

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Another risk for our troops

The food being provided to men and women in the armed services is unhealthy, especially the MREs (meals ready to eat) they take with them into the field. This puts them, and their buddies, in harm's way.

Healthy food advocate and cookbook author Carrie Vitt recently wrote about this in the Huffington Post. Carrie is married to a test pilot stationed abroad. She described a typical MRE that includes high fructose corn syrup, caramel color, modified food starch, sugar, MSG, soy lecithin, hydrogenated vegetable oils, artificial flavors, etc. (She did not specifically name synthetic dyes, petroleum-based preservatives and fake sweeteners as ingredients, but it's a sure bet they are included.) Food supplied for the troops includes endless boxes of Pop Tarts and Famous Amos cookies, as well as energy drinks. While the Feingold Program does not eliminate all of these additives, it's clear that these foods should not be the mainstay of anyone's diet, particularly in a stressful, demanding job.



Feingold parents know what happens when children eat a steady diet of junk. Not only is their health compromised, but so are their judgement and ability to focus and respond to a crisis situation. We also know that this reaction to eating junk is not confined to children, but affects us all. (See Dana's comments on page 5 about how her behavior is affected when she eats synthetic chemicals.)



"If the government can provide access to brand-name fast food, cookies, and soda, perhaps it's possible to offer healthier foods," Carrie writes, suggesting that they be replaced with vacuum packed dried meats, nuts, seeds, and dried fruits.

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## Good food in Canada

Canada's largest supermarket chain, Loblaw's, has announced it will be removing artificial colors and flavors from its popular line of products that go by the name "President's Choice" (PC). While many of the PC products are already free of the additives, the remaining ones will be gone by next year. The company's chairman sees this move "as part of our commitment to our customers' health and well-being." ♦



## China takes steps to remove synthetic dyes

Thirty-eight food additives, including seventeen synthetic dyes, have been identified as unnecessary and harmful, especially for children. The Ministry of Health has announced its intention to ban them.

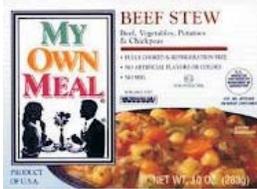
Like the US, China has regulations governing the safety of food additives (but in the US the Food and Drug Administration does not follow them).

Ironically, most petroleum-based dyes are now manufactured in China; with more of the world's countries rejecting dyes, the US might soon be one of the few customers left! ♦

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.

## Our Troops, from page 1

Napoleon is credited with supplying the first preserved food to his troops, and British technology improved upon it by creating a way to can food. During World War II, some improvements were made in the technology of preserving foods for the MREs (generally known as K Rations), but both the taste and nutritional value were poor.



## The good news is that healthy food is an option!

For many years, Feingold families have enjoyed the convenience of having shelf-stable meals that are both natural and nourishing from a company called My Own Meals. They have a line of MREs that are ready to eat and free of artificial colors, flavors, MSG and soy. The choices are Chicken Mediterranean, Beef Stew, Cheese Tortellini, Chicken & Noodles, Old World Stew, Chicken & Black Beans, Pasta with Garden Vegetables, My Kind of Chicken, Vegetarian Stew, and Florentine Lasagna. Unlike other companies that create MREs, My Own Meals does not store these meals for several years before sending them out to the troops; they are assembled and shipped promptly.

To learn about the options visit [www.myownmeals.com](http://www.myownmeals.com) ♦

New research from France shows that obese people have a different type of intestinal bacteria than lean people. So adding a high quality probiotic to the MREs might offer many benefits. [Corvasa 2012]

## Recipe for Victory

We have the ingredients needed to create food that is intensely nourishing and can be readily available to troops in the field. Bars similar to energy bars now available could be created using some (or all) of the amazing foods described here but with the addition of dried fruits and nuts.



Scottish Highland warriors who struck fear into the hearts of their enemies with their legendary strength and endurance were nourished by a diet of nutritionally dense foods including **oats**, which they tended with the same care the French lavish on their grapes.

