF, CF) Spiked Peanut (chili peppers); Fudge: (GF, CF) Apple Pie, Chipotle Cinnamon (chili peppers), Sour Cherry, Java Crunch (coffee), Pumpkin Pie (cloves), Vanilla Chai Fudge (GF CF, cloves)

ARNEL'S ORIGINALS Good & Gluten Free Pancake Mix (GF, CF, almonds)

CADIA Baked Vegetarian Beans (GF, CF, cloves, paprika, chili peppers, red peppers, MSG/HVP)

HAMMOND CANDIES (www.hammondscandies.com) All Natural Orange Lollipop (CS, SB, CF, GF, paprika)

INDIE CANDY Jack O'Lantern Hard Candy Orange Lollipop (GF, CF)

LIFEWAY (GF) Greek Style Non Fat Real Kefir Cultured Milk Probiotic: Strawberry; Greek Style Non Fat Real Kefir Cultured Milk Smoothie Probiotic: Cherry, Raspberry

ST. CLAIR'S ^A Organic Premium Mints (GF, CF, oil of wintergreen)

SPELT RIGHT* (CF) Cinnamon Raisin Spelt Bagel, Cinnamon Raisin Bread

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.

Is your diet regimen too hard?

Many people are removing more foods than are necessary. Here's a note from one of our adult Feingolders.

"I bought your materials in 2006. This program really works.

"I have spent years pulling different foods out of my diet to alleviate my asthma and constant sinusitis. At some point, I identified certain yogurts that were making my nose swell; then, I eliminated wheat. At that point, I stopped having asthma and literally stopped taking meds because I did not need my inhalers any more.



"My doctor ran an allergy test and it came back 'not allergic to wheat.' Several weeks ago I bought Rice Chex and started eating it for breakfast. After about a week, symptoms were back, with the cough and constant feeling of irritation in my lungs. The only thing I ate that was not prepared fresh by me was the Rice Chex. I stopped eating it, and the asthma went away. Then, eureka! I checked the ingredients on the box -- it has BHT. Not only this cereal, but many cereals and baked products are treated with this preservative.

"The improvement I saw when I stopped eating wheat was not due to a wheat allergy but to the fact that so many products that are made with wheat contain BHT! I realized what the enemy was. It really works and I feel much better." ♦

Feingold Cookbook

The second volume of *Feingold Family Favorites* is here! You can order while supplies last by visiting: <http://fgshop.org/cookbook2.aspx>



Grandparent's Day is September 11th.

It's fun to see that a child has Grandma's curly hair or Grandpa's musical talent but these aren't the only traits that are passed down the genetic line. If you have a grandchild who has benefited from the Feingold Diet, there's a good chance that it will help you as well.

Before you chalk up your occasional headaches, mood swings or aches to the inevitable process of aging, consider that it could be the result of things you are eating (including the natural salicylates), or the dye in your prescription medicine, or fragrances in your home, or mold in your ventilation system, or that brightly colored mouthwash, or dinner out, or the fake sweetener in your coffee. ♦



Gift Baskets

Our Holiday Gift Baskets will be available again this year, and we will begin taking orders on November 1st.

This year we will have a choice of Stage One or Stage One & Two.

Pure Facts

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

Membership provides the *Feingold Handbook* which includes recipes and a two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, both telephone and E-mail Help-Lines, 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

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