

Pure Facts

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New evidence links Alzheimer's disease to a bad diet.

But it's not just the junk food fans who are at risk; those who follow the current theories about healthy food may be setting themselves up for trouble.

Brown University researcher Dr. Susan de la Monte found she could bring on Alzheimer's symptoms in mice by preventing their brains from making insulin.

The pancreas makes insulin, which enables us to obtain glucose from our food. But when we take in too many sugars the pancreas has to work overtime to produce insulin. It eventually wears out and stops the production.



The brain also makes insulin, using glucose to enable the brain's nerve cells to function. Like the pancreas, the brain's ability to make insulin also shuts down when a diet is filled with unhealthy food.

After stopping the production of insulin, Dr. de la Monte examined the brain cells of the mice and saw that they had the same tangles and plaques found in the brains of people who have suffered from Alzheimer's disease. Because of the similarity between the insulin production in the pancreas and in the brain, she refers to the damaged condition of the brain as "type 3 diabetes."



The villain may be a hero

For decades, Americans have been told that saturated fats like coconut oil and palm kernel oil are unhealthy, clog arteries and lead to heart disease. We were told to use vegetable oils and to reduce the intake of all fats.

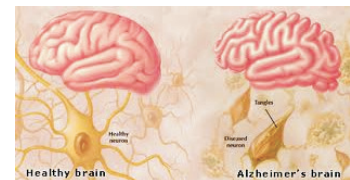
After many years of replacing butter with margarine, we learned that the hydrogenated oils in most margarines and shortenings are very harmful. And we are now learning that, far from being a health risk, the type of saturated fat in coconut oil may actually offer protection from many of the degenerative diseases that now plague us. (Most researchers agree on the value of olive oil and the general benefits of the Mediterranean diet, which focuses on fresh foods.)

Rather than preventing degenerative diseases, new research suggests that the type of low-fat diets many Americans follow might just be having the opposite effect!

A doctor's search for help

Mary Newport led a hectic life. As a neonatologist, her hours were unpredictable, so her husband, Steve, worked from home and was there for their two daughters. The arrangement seemed to work well, but one of the things that took a back seat in the busy Newport household was nutrition.

Like most MDs, Mary had no useful training in the importance of healthy eating, and like most physicians, she gave little thought to using supplements or seeking out foods with great nutritional value.



Tragically, most of the brain damage has been done before symptoms of Alzheimer's disease appear.

Mary began to see troubling signs in her husband. Tasks that had once been effortless for his bright, creative mind began to overwhelm him. Steve was only 51 years old when he received the diagnosis of Alzheimer's disease, and the couple began a quest for help from doctors and drugs. But neither offered much benefit.

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Alzheimer's, from page 1

Feingold parents will relate to Mary's story of how her own efforts yielded the best results. She discovered that oils with medium chain triglycerides (also called ketones or ketone bodies) could be very useful for people whose brains have been damaged by a bad diet or by a genetic inheritance that made them more vulnerable to this disease.

She learned that one of the best sources for ketones is coconut oil and began to give it to Steve. The improvements have been impressive, although the brain damage has not been reversed, but both Mary and Steve feel like they have much of their old lives back. The couple takes omega-3 fatty acids along with the coconut oil, and there is no junk food in the Newport kitchen today.

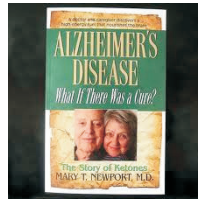
As a neonatologist, Mary knew that coconut oil is similar to the fats found in breast milk, that it is given to preemies to help them fight infection, and that it is now found in most infant formulas.

"Our cells can use ketone bodies as an alternative fuel when glucose is not available."

Dr. Newport

In Alzheimer's disease, the neurons (nerve cells) in certain areas of the brain are unable to take in glucose due to insulin resistance, and they slowly die off, a process that appears to take place one or more decades before the symptoms become apparent. If these cells had access to ketone bodies, they could potentially stay alive and continue to function. Dr. Newport sees a benefit for people afflicted with other neurodegenerative conditions, including **Parkinson's disease, Huntington's disease and multiple sclerosis**, as well as Alzheimer's.

Sadly, her discoveries were met with indifference by much of the medical community and by outright hostility from the Alzheimer's Association. This led to the publication of her book, *Alzheimer's Disease: What if There Was a Cure?*



The book describes the promise that ketone esters, synthesized from fatty acids, could have for helping people with Alzheimer's disease. "Ketone esters" can be made in a lab and provided in a drinkable form that shows great promise for helping people with many devastating illnesses. Richard Veech, M.D., D.Phil, a scientist at the National Institutes of Health, has developed this very promising product but has not been able to get sufficient funding from the agency to proceed with producing ample amounts and running clinical trials.