The **chia seeds** (yes, the same ones that are sold as plant pets) were a vital part of the diets of Aztec warriors. Their legends claim that a mere tablespoon of the omega-3 rich seeds could sustain a person for 24 hours. Because chia is so rich in antioxidants, it does not need preservatives to keep it from becoming rancid.

Chia seeds are said to have twice the protein of other seeds or grains, five times the calcium of milk as well as boron, a trace mineral that helps bones absorb calcium, plus other minerals, and the important omega-3 and omega-6 essential fatty acids.

**Quinoa** has become popular, not only because it is filled with nutrients, but since it is a seed, not a grain, it is gluten-free and can be used to replace traditional flours and pastas. It can be eaten as a grain or added to other grains such as white rice to boost the nutrient value. It is a good source of protein, B vitamins and some of the trace minerals. This ancient food, which thrives in poor soil and arid regions, sustained the Inca civilization.

**Baobab fruit** also thrives in poor soil and hot climates. It has more vitamin C than oranges, more iron than spinach, more calcium than milk, more antioxidants than blueberries and more potassium than bananas. It contains B vitamins, trace minerals and all of the 8 essential amino acids. Baobab powder is high in dietary fiber.



While **coconut** is a familiar food in western diets, it is generally thought of as something covered with chocolate, in a cream pie or as a coating for shrimp, but there's much more to this versatile super-food. The coconut meat, milk, and oil have long been used as both food and medicine for Pacific Islanders. Coconut flour can be added to wheat flour to enhance the fiber and add a protein boost

A scrawny tree that goes by the name "**moringa oleifera**" is becoming familiar to health advocates in this country, but it has been used in tropical and sub-tropical climates for centuries, both to nourish and heal. Powder from the leaves can be added to food or smoothies, taken in a capsule or enjoyed as a tea. This lean tree grows wild and thrives in poor soil and with very little water, and it grows from the seed to harvest in only 65 to 70 days. Every part of the moringa tree is valuable, even the seed pods, which are used to purify water.

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## First Lady calls for healthier food in military dining halls.

Michelle Obama and the assistant secretary of Defense for Health Affairs visited the Little Rock Air Force Base in Arkansas to announce the improved foods that will be provided in dining halls around the country.

More fresh fruits and vegetables, lean meats and whole grains will be among the improvements, and healthier options will be available in vending machines and at snack bars and in restaurants at the facilities.

More than 40% of military retirees ages 40 to 49 have been diagnosed as obese, according to the publication *Navy Times*. Among the many costs of unhealthy food, the Defense Department estimates it spends \$1.4 billion to treat beneficiaries for medical problems related to obesity. ♦



## Energy drinks and sports drinks damage teeth

Both types of beverages, especially popular with adolescents, have high levels of acidity which can quickly erode the outer layer of enamel on the teeth. Researchers at Southern Illinois University published their findings in the journal *General Dentistry*.

Using samples of human enamel, Dr. Poonam Jain and her colleagues tested 13 different brands of sports drinks and 9 energy drinks and found that acidity levels varied, not only between brands but among different flavors of the same brand. The irreversible damage showed up in as little as 5 days of exposure.

The energy drinks were found to be the highest in acid and the most damaging.

Many people opt for energy and sports drinks because they see them as a healthier option than soft drinks and are shocked to learn otherwise.

**A Feingold favorite alternative is to mix real fruit juice with sparkling water. ♦**

*Moringa oleifera*, from page 2

## Amazing Moringa

This plant is a nutritional powerhouse and a rich source of chlorophyll. It is said to contain:

7 times the vitamin C as oranges

4 times the calcium and twice as much protein as is found in milk

4 times the vitamin A of carrots

more potassium than bananas

more iron than spinach.

What's more, it contains all of the 8 essential amino acids, which is especially important for people who either cannot afford to eat meat or who choose not to.

