

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Pesticides and ADHD

Children who have the highest levels of pesticides in their bodies are the most likely to develop symptoms of ADHD. This was the finding of a study published in the *Journal of Pediatrics* in 2010. (It was described in the December 2010 issue of *Pure Facts*.) The researchers found that 94% of American children had detectable levels of pesticides in their urine.

The lead author of the study, Maryse Bouchard, explained that the pesticides so widely used in commercially grown fruits and vegetables affect the brain chemicals that are closely related to those involved in symptoms of ADHD.

The following year the American Academy of Pediatrics called for an overhaul of the federal system that regulates the chemicals used in producing our food. (*Pure Facts* June 2011)



But sadly, the belief persists that pesticides and herbicides are necessary for Americans to enjoy affordable food, and for farmers and ranchers to be able to make a living. However, there are pioneers in twenty-first century America who not only reject this philosophy, but who are showing how we can nourish ourselves without destroying our air, water or land. This issue highlights the work of two such teachers, Joel Salatin and Sally Fallon Morell. ♦

FRESH, a film that can change our food

It gives us a reason to be hopeful.

There have been some excellent documentaries in the past few years, highlighting the deplorable state of American agribusiness, from the way animals are raised to the destruction of our air, soil and water, to the plight of those who try to make a living in this system.

The failure of America's system of massive farming is becoming increasingly evident.

But *FRESH* is different because it not only shows what has gone wrong, it shows how to restore sanity to our way of raising food. First released in 2009, the film highlights the work of several individuals who show that the beliefs which have prompted the move from family farm to factory farm are badly flawed. Perhaps the most dramatic is the story of Joel Salatin's farm in Virginia's Shenandoah Valley.



Joel's father bought the worst piece of real estate in the area and turned it into what has become lush, productive farmland. Many years later, the soil continues to nourish the plants and animals there and the people who care for them.

In the film, Joel explains that although he produces beef, chickens, turkeys, eggs and pigs, what he essentially does is to raise grass, explaining, "We take care of the grass and the grass takes care of the animals." He described the rotational grazing system that uses the nature of each part to support the whole. Here's how. Cows are herbivores (plant eaters) and they naturally migrate from one area to the next, looking for fresh new grasses. So each day, the cattle are moved to a different parcel of land for grazing. Three days after the cows have moved on, Joel brings the portable chicken coops to the first location where they feed on the insects that are attracted to the manure left by the cattle. Later, turkeys are brought through and fed. Instead of ending up in toxic waste lagoons, the manure of all of the animals on the farm enriches the soil.

The system combines modern innovation with the wisdom accumulated through centuries of caring for the land.

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 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.

P. A. Bowen Farmstead

Southern Maryland is home to a farm that incorporates all the best of modern agriculture with a reverence for the land, plants, animals and people.

Sally Fallon Morell, founder of the Weston A. Price Foundation, and her husband, Geoffrey Morell, run this working farm, which is designed to be a teaching vehicle as well.

Sally writes, "Our farm is an old-fashioned pasture-based, mixed species, soy-free farm that uses modern technologies and biodynamic techniques, all inspired by pioneering farmer and author Joel Salatin."



The stars of the farm are their Jersey cows, who graze freely and are milked only once daily. Their milk is used to create artisan cheeses and the leftover whey provides a high quality protein for the other animals.

As with the Salatin farm, the animal waste is a valuable part of the cycle, keeping the soil healthy. Pigs root in the ground, helping to turn unusable thicket into lush grazing land.

The animals can stay out-of-doors, safe from predators, in all but the coldest weather since they are surrounded by electrified netting which serves as a fence.

Visit <http://pabowenfarmstead.com> for details on the foods and other products, and on scheduled tours.

The farm is located in the Village of Aquasco, Brandywine, MD, near the Patuxent River. ♦

Monoculture

In the belief that it is more efficient and profitable, American farms are typically made up of enormous tracts of land raising just one crop, year after year.

With no animals to provide manure the farmer is forced to buy fertilizer. Without the plant diversity that discourages pests and weeds, he is forced to buy pesticides and herbicides. In order to grow enormous amounts of corn and soybeans, he must take out loans to pay for expensive equipment.

Despite what should be an efficient and profitable operation, and despite huge government subsidies for these crops, the farmer ends up as little more than a low-paid employee for American agribusiness.

