

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Why does one child develop autism (or ADHD) and another does not?

One of the biggest factors appears to be the health of the digestive tract, not just for the child, but also for the mother.

**D**r. Feingold identified predisposing factors such as genetic inheritance, traumas during pregnancy, difficult delivery, and chemicals to which a child is exposed after birth. He also recognized that a poor diet on the part of the mother was an important factor.

Today, with so many more children being affected and with the pioneering work of parents of these children and the doctors who treat them, we know even more.



Humans have countless bacteria in their digestive system -- both beneficial and harmful ones. The "good" bacteria are vital for us to live and thrive. They enable us to absorb nutrients from our food, they protect us from viruses and germs and enable us to recover quickly when we are attacked by them. As long as there are lots of good bacteria available to keep the "bad guys" in check, we remain well.

### As our food culture changed, our gut health changed.

Before refrigeration was available, people developed many ways to preserve food, including drying, salting and fermenting. Fermentation not only keeps food safe for long periods, it creates beneficial bacteria. Until fairly recently, traditional cultures around the world used fermentation and ate these foods each day, ensuring a good supply of healthy bacteria in their digestive system. But today's modern diets are terribly deficient in these good bacteria.

### Passed from mother to child.

The newborn acquires good bacteria from his mother and continues to benefit through breast feeding. But a mom who is deficient in these bacteria or who opts to bottle feed, won't have the ability to give her baby a healthy digestive system. If she had taken antibiotics, many of the good bacteria she did have would have been wiped out. The bad bacteria that are left then mutate and create even more powerful, harmful versions. This leads to the development of yeast in the gut, which gives off toxic byproducts. Lots of sugary foods will feed the yeast, further compounding the problem.

When the lining of the intestine has been damaged, toxic byproducts of yeast are able to escape into the bloodstream and travel to the brain where many professionals believe they can result in symptoms we call autism.



### Assaults from outside

In addition, the harmful chemicals the pregnant woman encounters in her environment will be passed on to her newborn. So if the mother is poorly nourished her baby will have trouble fighting off the various toxins that come his way and he will be vulnerable to many illnesses. If the response to such an illness is an antibiotic that wipes out what good bacteria there are, he will have an even harder time recovering.

The baby who starts out with a poor digestive system is likely to be especially sensitive to the chemicals and food additives to which he is exposed as he grows. ♦

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 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.

## Nourishing Hope

For outstanding information and help in dealing with special diets for autism, check out Julie Matthews' new book *Cooking to Heal* which includes a 4-hour cooking class DVD. To learn more about her books and live events, visit her web site:

[www.nourishinghope.com](http://www.nourishinghope.com) ♦

## Splenda and gut health

Researchers from Duke University found that the synthetic sweetener sucralose (Splenda) decreased the beneficial bacteria in the gut of animals by 50 percent. The research was published in 2008 in the *Journal of Toxicology and Environmental Health* (Abou-Donia et al.) ♦

## IBS Help

Richard Carlton, MD, a member of the Feingold Association's professional advisory board, has had success helping patients with IBS (irritable bowel syndrome) by having them remove all traces of Splenda from their diet.

Dr. Carlton has offices in Port Washington, NY and New York City. ♦

## Increased Salicylate Tolerance

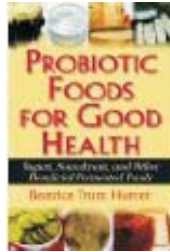
Feingold mom Amy Atchley reports that she has been able to help her highly salicylate-sensitive child to tolerate more foods by using a high quality probiotic powder. She uses large amounts and avoids the "drug store" versions. Check out your *Foodlist* book for many acceptable brands of probiotics.

Consult a qualified health care professional, particularly if you use large amounts of a supplement. ♦

## Probiotic Foods for Good Health

by Beatrice Trum Hunter

Practical information that could change your health.



**P**robiotics were once readily available in the foods that traditional societies created by the use of fermentation. Sauerkraut, pickles and other vegetables were teeming with beneficial bacteria. Beer, bread, grains, yogurt and cheese were health-giving options. But today many of these foods are subjected to modern processing techniques that leave them devoid of their ancient benefits.