Because of its ability as a scavenger of free radicals in the body, some researchers are looking to moringa as a cancer preventative. [*J. Med Food*, June 2010] In fact, it's hard to find any ailment that does not appear to benefit from this superfood. One journal notes, "M. oleifera is very important for its medicinal value. Various parts of this plant such as the leaves, roots, seed, bark, fruit, flowers and immature pods act as cardiac and circulatory stimulants and possess antitumor, antipyretic, antiepileptic, antiinflammatory, antiulcer, antispasmodic, diuretic, antihypertensive, cholesterol lowering, antioxidant, antidiabetic, hepatoprotective, antibacterial and antifungal activities." [*Phytother Res* Jan 2007]

Moringa is used not only to nourish the body but has been found to significantly improve wound healing [Hukkeri, 2006]

Supplying armies with food has always been as important as supplying them with weapons.

## Nearly 30% of young people do not qualify for military service because of their weight.

**A**merican children are "Too Fat to Fight" was the message an organization of retired generals and admirals gave to the US Congress in 2010; they pointed out that this is a threat to our national security. The nonprofit "Mission Readiness" is a bi-partisan organization of senior retired military leaders who seek to promote better food, better education and enhanced physical activity for children. Their goals are in line with what the Feingold Association seeks; however, that's only part of the story. **While it's important to address the problem of the poorly educated, unhealthy child, it's just as essential to address how the military establishment sabotages the troops who already serve. A diet of unhealthy food, "energy drinks" that destroy the teeth, and sugary, synthetically dyed "sports drinks" is just as damaging to those who are already in the military.**

Add to that the issue of diet sodas that are stored in sweltering heat of the Middle East. When the sweetener aspartame is exposed to heat, it breaks down into chemicals that are even more toxic than the original components. ♦

## Asthma and Autism, a Double Challenge

When Andrew was 7 months old, he had his first asthma attack.

He had to be admitted to the hospital and was there for a few days while they tried to figure out what caused it. He was always a big hungry kid, and I started feeding him big boy food at the age of 3 months. By 7 months, it was pretty much "anything goes." He was very oral and wanted to suck on everything; he didn't talk much, just kind of alternately sat around or got into trouble.

People asked us if he had autism, but we didn't really want to deal with that question. By the time he was two, he had been in the hospital for asthma at least 10 times, and the doctor prescribed steroids and Albuterol twice daily through a nebulizer. Reluctantly, we started them and saw a huge behavioral change immediately. He became extremely aggressive and angry, and it was obvious that the medications were having terrible side effects, but we didn't know how to fix the asthma, so he stayed on them. He still had asthma attacks, in fact, more frequently than before, but they were not bad enough to hospitalize him

### He just kind of sat around or got into trouble!

I researched everything I could find, and we learned that we could control the attacks with Albuterol, allergy medication and many natural herbal remedies, which you see in the picture, but his behavior was more terrible than ever. We were just not functioning.

Fast forward through more research, and we found the Feingold Program. We didn't sign on for the membership, but I started taking artificial colors and flavorings away, and Andrew's behavior got much better. I was impressed, and as I did still more research, I learned that yellow dye is known to



### No need for these today!

cause asthmatic attacks, so I decided to take him off of the Albuterol and steroids and see if he could do okay without them. Amazingly, he did. He still had attacks, but not the type of severe ones that had put him in the hospital.

We were successful with this for a year and then just got lazy, and we repeated the whole cycle of behavior and asthma attacks. That's when we decided to go "full fledged Feingold." What a huge difference when we could really follow the program! I was able to take away ALL of his asthma medication and all of the herbal remedies. The only attacks he's had since then were three times when we were on vacations or at family parties eating junk food AND with smoke nearby. The change in his behavior has been absolutely amazing!

Andrew has autism, as we finally dared to diagnose a few years ago. When he was eating petrochemicals, people asked about it frequently. When he is following the diet, he's still different, he's still autistic, but people don't ask about it. His functioning is completely different on the diet than off. He still has autistic behaviors, but when he eats the additives he has complete and utter meltdowns.