Coconut oil is reported to have many health benefits for the skin as well as the brain!

Other culprits in our food

In 2009 Dr. de la Monte published research linking Alzheimer's to **nitrites** found in foods that include ham, bacon, and various lunch meats. We are also exposed to nitrites from fertilizers that end up in our water supply and consequently in our food.



Fluoride "increases the production of free radicals in the brain by activating different metabolic pathways related to Alzheimer's disease." (Valdez-Jimenez 2011 - *Neurologia*)

Unlike other age-related causes of death, the mortality from Alzheimers has risen a spectacular 150-fold between the years 1968 and 2005.

High fructose corn syrup

In May, researchers from UCLA's Brain Research Institute showed that a diet high in fructose reduced the ability of rats to learn and recall information. After just six weeks of the high fructose diet, the animals' brains had become less responsive to insulin. When the animals were given omega-3 essential fatty acids, they were able to help offset the damage even though they continued to be kept on the high fructose corn syrup diet. (*Journal of Physiology*).

The lead researcher, Fernando Gomez-Pinilla, noted, "Eating a high-fructose diet over the long term alters your brain's ability to learn and remember information. But adding omega-3 fatty acids to your meals can help minimize the damage." He does not consider the naturally-occurring fructose in fruit to be a problem since it also contains beneficial antioxidants. "We're more concerned about the fructose in high-fructose corn syrup, which is added to manufactured foods products as a sweetener and preservative."

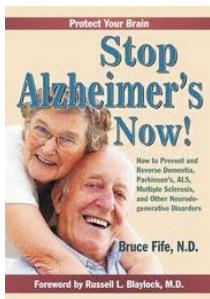
Coconut oil was once a staple in the American kitchen. Critics cite the vegetable oil industry for launching an intensive PR campaign claiming that it clogged the arteries and caused heart attacks. Proponents of traditional fats note that one-third of the world's population consumes coconut oil in large amounts and does not suffer from the illnesses and obesity that plagues those on Western diets.

Alzheimer's from page 2

Long before Mary Newport began her search for help, there were others who were writing about the benefits of saturated fats like coconut oil.

Bruce Fife is a naturopathic physician who has written numerous books describing how coconut can help us to avoid many diseases and heal others. His work is supported by an impressive history of medical research.

Dr. Fife's new book, *Stop Alzheimers Now*, has brought rave reviews from other health care professionals as well as grateful readers. It covers much more than just Alzheimer's, showing how the addition of healthy fats to the diet can help to address countless problems.



Mary Enig, PhD

In the mid 1970s, at the same time Dr. Feingold was fighting the vested interests in the food industry, Mary Enig was a graduate student of biochemistry.

The McGovern Senate Committee Report claimed that saturated fat was responsible for many illnesses and urged Americans to replace traditional fats with margarine and corn oil. When she analyzed the data, Mary knew there were factual errors and the statistics had been manipulated to skew the results.

Back then, long before "trans-fats" became a household word, she was a lone voice that refused to be silenced by the intense efforts of the vegetable oil industry.

Mary would later join with Sally Fallon to establish the non-profit Weston A. Price Foundation, which promotes the use of traditional foods. They have authored numerous books and articles that support the value of the foods our ancestors ate, and their article, *The Oiling of America*, has been an eye-opener for thousands of people. It can be found at: <http://tinyurl.com/oiling-of-america>

Adding more coconut to your diet

Coconut oil can be used in place of most oils and fats. You can cook with it at higher temperatures than most other oils without having it break down and form free radicals. (It's good for sauteing, but not for deep frying.) You can also bake with it and spread it on toast.

The oil does not need to be refrigerated, so it's always handy to have near the stove. A unique characteristic of coconut oil is that it is a clear liquid when the weather is warm but becomes semi-solid and white when the weather cools.



So Delicious has a line of non-dairy products that include yogurts and ice creams, plus coconut milk that can be used in creamy soups, sauces, smoothies, and hot chocolate.

Purely Decadent and Coconut Bliss also have coconut ice creams. Check your *Foodlist* for Stage One and Two options.



The diabetes connection

People who already have diabetes have been found to be at greater risk for developing Alzheimer's disease. The same is true for people with Down syndrome.

Lauric acid

Lauric acid, found in coconut oil, has antimicrobial properties that inhibit the growth of fungus, yeast and viruses. This might explain why it has been found to help an astonishing array of illnesses.

Entrenched ideas are hard to change. In their efforts to curb childhood obesity, most schools have banished whole milk, but milk fat has been one of the few traditional fats many children consume.