The idea that all this corn and soy helps to feed the world is not the reality, according to *FRESH*. Most of it goes for things like ethanol, unhealthy cooking oil, cheap meat extenders, and high fructose corn syrup.

Factory farms are enormous, with the animals packed into warehouses, given feed that they were never meant to eat, living in foul-smelling filth that is a breeding ground for *E. coli* and similar pathogens. They are routinely given hormones and arsenic to promote weight gain as well as antibiotics to attempt to prevent the inevitable illness that comes from such conditions.

The animals are fed a totally unnatural diet that includes the remains of other animals, chicken manure, and grains. But cattle are herbivores (plant eaters) and are not equipped to handle such an unnatural diet. ♦

FRESH, from page 1

That same parcel of land not only feeds the cattle and the chickens, it is also used to grow hay. Here's how Joel describes it:

* The land is grazed by the cattle two or three times in the spring, followed by the "egg mobile" and some turkeys.

* Then it is grazed again, and the broilers are brought in.

* Next, hay is grown, and it is grazed again in the winter.

The result of Joel's system? He earns over \$3,000 an acre while his neighbor who raises just beef gets only \$150 an acre.

Natural farming is profitable.

What's more, Joel notes, "We haven't planted a seed or bought an ounce of chemical fertilizer in 50 years!"

Allowed to roam freely and eat natural grasses, these are healthy animals so there are no bills for drugs and veterinary care, no 24-hour lighting in poultry houses to force greater egg production, and no issue of "superweeds."

To learn more about *FRESH* and the other innovators, or to order a DVD visit www.freshthemovie.com ♦



Superweeds - nature fights back

The philosophy that sees farming as a form of warfare against nature has led to the growth of "superweeds" -- the inevitable mutation of plants that have been exposed to herbicides like Monsanto's Roundup. Now, farmers are faced with giant weeds, as tall as 7 feet, that require costly hand removal. The eleven species of superweeds that have developed are believed to have invaded 14,000,000 acres of US farmland. ♦

Birthday Party!

Picture this: your twin sons' birthday is coming up as they enter the teen years. Thirteen of their teen and pre-teen friends will come for several hours of eating, partying and playing games. Add in some rain and mud and what sort of nightmare are you imagining?

Feingold mom Elizabeth Kellum described the party. "Everything went great. The 13 boys (mine included) ate a gallon of ice cream, one cake, six pizzas, four pounds of grapes, a pound of tortilla chips with salsa, and several apples and oranges; they also polished off three gallons of lemonade. All of it was Feingold Stage 1 or Stage 2.

"I took the boys airsofting (guns with plastic BBs) for a couple of hours in between their eating. They all got wet and dirty and had a great time. It rained, of course; it's western Washington.

"The boys were terrific, and I would be willing to do this again. We had no problems whatsoever. Nothing was broken; there were no fights; and the boys all got along, shared guns with

those needing them, and negotiated all the rules for their 'game' without any problems. The only downside was that 4+ hours was not long enough! (Some stayed an extra 1½ hours and kept eating the entire time! Boys -- gotta love 'em!)

The boys were great!

"One boy, who is beginning Feingold, talked with me quite a bit about the food I was serving. It was good to see him so engaged in the process and willing to follow the diet. He asked what the ingredients were for a few items. I showed him the ingredient lists on the bags and explained what some of them were (ones he wasn't familiar with, like annatto).



Zachary and Aaron Kellum with big brother Daniel

"There was no hyperactivity or craziness at all. Since they were expecting lunch, they hadn't eaten for at least a few hours, so they arrived with good behavior and nothing changed.

"The other moms were all glad that *I* was the one doing the party! But I didn't even come close to losing my mind. It was fun -- and I'm an introvert!" ♦

4th grade Feingolder steals the show!

Feingold mom Suzanne Stevens contacted us, seeking a way her son could apply fake eyebrows for a class where he would create and perform a spoof of the irascible Andy Rooney, complaining about coffee and all the choices available.

Whenever a chemically sensitive person is going to be putting questionable substances on the skin, we generally suggest first applying a coat of Gloves in a Bottle. This white lotion puts a barrier between the skin and whatever will be applied to it.

Suzanne wrote back that after the lotion was applied (and quickly dried) they used double-sided tape to apply the eyebrows, in place of the adhesive that came with them.



Shad as "Randy Looney" received rave reviews.