A renewed interest in the value of fermentation shows great promise for addressing a long list of serious health problems. Ms. Hunter writes that conditions shown to benefit from a diet rich in probiotics include: Acne, Allergies, Arthritis, Asthma, Arteriosclerosis, Bone loss, Cancer, Crohn's disease, Constipation, Diabetes, Diarrhea, Gas, Gastroenteritis, Heart disease, Hypertension, Irritable bowel syndrome, Kidney disease, Liver disease, Multiple sclerosis, Respiratory infections, Rheumatoid arthritis, Stroke, Ulcerative colitis, Yeast infections.

With refrigeration, freezing and other safe options for preserving food, we don't need to use fermentation to get through the winter or keep us nourished on long trips. But food processors can use activated lactoferrin to destroy pathogens on produce and meat. Lactoferrin, a protein found in milk, can be used to prevent the growth of pathogens like E coli, Salmonella and Listeria. This offers a better choice than harmful preservatives and irradiation. ♦

## Feingold - a gateway to even better health

A Feingold mom wrote about her journey toward optimum health.

"I have started attending some traditional cooking classes with a member of the Weston A. Price Foundation. I now have kefir growing in jars on my kitchen counter along with using sprouted grains, etc. We are part of a cow share program so I am using the raw milk to make yogurt and am able to get raw butter when it is available.



"I also attended an overview of the GAPS diet (developed by Dr. McBride) by a mom who has healed her daughter of autism as well as many other health challenges, which started in infancy as failure to thrive. The whole link with the gut and overall health is fascinating to me.

"All of this learning, growing, sharing, etc., started from the day I met you and learned about Feingold on my journey to find healing for my son and I wanted to let you know how thankful I am.

"I continue to be an advocate for children and challenge my co-workers who think medication is going to solve our children's behavior problems. I will probably get a wing-nut T-shirt from them this holiday season, but I truly believe this is a human rights issue regarding the drugs we are pumping into children." ♦

## Autism takes many forms and has many causes.

9-year-old identical twins Eric and Robbie are doing great today; Eric is in advanced math and Robbie is a computer whiz. But their future once looked bleak.

They had been sickly babies, suffering from multiple episodes of bronchitis and strep and were repeatedly on antibiotic drugs. As they grew, the symptoms of autism became apparent.

Today, their mom, Cindy, understands how her background, including a poor diet, set the twins up for multiple problems. She has learned many ways to help them.



Robbie and Eric

As a child, she recalls that her family considered candy to be one of the food groups and her dentist was kept busy filling cavities -- what's more, the fillings were made with mercury, a toxin many link to autism. She suffered from many of the same illnesses that would plague her boys, and was on repeated courses of antibiotics. But while she did not have the characteristics of autism, her lack of a healthy 'gut' set her children up for such a diagnosis.

"When you see bad behavior, look for the chemicals in the food and environment." *Cindy Walsh*

The first dietary approach Cindy tried was a gluten-free/casein-free diet. Although this helped, her results were inconsistent; but on the restricted diet, she kept a careful diary of all the foods the boys ate and any changes that followed. This enabled her to zero in on apples as a big offender. That knowledge led her to learning about salicylates and the Feingold Diet. She would soon see that all of the salicylates were problems for both Eric and Robbie.

The twins were improving after being on Feingold for several months, and Valentine's Day was approaching. Thinking that "a little bit won't hurt," she let the boys have some little Valentine heart candies. The huge meltdown that followed quickly brought her back to a careful Stage One diet! Today, apples and grapes continue to be a problem, but they can occasionally have some of the other salicylates.

Through the Autism support groups, parents like Cindy are able to locate the skilled doctors and nutritionists who understand the deficiencies and toxins that contribute to our autism epidemic, and use the needed tests and tailor a program that can often bring about recovery. She received a great deal of help from Yahoo support groups, TACA (talk about curing autism), as well as the Autism Research Institute and its DAN (Defeat Autism Now) program.

Two books that are highly recommended by parents who are "recovering" their children from autism are *The Body Ecology Diet* by Donna Gates and *Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride.