Like many autistic children, he is very prone to eating whatever he gets his hands on, and this is a huge challenge, but I want parents to be aware of this possibility. I tell them not to judge the program based on what you are feeding your children unless you know for sure that they have not eaten other things. Andrew has been known to spot a piece of colored candy on the ground and gobble it up before we can stop him, and I'm sure there are days when he does this without our knowledge. So while it's obvious that raising an autistic child is challenging, it's so much easier and more rewarding when you aren't feeding him petroleum-based additives in his food and medicine.

*Danika Amott*

### Momma Dana's blog

Dana now helps other moms via her [Gotpetroleum.blogspot.com](http://Gotpetroleum.blogspot.com)

One mom, "Hopefilled," asked her, "What was the hardest part about starting, and how soon did you see results?"

Dana responded, "I think I just didn't realize how much of a difference I'd see. In my mind, I thought I just wouldn't have the time, I didn't want to cook from scratch, and honestly, the biggest thing was probably that I didn't have a lot of hope that it would work. Every bit of the challenge was worth it once I saw the results. Once I got my Feingold *Foodlist* book it was much easier because we could pick up packaged food and know that it was safe, and we could also go out to eat.

"The changes were almost instantaneous for us. When we started, we really started. No infractions with food, no 'just a little' here and there. The day after Andrew was petroleum-free I remember looking at Russ and saying,

*Continued on page 5*

## A beneficial food dye!

Dr. Feingold often noted that food dyes are very much like drugs. New research is showing that one dye in particular might be an effective treatment for some cancers, but without the toxic side effects of many drugs.



Craig Dees, a molecular biologist and professor of pathology, has been working with a product based upon the dye **Rose Bengal** to help cancer patients, especially those with melanoma, a form of skin cancer. The trials are showing great promise in the majority of patients, even for advanced cases of melanoma. The dye-based drug, known as PV-10, is unusual in that it will penetrate cancerous cells but not normal cells. Once inside the diseased cells, it does not poison them, but instead it causes them to self-destruct. Thus, this "drug" strengthens the body's immune system and enables it to fight the cancerous cells.

Another remarkable effect that has been seen in about a third of the patients is that other cancerous tumors, which were not injected with the drug, also self-destruct.

"Most cancer treatments are murderous on immune systems," Dr. Dees noted, "they are poisons and can cause cancer themselves. It's a sad reflection that past treatments have been harsher on our own natural defenses than on the cancers themselves."

"Get as many of us 'Fancy-Pants' scientists together in a room as you want: the human body's immune system is still infinitely smarter and more effective at fighting illness -- it's had a long time to perfect its abilities!"

## Asthma and Autism, from page 4

'What happened? Look, he's just sitting!'

"About three days later, I said to Andrew, 'Look at me so I can give you instructions,' and he actually looked in my eyes. He hadn't looked into my eyes since he was a baby. He also remembered the 3- or 4-step instructions I gave him. Remarkable!"

"It just got better and better. That's when I started noticing the differences with my other kids and myself, too. The time I spent on cooking was free time because I regained my sanity."

"One of the great things is that picky kids stop being so picky. I've noticed it time and again with so many -- kids who wouldn't try anything suddenly stop having food aversions. Andrew would actually throw up before when he had certain textures like squash or cooked onions. Now he'll try just about anything. This photo is his first poori and garbanzos in an Eastern style. It was so easy to make and very different tasting. He scarfed it right down, cooked onions and all!"



**Before Feingold!**

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PV-10 shows promise in treating other forms of cancer as well as **psoriasis** and **eczema**.

Rose Bengal was first created in the 1870s as a dye for wool, but it is commonly added to food in the Far East. Like some of the red dyes still used in the United States, Rose Bengal can also be used as an insecticide. Its name was inspired by the dot of color women in Bengali and other parts of India apply to their forehead to indicate they are married. ♦



**Picky eaters stop being so picky.**

She responded to the mom of a 5-year-old who said his mind is going crazy. Dana wrote, "It really hit me because that was one of our deciding factors to try petroleum-free eating. I remember it so well. Andrew said, 'Mom, it just feels like my mind is going crazy, and I just can't stop.'"