"Not only did the eyebrows stay in place for three performances," Suzanne writes, "but not one sign of a reaction was seen. He had a blast and plans to use the product for a school event that involves face painting.

"My son was misdiagnosed ADHD in first grade and put on stimulants for 4 months (all different brands and dosages) with nothing helping and in many cases making things worse. His teacher told us about the diet which she used for her own ADD; what a blessing! We immediately saw a difference."

Suzanne explained that Shad is a kinesthetic learner, and is continuing to progress as she and the teachers learn more about techniques that work. She writes, "Just this past week I have been amazed at the calmness in him. It also helps that I have been running after school with him. Thank you for all you do for children like my son." ♦

Another good reason to ditch the diet soda!

People who drink diet sodas on a daily basis are at greater risk for heart attacks and stroke than those who do not drink diet soda, or who only drink it occasionally.

Research published in the *Journal of Internal Medicine* in January showed that people who drink one or more cans of diet soda a day are 43% more likely to suffer from "vascular events" than those who drink conventional soda or who drink fewer diet sodas.

Scientists from the Miami Miller School of Medicine and Columbia University followed more than 2500 people over a period of 10 years.

While the study did not single out a particular synthetic sweetener as a major culprit, during the time of the study aspartame was the major one used in soft drinks.

Diet and Aggression

Trans fats, widely used in fast foods and processed foods of all types (including school lunches) are now known to have many harmful effects on health. New research shows that this man-made product also increases irritability and aggression. (Glomb 2012) Researchers from the University of California at San Diego analyzed the diets of 945 adult men and women, comparing their intake of **trans fats** and their levels of irritability and aggression based upon various measurements of behavior.

There was a direct correlation between the levels of trans fats the subjects consumed and the corresponding levels of negative behaviors.

The British nonprofit organization, Food and Behaviour Research, notes, "The brain is 60% fat -- and trans fats compete with the natural omega-3 and omega-6 fatty acids that we all need for healthy brain development and function." ♦



In addition to harmful effects from synthetic sweeteners, the phosphoric acid found in colas can rob the bones of calcium, an especially serious issue for women.

Many believe that diet soda is highly addictive, and anecdotal reports say that the detox from these drinks is much more severe than withdrawal from caffeine and cigarettes. ♦

Splenda

Just in time for April Fool's Day, the synthetic sweetener is now available in "healthy" versions with added vitamins or fiber, and sold under the name **Splenda Essentials**.

But there is nothing essential or healthy about sucralose (sold under the name Splenda) according to the Alliance for Natural Health. "Splenda," they point out, "is simply chlorinated sugar...nature's Doberman attack dog -- a highly excitable, ferocious atomic element employed as a biocide in bleach, disinfectants, insecticide, WWI poison gas and hydrochloric acid."

Splenda Essential's "healthy fiber" comes from the dextrose and maltodextrin sugars found in the product, and adds only a paltry 1.0 grams, a tiny fraction of the recommended daily intake. ♦

Everyday products and asthma

Asthmatic attacks can be triggered by many things, including household items made of plastic.

The most important thing in determining which item is likely to cause problems is to notice if it gives off any odor. Plastics, especially soft ones like shower curtains and plastic pillow covers, are likely to have a noticeable smell when they are new. The smell tells you volatile organic compounds or "VOCs" are being released when the product is removed from the packaging.

One option is to allow the item to air out until the smell is gone. For the very sensitive person, a better choice is to replace the plastic with a product made of cotton. Be sure to launder it before use to remove any chemicals used in finishing the fabric.



Most products that have odors are potential offenders for sensitive people and are unhealthy for anyone. However, some things have a strong smell, but are not likely to cause problems for most people; these include vinegar, and genuine essential oils.

Others such as scented candles, plug-ins, perfumes and household products with added fragrances release VOCs like formaldehyde and petroleum distillates -- harmful for all living things.

Another source of VOCs is paint, so if you will be painting inside the home, plan to do so during mild weather when you can keep the windows open and air out the house while the chemicals are outgassing. ♦

Yoplait reformulated

The good news is that General Mills has removed the petroleum-based dyes from its Yoplait Trix yogurts, and replaced them with natural colorings. But the bad news is that the company has consistently refused



to fill out our product inquiry forms. This is why you're not likely to find General Mills products included in our *Foodlist* books, even when the ingredients appear to be acceptable. While FAUS would like to be able to research Yoplait Trix, we are a bit nervous about a product that has a hyperactive rabbit as its mascot! ♦



Trader Joe's Hamburger and Hot Dog Buns!