A fascinating YouTube series by Ms. Gates and Dr. McBride can be seen at [feingold.org/AutismDiet.html](http://feingold.org/AutismDiet.html)

Eric and Robbie have benefited from many approaches including enzymes, probiotics, vitamins, and minerals. Although the boys are identical twins they do not respond to the same treatments, so it is important to work with a professional who is able to tailor the treatments to each patient.

Robbie had a reaction to the chemicals in astroturf, the synthetic grass, but Eric did not seem to be affected.

Cindy has come a long way from the sickly young adult to the healthy woman she is now. Getting rid of the mercury in her fillings and her body was a big help. The inflammation in her jaw and the sinus headaches all went away. Today, good food is her favorite tool, along with homeopathic remedies for the occasional health issues. While candy is not a food group in the Walsh home, the fight to control the yeast is a constant battle. Cindy notes, "If we do have candy, you can be sure they don't eat any with artificial colors. If someone offers him candy, Robbie will say, 'That has artificial colors. Did you know that artificial colors have crude oil in them? You don't eat crude oil, do you?' Sometimes kids make the best teachers!" ♦

Cindy hosts a show called "Kitchen Sink Autism" on blogtalk radio on Mondays at 4pm Eastern time. As she learned more about how different things work for different people, she started the radio show about "everything and the kitchen sink about autism." She has many friends who are also therapists, doctors and parents wanting to share their experience. On her show they discuss detox, bioray, all diets including Feingold, vision therapy, milk addiction and more. She has also done shows on IEPs and bullying. You can listen to any of the shows on archive.

Visit: <http://tinyurl.com/kitchensinkautism>

## What we eat affects the size of our brain

A small amount of shrinkage in the size of our brain is common as people age, but for those with Alzheimer's disease, the reduced size is greater.

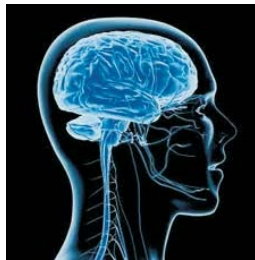
Researchers from Oregon's Health and Science University tested blood samples of elderly subjects to determine the levels of vitamins and omega-3 essential fatty acids (EFAs). Next, they administered tests to evaluate memory and thinking skills.

Those subjects with higher levels of vitamins B, C, D and E and omega-3 EFAs performed well on the tests while those with low levels of the nutrients and high levels of trans fats (found in fast food and highly processed food) did worse on the tests.

Following the testing, brain scans were conducted on 42 of the subjects. The scans showed that the people with the higher levels of vitamins and fatty acids had larger brain volume and those with high trans fat levels had a smaller brain volume.

This new research is published in the January 24 issue of the journal *Neurology*.

Additional research published in *Neurology* measured the thickness of various regions of the brain. Victims of Alzheimer's disease have been found to experience a thinning of parts of the cortex.



The subjects were given a test to determine cognitive abilities. 21% of those with a thinner cortex did poorly on the test, while only 7% of the people with a normal cortex scored low.

The researchers also tested samples of cerebrospinal fluid to measure levels of amyloid, a protein that is linked with Alzheimer's. 60% of the people with a thinner cortex had high levels while only 19% of subjects with a thicker cortex had high levels of amyloid.

Earlier research has shown that even before symptoms of Alzheimer's appear, brain scans that measure the size of the cortex can help predict later onset.

This research was conducted at the Massachusetts General Hospital in Boston and the University of Pennsylvania in Philadelphia. ♦

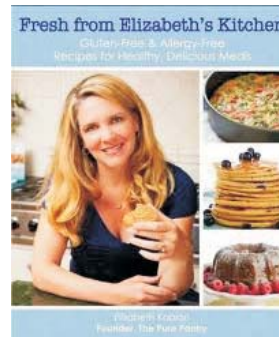
## Autism and brain size

The brains of autistic children develop differently than those of non-autistic youngsters. An autistic infant's brain grows more quickly than average, then the growth lessens in childhood and the brain begins to shrink after reaching adolescence. The brain of the autistic adult has been found to be slightly smaller than average.