"That was a scary statement, but now that I've been petroleum-free, when I sneak something, that's exactly how I feel, especially with red dye. I feel like my mind just won't settle down; it runs and runs and won't quit. I'm fearful and angry if I eat colors. I want to lie on my couch and read, and when someone comes near, I want to yell. Then, I go to bed and have restless leg syndrome and panic attacks and can't get to sleep for hours."

"I want to cry when I read that a 5-year-old feels the same way because I know that most of the world doesn't understand, and they keep pumping the chemicals in. After all, the FDA does say it's safe....right?"

*Editor's note: When there's a chemically-sensitive child, there's always a chemically-sensitive parent. ♦*

## Consumers strike back

The health claims many companies made not only stretch the truth beyond recognition, but they bring on the wrath of consumers, some of whom have brought law suits.

**F**rito Lay has been the subject of several law suits for the labels on its chips that are advertised as natural, although they contain genetically modified corn and oils.

The manufacturer of the high fat, high sugar, artificially flavored spread Nutella has to reimburse consumers because of their claim that the product is "an example of a tasty yet balanced breakfast."

The newest defendant is food giant General Mills, who claims that its strawberry Fruit Roll-Ups are "made with real fruit." Using terms like "naturally flavored," "a good source of vitamin C," "low calorie," and "low fat," is deceptive, according to the plaintiffs.

Wouldn't it be nice to have a fruit snack made from only fruit and That's It?

Good news, Feingolders! There are three Stage Two fruit bars that are made only of fruit -- that's it! Each bar has two ingredients which equal two servings of fruit. And they are receiving rave reviews from both healthy food folk and those who love their candy.



"That's It" naturally sweet bars are a good source of fiber, retain the vitamins, minerals and antioxidants that are found in the fruit, and are lighter than similar bars. They are gluten-free, kosher and vegan. Look for them at Whole Foods, various supermarkets and health food stores and online.

Visit [www.thatsitfruit.com](http://www.thatsitfruit.com) ♦

The ingredients in a strawberry Fruit Roll-Up are: pears from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, citric acid, acetylated monoglycerides, fruit pectin, dextrose, malic acid, vitamin C (ascorbic acid), natural flavor, color (red 40, yellow 5 & 6, Blue 1). Note there are no strawberries, four different forms of sugar, trans fats and four different dyes.

## Many options for gluten-free diets

Udi's, the Denver Colorado company that provides delicious baked goods to the gluten-free community, has expanded its list of products. In addition to breads, bagels, cookies and buns, the company offers GF pizza crusts, cinnamon rolls, muffins and granola. Check out the PIC Report on page 7 for a long list of its Feingold-acceptable foods. Udi's products are available in supermarkets and natural food stores around the country and they can also be ordered through the web site: <http://udisglutenfree.com> ♦



## Buy ready-made cookies or bake your own

The Immaculate Baking Company, which started out making cookies, has dramatically increased its line of products and now include many ready-to-bake items. There are a few gluten-free products; check the listing on page 7.



If you've been a Feingold member for many years, you might remember back when the Pillsbury Grands biscuits were in our *Foodlists*. Sadly, the company began using petroleum-based preservatives, and there went many of our favorite recipe shortcuts.



Well, dig out those old recipes that use biscuits or crescent rolls and enjoy them again using the natural Immaculate products.



Their ready-to-use cookie dough means you can have fresh-from-the-oven treats any time, and the brownie dough is another time-saver. Pie crust and scones round out the delicious options. See their web site for the location of the stores that carry them. [www.immaculatebaking.com](http://www.immaculatebaking.com) ♦