Thanks to the persistence of our Product Information Director, Cindy Harrell, Trader Joe's has completed forms and we are now able to add these Trader Joe's items to our Stage One Foodlist. Since the buns come from various regional suppliers, they are listed by region in this report. ♦

Nestle

Multinational companies have replaced most of the synthetic dyes with natural colorings in the foods they sell in Europe. Now Nestle is ditching the artificial flavorings and preservatives in their line of candies sold in Britain. They have also removed artificial ingredients from their Nesquik -- but they continue to use synthetic dyes and flavorings in the products they sell to Americans!

Nestle's UK spokesman, David Rennie, explained the company's decision, "Moms are very concerned about what their children are eating." Mr. Rennie, please send a memo to your US counterpart; our moms are concerned about our children, too! ♦

Raw Milk is now on Stage One

Feingold *Foodlist* books will now include raw milk under the "any" category. This means that any brand or source will be acceptable.



Some people find that while they cannot tolerate homogenized milk, they do fine with milk as it was once consumed -- neither pasteurized nor homogenized.

Some states have outlawed the sale of this milk, while others have varying laws. To learn more about availability in your area, visit the Weston A. Price Foundation's site designed to help:

http://www.farmtoconsumer.org/raw_milk_map.htm ♦

Just in time for April Fool's Day!

There has recently been a great deal of publicity about "pink slime." This is the name given to the substance made from the unwanted products of meat processing -- including connective tissue and intestines that have typically been discarded or used as pet food.

Beef Products Incorporated (BPI) was created to make a profit on what was a throw-away product. This is a great way to make money and has frequently been done in the food processing industry.

Candle-maker William Proctor and soap maker James Gamble found a way to turn the oil from cottonseeds into a novel product and successfully convinced housewives that their new "Crisco" was a healthier alternative to traditional fats. Sadly, they introduced us to trans fats and a heavy dose of pesticides. Since cotton is not considered a source of food, it is heavily treated with pesticides. Soybeans have found similar success, going from a crop that was planted only to enrich the soil, to a big money-maker.



Now the throw-away products from beef are allowed to be added to hamburger meat without any requirement that they be labeled as such. This practice, which has been going on since BPI was formed in 1981, was brought to the attention of the public by Jamie Oliver in his TV specials about the school food revolution.

A health risk from using **pink slime** is that it can contain pathogens like E. coli and salmonella. To counteract the harmful microbes, the product is exposed to ammonia gas. In some schools teachers and students have claimed they can smell the ammonia as they walk by the cafeteria.

The US Department on Agriculture, which oversees school food, does not see anything wrong with adding pink slime to hamburgers, but some fast food chains and supermarkets now reject it. Consumer pressure forced McDonald's, Burger King and Taco Bell to announce that they would no longer use meat with pink slime. ♦

Prenatal exposure to BPA affects toddler girls

A woman's exposure to Bisphenol A (BPA) affects the behavior of her child, but only if the baby is a girl.

Women who have higher levels of the chemical during pregnancy are more likely to later report their toddler girls show symptoms of hyperactivity, depression and anxiety according to research from the Harvard School of Public Health. The study followed 244 mothers and their children, from pregnancy until the children were 3 years old. Urine samples showed the BPA levels; women with the highest levels rated their children as having more problems. The same correlation was not found for toddler boys, so the effects are believed to be moderated by the difference in hormones. (The study, by Braun et al, was published in the *Journal of Pediatrics* in October 2011.) ♦



Many health problems from BPA

There is a huge body of research on the harmful effects of this chemical.

Damage to the developing brain is only one of many potential effects; this is seen in numerous animal studies.

Like many chemical pollutants, BPA is an "endocrine disruptor" that fools the body into accepting it as a natural hormone. Many of our body's systems are regulated by hormones, which is why there can be so many harmful effects from such a chemical.

Even tiny amounts of BPA can cause the pancreas to release too much insulin, eventually leading to obesity and Type 2 diabetes. It has been linked with asthma, miscarriage, heart disease and colonic inflammation.

The plastic additive has been compared to DES (diethylstilbestrol), a drug given to pregnant women in the 1940s to 1970s, which later caused damage to the grown daughters and sons of these women. Infant exposure to both DES and BPA appears to later cause the children to be more vulnerable to cancer and numerous other health problems.