Published in October in *Brain Research*. ♦

## Gluten-free and Delicious

When their infant son, Ryan, got his first ear infection and received subsequent bouts of antibiotics, the Kaplan family's journey to gluten-free foods began.



Mom, Elizabeth, would later learn that her chronic health problems (achy joints, inflammation, migraines, and digestive disorders) were due to her own undiagnosed celiac disease. Ryan's problems multiplied to later include asthma and grand mal seizures.

The pediatric neurologist wanted to start him on drugs but Elizabeth's extensive research led her to a gluten-free, allergy-free organic diet. (Because the new diet removed the worst of the synthetic additives, they were also on a version of the Feingold Diet.)

Happily, Elizabeth's culinary arts training made it easier for her to prepare delicious food, and this led to creating **The Pure Pantry**, with a line of GF flour and mixes, plus her cookbook.

Easy directions and mouth-watering photos are accompanied by information on how to make substitutions for allergies. Gluten-free cooks can make dishes from scratch or use The Pure Pantry's Feingold-accepted GF mixes: All Purpose Baking Mix, Old Fashioned Pancake Mix, Buckwheat Flax Pancake & Baking Mix, Chocolate Chip Cookie Mix, Organic Sugar Cookie Mix and Whole grain Dark Chocolate Cake Mix.

The book covers all types of food, including contemporary favorites and dishes that have an Asian flair. There's Spinach Pesto Sauce, Berry Blintzes and Crepes, Veggie Frittata, Cheddar Drop Biscuits, as well as soups, salads, main dishes and sides. And there are the mouth-watering desserts.

More information is available at [www.ThePurePantry.com](http://www.ThePurePantry.com) and [www.freshfromelizabethskitchen.com](http://www.freshfromelizabethskitchen.com). ♦

## Jazz up your Valentine cooking with some Bada Bing



Tillen Farms, the company whose maraschino cherries were described in last month's *Pure Facts*, now has Bada Bing Cherries, which are acceptable on Stage Two. See <http://tinyurl.com/badabing-cherries>



## Feingold-safe candies for the holiday

At one time Feingold families were very limited in their choices, but today there is a dazzling array of natural, colorful candies.



Visit the Squirrel's Nest [squirrels-nest.com](http://squirrels-nest.com) and the Natural Candy Store [www.naturalcandystore.com](http://www.naturalcandystore.com) for acceptable treats.

## Fast Food Guide Update

We are saddened to learn that three of the Silver Diner restaurants -- located in southern Virginia -- have closed. The other Silver Diner restaurants are still open in areas where the economy is doing better.

Providing healthy fast food is challenging for restaurants, partly because most people seeking healthy food do not realize they can find it in selected fast food chains, and because the majority of fast food customers are not very well informed about the importance of eating nourishing food.



Necco Wafers have also been the victims of consumer ignorance. After they replaced the synthetic dyes with natural ones the company received complaints from angry fans who apparently felt petroleum-deprived and wanted their FD&C dyes back. The company complied and the newer wafers are no longer Feingold-acceptable.

## Twinkie Demise?

How many comedians will need to find new material if Twinkies become extinct? This iconic food-like substance that we love to hate is in danger as Hostess Brands files for bankruptcy.



Of course, there may be a solution. Bake a huge batch before closing down the assembly line, and store the snack cakes for the next decade or two in case the economic picture looks better. (The company maintains that they really do have a limited shelf life.)

Of course if Twinkies go, it will mean the end of Zingers, Ding Dongs, and Ring Dings. Do we really want to live in a world without Ring Dings?



In these tough times nobody wants to see people lose their jobs, but a Twinkie-free environment sounds good. ♦

## HOLIDAY BASKETS

Feingold members and friends enjoyed baskets filled with delicious treats thanks to these companies. We are grateful to them for their donations to our Holiday Goodie Basket fund-raiser.