## PIC Report

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

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

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

### Stage One

ALABU <sup>^^</sup> All Natural Cleansing Bar: Baby Me (GF)  
ANNIE'S HOMEGROWN <sup>^^</sup> Macaroni & Cheese  
AZUMAYA Tofu: (GF,CF) Extra Firm, Firm, Silken  
BARREL O' FUN Tortilla Chips: (available in Midwest only)  
(GF, CF) Round Premium White, Mini Round, Yellow  
Round, Restaurant Style Premium White Corn  
BELGIOIOSO\* Asiago Cheese (GF)  
FOOD SHOULD TASTE GOOD Tortilla Chips: (all are GF)  
Chocolate (CF), Lime (CF), Sweet Potato (CF), White  
Cheddar  
HYLANDS \* (homeopathic remedy) (SB,GF,CF)  
DEFEND Cold & Cough, Complete Allergy 4 Kids  
IMMACULATE BAKING CO\* Gluten Free Cookie Dough  
(GF,CF): Chocolate Chunk, Fudge Brownie; Organic  
Cookie Dough: Chocolate Chunk, Triple Chunk, Vanilla  
Sugar; Natural Cookie Dough: Chocolate Chunk,  
Chocolate Peppermint, Triple Chocolate, Vanilla Sugar,  
Vanilla Sugar w/ Natural Decorating Sprinkles; Supreme  
Chocolate Cookie Dough: Chocolate Chunk; Rolls (CF):  
Crescent, Cinnamon; Biscuits: Buttermilk, Flaky (CF),  
Pie Crust (CS), Cinnamon Chip Scones (CS, CF)  
JILL'S JAMS & JELLIES ([www.jillsjam.com](http://www.jillsjam.com)) Jam:  
Honeydew Melon, Mango Kiwi, Mango Papaya;  
Jelly: Fig, Grapefruit, Key Lime,  
KONJAC FOODS \* (GF, CF) Konjac Glucomannan  
Powder, Shirataki Noodles (all varieties)  
NAVITAS<sup>^^</sup> Chia Seeds (GF, CF)  
UDI'S GLUTEN FREE FOODS\* (all are GF, CF) Pizza  
Crust (CS); Granola: Au Nature, Original, Vanilla; Muffins:  
Lemon Streusel, Double Chocolate; Bagels (CS): Plain,  
Whole Grain; Bread: Whole Grain Sandwich (CS), White  
Sandwich (CS), Soft White Grain, Soft White, Millet Chia  
(CS), Omega Flax & Fiber (CS); Buns (CS): Classic  
Hamburger, Classic Hot Dot, Whole Grain Hamburger;  
Cookies: Snickerdoodle, Chocolate Chip; Cinnamon Rolls  
(CS), Au Naturel Artisan Granola, Chocolate Chia Muffin  
Top

## PIC Alert

Trader Joe's Honey Wheat Hamburger Buns and Honey Wheat Hot Dog Buns (available in CA and AZ) need to be moved to the Stage Two section of your *Foodlist* since they now contain raisin juice.

### Stage Two

ALABU<sup>^^</sup> Body Lotion: Almond (GF,CF)  
IMMACULATE BAKING CO\* Natural Cookie Dough:  
Ginger Spice (cloves), Gingerbread Spice (cloves),  
Oatmeal Raisin, Peanut Caramel Milk Chocolate  
(paprika); Scones (CF): Cranberry Orange, Wild  
Blueberry (GF); Biscuits (CF): Blueberry, Cranberry  
Orange  
JOLLY LLAMA\* (GF,CF) Sorbet Squeezups: Blueberry,  
Mango (oranges), Peach (apples, oranges), Raspberry  
(apples, cherries, cranberries, elderberries, oranges,  
strawberries), Strawberry  
KISS MY FACE\* (GF,CF) Sunscreen: Natural Mineral SPF  
40 (cucumber extract), SPF30 Face Factor (cucumber  
extract, octisalate), Kids Mineral Sunblock SPF30 (green  
tea), Sport Lip Balm SPF30 (octisalate), Sun Spray Oil  
SPF30 (octisalate), Sun Spray Lotion SPF30 (green tea,  
octisalate), Hot Spots SPF30 (cucumber extract,  
octisalate), SPF50 Face Factor (cucumber extract,  
octisalate)  
THAT'S IT Fruit Bars (GF, CF) Apple & Apricot, Apple &  
Cherry, Apple & Pear  
TRADER JOE'S\* Joe Joe's Chocolate Vanilla Creme  
sandwich cookies (CS, coffee)  
UDI'S GLUTEN FREE FOODS\* (GF) Gluten Free Pizza:  
Margherita (tomatoes), Pepperoni (paprika, tomatoes),  
Three Cheese (chili peppers, tomatoes); Cranberry  
Granola (CF), Blueberry Muffins (CF), Blueberry Oat  
Muffin Tops (CF), Cinnamon Raisin Bagel (CS, CF),  
Cinnamon Raisin Bread (CS), Oatmeal Raisin Cookie  
(CF), Chocolate Brownie Bites (GF,CF, oranges),  
Artisan Granola: (CF) Cranberry, Original (almonds,  
raisins), Vanilla (almonds)