Hyperactivity, attention deficits and a heightened sensitivity to drug abuse are among the effects seen from BPA.



Because they mimic the effects of hormones, especially estrogen, many industrial pollutants wreak havoc on the developing infant.

Numerous animal studies show that even small exposure to BPA can have a "gender bender" effect on the developing offspring. Research from the University of Missouri shows that BPA exposure caused male deer mice to become demasculinized and show behaviors more typical of female mice. (The research was reported in *Science Daily*, June 27, 2011.) ♦

What is BPA?

Referred to as a "polycarbonate plastic," Bisphenol A has been used since the 1950's primarily to help strengthen plastics.

Once used in baby bottles, it is still found in plastic food packaging, medical and dental devices, water bottles and electronics, as well as in the linings of most food and beverage cans. It is also used in thermal receipts. Since the chemicals from the receipts can be transferred to paper money, consumers are advised to not put receipts in with the bills.

BPA can be avoided by using products with the following recycle code numbers: 1, 2, 4, 5, and 6. Those with numbers 3 or 7 are likely to contain it.



To reduce BPA exposure avoid **heating plastics**. Don't use them in a microwave oven or wash them in a dishwasher.

Canned foods and beverages are a very common source. So are restaurant foods and school food.

Former *Washington Post* journalist Ed Bruske described a school's neon orange **cheese sauce** packaged in large plastic bags. The entire package is placed in the school kitchen's steamer to be heated before it is used for nachos and other factory foods.

Volunteers who ate **canned soup** for 5 days had a 1000% increase in BPA compared to eating freshly-made soup. ♦

PIC Report

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

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free CF = casein-free

Stage One

CRYSTAL FARMS Wisconsin White Sharp Cheddar Cheese (GF)
COCONUT SECRET (GF,CF)^ Raw Coconut Nectar, Raw Coconut Crystals, Raw Coconut Aminos, Raw Coconut Vinegar
CRYSTAL FARMS (GF) Whole Milk Ricotta Cheese, Part-Skim Ricotta Cheese
CUSTOM PROBIOTICS^ (www.probiotics.com) (only available in Toronto and CA) CUSTOM PROBIOTICS Adult Formula CP-1 (GF,CF)
EARTH ISLAND* (Canada Only) (GF,CF) Sour Cream, Vegan Gourmet Cheese Alternative: Cheddar, Cream Cheese, Monterey Jack, Mozzarella
EREWON*^ (www.attunefoods.com/products) Cocoa Crispy Brown Rice Cereal (GF,CF)
FIVE LOAVES BAKERY (available in NY – Lower Hudson Valley) Dinner Rolls, Sandwich Rolls, White Bread
FLEISCHMANN'S ^ Bread Machine Yeast (GF,CF)
FOLLOW YOUR HEART* (www.followyourheart.com) (GF,CF) Vegan Gourmet Cheese Alternative: Mozzarella
FULL CIRCLE Creamy No Sugar Added Peanut Butter (GF,CF)
GARDEN LITES Souffle: Butternut Squash (GF,CF)
JARROW FORMULAS* Zinc Balance (GF,CF)
KIRKMAN Melatonin 1 mg chewable (GF,CF)
LOEBS ONION CRUNCH* (www.onioncrunch.com) (CF) Onion Crunch: Combo - 6oz and 12oz, Hamburger, Hotdog, Pizza, Salad – 6oz and 12oz
MOUNTAIN GREEN (www.mountaingreen.biz) Glass Cleaner (GF,CF)
NATURE'S PATH ORGANIC Crunchy Vanilla Sunrise Cereal (GF,CF)
PACIFIC FOODS*^ (www.pacificfoods.com) Condensed Soup: Cream of Celery, Cream of Chicken, Cream of Mushroom
SO DELICIOUS (GF,CF) Dairy Free Coconut Milk Beverage: Chocolate, Chocolate Mint

Product Alert

Rudi's Organic Bakery Spelt and Whole Spelt Tortillas now contain apple cider vinegar and need to be moved from the Stage One to Stage Two section of your *Foodlist & Shopping Guide*.