- Angel Mints
- Angell Organic Candy Bars
- B-Fresh Gum
- Barbara's Bakery
- Bellow's House Bakery
- Edward & Sons Trading Co.
- Enjoy Life Foods
- Glee Gum
- Go Max Go Foods
- Hammond's Candies
- Immaculate Baking Company
- India Tree
- Indie Candy
- Jelly Belly
- Jolly Time Popcorn
- Matt's Cookies
- Q.bel candies
- Rehest Candy
- RJ's Licorice
- Sjaak's Organic Chocolates
- Squirrel's Nest
- St. Clair's
- Surf Sweets
- Utz Snacks
- Wolfgang Chocolate
- YC Chocolatier

And thanks go to Cindy Harrell and her elves who assembled and sent out the baskets.

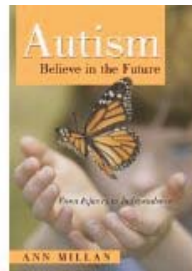


## Believe in the Future

Ann and Bob Millan had two daughters and were excited when their third daughter joined them. Robin was a happy baby who seemed to enjoy all the attention she received, and was learning to smile. At one month she got her first MMR vaccine and life was never the same after that. She screamed for hours on end, slept much more than normal, and did not want to be touched. Robin grew in size, but not in any other areas of development. She seemed unaware of other people and alternated between screaming and rocking. When she got a bit older her favorite activity was running, with no thought to safety.

That was in the early 1970s and few people were able to recognize "autism." Even fewer suspected that vaccines could bring on such symptoms, and Robin received two more MMRs and all of the other recommended shots.

Today Robin is 40, living on her own and working full time. She is able to drive her car, care for her cat and socialize with others. Ann describes the many things she did to help her child, and how often her choices were at odds with what professionals



recommend, including her decision to use the Feingold Diet. Her story is like that of many of today's moms, along with dads and those treasured professionals who are moving mountains to help the children.

*Autism, Believe in the Future* is a book filled with information, inspiration, and hope. ♦

## Dealing with ear infections

A growing number of doctors no longer prescribe antibiotics for minor ear infections.

For many children ear infections stop once they eliminate offending additives or foods. But if your child is faced with this painful condition and his doctor has determined it does not indicate a serious problem, you might want to try some well-loved remedies.



Garlic oil and tea tree oil have many fans, but their strong smell can be annoying. Mullein flower is another option, and there are blends available. NutriBiotic makes Ear Drops based on grapefruit seed extract, a natural antibiotic. Check out health food stores and online sources. ♦

## CSPI Petitions the FDA to reform their policy on food colorings

In December the Center for Science in the Public Interest (CSPI) presented a petition to the Food and Drug Administration (FDA) calling for the agency to mandate that manufacturers prominently disclose the presence of any added food colorings on the front of their packages.

It can be difficult for a consumer to realize that a product which appears to be healthful really does not have the ingredients shown on the front panel. Beverages, cereal, baked goods, gelatin, "fruit" snacks, etc., may have little or no actual fruit in them, despite the pictures of real fruit on the front of the package. "Whole wheat" breads may be just white bread with caramel coloring added to give the impression of whole grains. Farm-raised salmon can be "dyed" to appear to be the same color as wild salmon. (Natural colorings are added to their feed.) Blueberry muffins may be made without blueberries and carrot cake does not necessarily contain carrots. Guacamole can be devoid of avocados, using hydrogenated oil and dyes to fool their customers.

FDA currently requires food manufacturers to prominently list artificial flavorings on package fronts. CSPI is calling for the agency to do this for artificial coloring.



No real blueberries here!

The average shopper might recognize that Frankenberry cereal has no berries and that Froot Loops are not made with fruit, but they are forced to try to understand the fine print on the back of a package in order to know what they are actually buying.