### Stage Two Fragrance

ALABU <sup>^^</sup> All Natural Cleansing Bar (GF): Lavender Delight  
(orange oil), Almond, Citrus Splash (orange peel)  
KISS MY FACE\* Sunscreen: SPF50 Sports Spray (GF,  
CF, cucumber extract, octisalate)

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.

## Legal drugs, money and death

Senate Finance Committee Chairman Max Baucus and senior Committee member Chuck Grassley are investigating the connections of three drug manufacturers with medical groups and physicians who advocate the increased use of narcotic painkillers.

After the industry began an aggressive marketing campaign to promote these drugs to doctors, the rate of overdoses skyrocketed, rising nearly 400% between 1999 and 2008. Painkiller overdoses killed 14,800 Americans in 2008, making drug poisoning the leading cause of accidental deaths, greater than auto accidents.

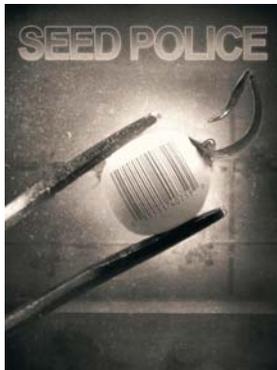
In 2007, top executives from Purdue Pharma, maker of OxyContin, pled guilty to criminal charges that they had misled doctors and patients when they claimed that the drug was less likely to be abused than traditional narcotics. The company's marketing campaign had brought in sales of more than \$1 billion a year.

It is not unusual for support groups to receive funding from drug companies and in turn to promote those drugs.

The Senators are also investigating the role of the American Pain Foundation (APF) and other organizations that receive funding from the manufacturers of painkillers. The organization is accused of playing down the risks and exaggerating the benefits of opiod painkillers. (Shortly after the investigation began, the American Pain Foundation disbanded.) Senators Baucus and Grassley are also looking at the role of the Federation of State Medical Boards to see if they have promoted misleading information about the risks and benefits of opiods while receiving financial support from the opiod manufacturers. ♦

## Seed Police

After she learned her children's illness was the result of severe heavy metal exposure from the arsenic-treated lumber in their porch, Feingold mom Gayla Prewitt became more diligent in researching the safety of other things in their food and environment. She believes that one of the greatest threats is genetically modified organisms (GMOs).



With her background in broadcast journalism, Gayla believes a good way to spread the word about the concerns regarding GMOs is through compelling storytelling. "Instead of a documentary," she notes, "I thought perhaps a work of science-based fiction would open the conversation to a larger audience. That was the catalyst for writing Seed Police."

The screenplay takes place in a future in which the government has taken over food production. Non-genetically engineered seeds are illegal, and owners of pure seeds are hunted down as terrorists.

This film has the potential to make GMOs a topic of conversation at dinner tables throughout the world. Hoping to make it a grass roots effort, Gayla and the crew of the film have launched a fund-raising campaign on Indiegogo.com. For more information on how to donate to this project, visit <http://tinyurl.com/SeedPolice>

If you would like to read the screenplay, please contact Gayla Prewitt at [Info@SeedPolicetheMovie.com](mailto:Info@SeedPolicetheMovie.com)

## 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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