Stage One, continued

TRADER JOE'S (available in AZ and CA only) Buns: Mini Hamburger, Honey Wheat Hamburger, Honey Wheat Hot Dog, Gourmet White Hot Dog
TRADER JOE'S (available in Central US only) Buns: 100% Whole Wheat Hamburger, 100% Whole Wheat Hot Dog
TRADER JOE'S (available in ME, NY, MA, RI, CT, NJ, DE, MD, Northern VA) Buns: Classic Hamburger, Mini Hamburger
TRADER JOE'S (available in southern VA, NC, SC, GA, FL, TN) Buns: Hamburger, Hot Dog
TRADER JOE'S (available on Eastern Seaboard) Buns: Whole Wheat Hamburger, Whole Wheat Hot Dog
TRIBE^ Organic Roasted Garlic Hummus (GF,CF)

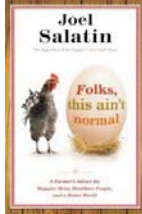
Stage Two

ANNIES HOMEGROWN* Organic Rising Pizza: Four Cheese (paprika, tomatoes), Spinach & Mushroom (tomatoes), Supreme (bell peppers, chili peppers, paprika, tomatoes), Uncured Pepperoni (cayenne peppers, chili peppers, paprika, tomatoes)
CANYON BAKEHOUSE* (www.canyonbakehouse.com) Raisin Bread (GF,CF), Cranberry Crunch Muffins (GF,CF)
GARDEN LITES Souffle: (GF,CF,MSG/HVP, tomatoes) Broccoli (tomatoes), Cauliflower, (tomatoes), Roasted Vegetable (roasted red peppers, tomatoes) , Spinach (tomatoes), Zucchini (tomatoes); Zucchini Portabella (GF,CF, tomatoes), Zucchini Marinara (GF,CF, bell peppers, red peppers, tomatoes)
JUSTIN'S* All Natural Almond Butter (GF,CF)
NUTRI VEDA ORIGINAL^ (apple fiber, green tea, GF,CF) Chocolate, Vanilla
ORGANIC PRAIRIE Organic Brown and Serve Pork Links (cayenne pepper, GF,CF)
SIMPLE GRANOLA* (retail in PA only) (www.shopsimplefuel.com) Simple Granola (GF, CF, almonds, cranberries)
TRIBE^ Organic Sweet Red Pepper Hummus (GF,CF)

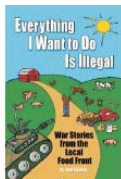
The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

Farmer/Author

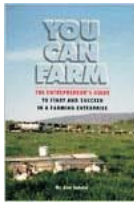
In addition to being an inspiration for others who want to go back to sourcing their own food, Joel Salatin is a prolific author. His practical information and home-spun humor have won many fans.



Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World



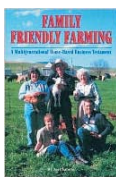
Everything I Want To Do is Illegal: War Stories From the Local Food Front



You Can Farm: The Entrepreneur's Guide to Start & Succeed in a Farm Enterprise



Holy Cows & Hog Heaven: The Food Buyer's Guide to Farm Friendly Food

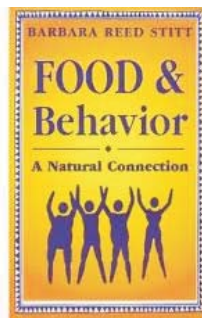


Family Friendly Farming: A Multi-Generational Home-Based Business Testament

Food and Behavior

First published in 1983 as *Food, Teens & Behavior*, this small book is chock-full of good information that is even more desperately needed today.

Barbara Reed Stitt was a probation officer in Ohio whose journey began when she found that her many health problems stemmed from a poor diet. Once she healed herself she began to teach offenders how to change their behavior by changing the things they ate. Her remarkable success in helping past and prospective inmates to turn their lives around resulted in a front-page story in the *Wall Street Journal*. This was the start of her exciting mission, especially her work to teach teens how to repair their lives.



Due to a printing error Dr. Stitt has an excess of books and is offering to provide them to our readers and others who can make good use of them simply for the cost of shipping. A case of 48 books costs approximately \$20 to ship and the postage for a single book is about \$2. If you would like to request a book or books, contact naturalpress@gmail.com and include your name, address and telephone number. Payment can be made to Natural Press. ♦

FAUS Annual Meeting

The Feingold Association's annual membership business meeting will take place at 8 pm on Friday, June 22 at the Hampton Inn in Linthicum, Maryland.

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 & 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.

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

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