The CSPI petition points out:

- \* The FDA has the regulatory authority to require food manufacturers to clearly show when a product contains added colorings. (The agency has long claimed to not tolerate the use of colorings to deceive the consumer, but this goes on all the time.)
- \* Some natural food dyes such as carmine and annatto have been found to trigger allergic reactions in sensitive people.
- \* Synthetic (FD&C) dyes and the contaminants found in them have been shown to cause cancer, so permitting them to be disguised, let alone used at all, is contrary to the FDA's claim to protect the consumer.
- \* Last year when CSPI petitioned the FDA to begin the process of banning petroleum-based dyes, they presented the many studies that have shown the connection between synthetic dyes and ADHD symptoms. ♦

## PIC Report

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

^ = available in Canada

\* = available in health food stores and some supermarkets

SM = natural smoke flavoring

GF = gluten-free CF = casein-free CS = corn sweetener

### Stage One

B FOCUSED\* ([www.bfocused.com](http://www.bfocused.com)) Amino Peak (CS,CF), Mellow Kid (CS,GF,CF), Mellow Adult (CS,GF,CF), Performance Peak (CS,GF,CF)

BOAR'S HEAD No Salt Added Oven Roasted Turkey Breast (GF,CF)

CLEARLY NATURAL\*^ (<http://tinyurl.com/naturalbodylotion>) (GF,CF) Unscented Body Lotion, Unscented Body Wash

DRNATURA\*^ ([www.drnatura.com/colonix-fiber](http://www.drnatura.com/colonix-fiber)) Colonix Intestinal Cleanser (GF,CF)

DRY SODA^ ([www.drysoda.com](http://www.drysoda.com)) Dry Soda: (GF,CF) Lavender, Vanilla Bean

DUBUQUE Fully Cooked Bone-In-Ham With Natural Juices (glaze packet not accepted) (CS,N,SM,GF,CF)

HORMEL CURE81 Ham: (glaze packet not accepted), (CS,N,SM,GF,CF) Whole Bone-In Spiral Sliced Ham with Natural Juice, Half Bone-In Spiral Sliced Ham with Natural Juice

MADE ON SKIN CARE\* ([www.hardlotion.com](http://www.hardlotion.com)) Simple Smooth Diaper Rash Cream (GF,CF) Lotion: (GF,CF) Beesilk Jr, Beesilk Hard Lotion, Au Chocolat Hard Lotion; Lipbalm: (GF,CF) Peppermint, Natural ; Bug Block (GF,CF)

ORGANIC VALLEY\* Organic Whole Milk Ricotta Cheese (GF)

PALMER LANE MAPLE\*([www.palmerlanemaple.com](http://www.palmerlanemaple.com)) (GF,CF) Maple Syrup

SOUND EARTH ([www.soundearth.com](http://www.soundearth.com)) Lighting Liquid Multi-Purpose Cleaner: Unscented (GF, CF)

SOUND EARTH ([www.soundearth.com](http://www.soundearth.com)) (Naturally Fragranced) Lighting Liquid Multi-Purpose Cleaner: (GF,CF) Sassy, Lavender, Lemon

SUNLAND\* (Available in the Southwest) Peanut Butter: (GF,CF) TruePB Creamy Valencia, TruePB Crunchy Valencia

SUNLAND\* (Available only in New Mexico) ([www.sunlandinc.com](http://www.sunlandinc.com)) (GF,CF) 12 & 16 oz Peanut Butter: Creamy Organic, Crunchy Organic

### Stage Two

BOAR'S HEAD (GF,CF) All Natural Tuscan Brand Roasted Turkey Breast (red peppers), All Natural Roasted Turkey Breast with Lemon & Herb (bell peppers, tomatoes), All Natural Applewood Smoked Uncured Ham (SM)

BONNE MAMAN\*^ (<http://tinyurl.com/maman-jelly>) (GF,CF) Fig Preserves (apples), Red Currant Jelly (apples), Orange Marmalade (apples), Blackcurrant Jelly (apples), Blackberry Preserves (apples), Blackberry Jelly (apples), Wild Blueberry Preserves (apples), Apricot-Raspberry Preserves (apples), Apricot Preserves (apples), Strawberry Preserves (apples), Raspberry Preserves (apples), Plum Preserves (apples), Mixed Berry Preserves (apples, blackberries, blueberries, raspberries, strawberries), Mandarin Preserves (apples), Grape Jelly (apples), Four Fruits Preserves (apples, cherries, raspberries, red currants, strawberries), Cherry Preserves (apples)

DRY SODA^ ([www.drysoda.com](http://www.drysoda.com)) Dry Soda: (GF,CF) Lemongrass (oranges, tangerines), Blood Orange (tangerines), Wild Lime (oranges, tangerines), Rhubarb (oranges, tangerines), Cucumber (oranges, tangerines), Juniper Berry (oranges, tangerines)

MADE ON SKIN CARE\* ([www.hardlotion.com](http://www.hardlotion.com)) Second Life Hair Butter (GF,CF, orange oil)

POWER OF FRUIT\* ([www.facebook.com/#!/poweroffruit?sk=app\\_135607783795](http://www.facebook.com/#!/poweroffruit?sk=app_135607783795)) All Fruit Bars: (GF,CF) Banana Berry (strawberries, white grape juice), Cherry Berry (apples, blueberries, white grape juice), Orange Tango (cranberries, peaches, white grape juice), Original (blueberries, cranberries, strawberries, white grape juice), Tropical (white grape juice)

SOUND EARTH (Naturally Fragranced) Lighting Liquid Multi-Purpose Cleaner: Sunshine (GF,CF)

SUNLAND\* (Available only in New Mexico) ([www.sunlandinc.com](http://www.sunlandinc.com)) (GF,CF) Organic Crunchy Chipotle Chili, Organic Vanilla Cherry

THE KITCHEN TABLE BAKERS \*^ ([www.kitchentablebakers.com](http://www.kitchentablebakers.com)) Jalapeno (GF)

YAMATE CHOCOLATIER\* ([www.ycchocolate.com](http://www.ycchocolate.com)) Master Piece Caramel & Whole Roasted Almonds (CS, GF); (CS,GF) Sugar Free Bar: Dark Chocolate With Orange Bits, Dark Chocolate With Whole Roasted Almonds, Milk Chocolate With Orange Bits, Milk Chocolate With Roasted Almonds

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.

# Diet and ADHD are in the news again

## Editorial Comments

A new article on diet and ADHD has received enormous publicity. The recent Feingold eNews pointed out the most blatant mistakes. See [www.feingold.org/enews/01-2012.html](http://www.feingold.org/enews/01-2012.html)

Every day countless articles are printed in hundreds of medical journals and other scientific publications, but only a small number of them are publicized. How does one particular article in one journal attract media coverage throughout the United States and the world? And how can an article that was poorly researched and contained factual errors receive such coverage?

This is not the first time we have seen this. The recent publicity on the Millichap article in *Pediatrics* is just the latest example of a successful publicity campaign.

How would things change for food and pharmaceutical companies if many more families of children with ADHD used the Feingold Diet?

In 1983 the American Dietetics Association (ADA) sent press releases to media outlets through the country, saying that a huge new study showed that diet and hyperactivity were not connected. There was no such study, but busy editors trusted the ADA and published the press release.

Then in 1994 there was an enormous media blitz from the University of Iowa. Similarly, this press release said that diet and hyperactivity are not linked. Clearly, none of the people who reported this on radio, TV and print media read the actual study in the journal, which showed that food additives are linked to hyperactive behavior. The busy journalists trusted their source and reported what was written in the release.

So now with a poorly researched article, published in a major medical journal, and enjoying vast exposure, one wonders why and how this happens.

Like most things linked to the ADHD industry, the likely answer is that some entity with very deep pockets has a motive to minimize the growing awareness that what a child eats can have a direct effect on how he behaves. And if that is no longer possible, then the next step is to admit that diet really does affect behavior, that kids with ADHD might benefit from a healthy diet....but not the Feingold Diet!



If you can no longer deny that some food additives cause behavior and learning problems, then the only option left is to present the Feingold Diet as something that is too hard to follow and claim that it requires monitoring by the child's doctor. In several places the diet is described as "time consuming and disruptive to the household" -- which leads me to suspect Dr. Millichap doesn't realize that the most time-consuming and disruptive thing in a household is a child eating petroleum-based food additives! ♦

## 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, a telephone and E-mail Help-Line, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*. The cost in the US is \$82.50. 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 at [www.feingold.org](http://www.feingold.org)

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