As Dr. Fife's work has shown, eating the right fats does not necessarily translate to becoming fat. In fact, coconut oil is gaining a reputation for helping people drop unwanted pounds. He explains that it is used for energy by the liver and is not stored as fat.



Start slowly if you use coconut oil and see what your body can tolerate. Seek out virgin/organic oil, and steer clear of cheap, heavily processed coconut oils that lack the beneficial ingredients.

Sometimes good parents have difficult children

"I read the long list of symptoms the Feingold Diet has been shown to help, and my son fit 95% of them!"

Joshua was an unhappy little boy. He lashed out at others, hitting and biting people, and most of the time our efforts to discipline him didn't work. He would say or do something unacceptable, and immediately deny he had said or done it. This was maddening!

Self-control did not exist in his life.

It was clear he was intelligent, but somehow he just couldn't "connect." He would walk around the house, talking and mumbling to himself, and to get his attention, I would have to go over to him and touch him.



Joshua, beginning on the diet, frosts a "Feingold-safe" cake while little brother, Caleb, watches.

In addition to so many behavior problems, he suffered from eczema, and every winter his lips would dry out and crack, which was very painful for him.

Joshua was 5½, and I was at my wit's end when I first learned about the Feingold Diet. My friend told me how much it helped her sister many years ago, and when my husband and I discussed it, we decided it couldn't hurt and ordered the member package. We began it right away, and within 24 hours, we started to see a difference in Joshua.

His teacher came out to my car and said, "I'm not sure what you have done, but Joshua is a completely different child! He listens and responds when I talk to him! He is able to sit still and do his work!" Even as I write this, I am crying as I remember how he used to be.

His future is bright!

I can happily say that Joshua does not have eczema anymore and no dry, cracking lips. He is calmer, has self-control, and listens when talked to (at least sometimes). There is less hitting and touching and he does not mumble to himself anymore. Socially, he has grown so much in the past 2½ years; he's a great kid, and I am sold on Feingold!

I am still learning about the things that can cause a reaction. He is "coming down off" of an exposure to a hand sanitizer used in his classroom, but it won't be long before I have my real son back.

Joshua is almost 8 years old and has a bright future. In fact, our whole family does. We will never go back to eating the dyes, preservatives and other junk. Thank you to everyone at Feingold for all your hard work for so many years. It certainly is paying off -- probably in so many ways you will never know!

Holly Smith

Natural food colors

No need to boil down those beets to make your own natural coloring; Maggie's has done the work for you! Maggie's Naturals gluten-free fruit and vegetable extracts are available in: blue, brown, green, pink, orange and yellow. To place your order, email info@maggiesnaturals.com or call (207) 899-2720.



Cheeky Monkey

Do you want a crunchy snack? Keep kosher? Love peanut butter? Need to eliminate gluten? Check out Cheeky Monkey puffs made with organic peanut butter, organic corn, organic palm oil and salt. www.cheekymonkeyorganic.com

Unreal candy

This line of candy is free of synthetic colors and flavors, corn syrup, and hydrogenated fats, as well as GMOs. Two versions are similar to M&Ms, and they have chocolate caramel nougat bars with and without peanuts.

It is priced way below similar natural candies.



LYFE Kitchens seeks the best of both worlds

The man best known for bringing apple slices to McDonald's is setting out on a remarkable quest.

Mike Roberts, a former McDonald's executive, wants to apply the huge scale and ruthless efficiency of the fast food industry to a chain of healthy, earth-friendly restaurants. He believes that the desire for food that respects the source and the consumer is the next great wave, and that the diner can be served a tomato-corn panzanella salad or portobello & free-range grilled chicken pasta with a roasted root veggie side as quickly as they can be served a Big Mac.



Fresh, healthy food, locally sourced whenever possible

"LYFE" is an acronym for Love Your Food Everyday

For more than a year, the prototype restaurant has been operating in Palo Alto, California, with menus designed by celebrity chefs Art Smith and Tal Ronnen. Roberts claims to have a recipe for organic Brussels sprouts that is good enough to win over veggie haters and take the place of the iconic fries! A second LYFE Kitchen is opening on Culver Boulevard in Culver City.

Burgers are on the menu, but they are made with meat from grass-fed, humanely raised animals. The free range chickens have a diet that does not contain hormones (or arsenic!), and they are preserved by fast chilling, not chlorine baths. Chicken tenders are on the menu, but in the LYFE kitchen there's not a deep fryer to be seen.



LYFE's burger

With organic and sustainable as the new restaurant's guiding principle, it's no surprise that they exclude synthetic dyes, flavors, and preservatives, as well as high fructose corn syrup, GMOs, and trans fats. The food has no white sugar or white flour, but for reasons that are not clear, LYFE Kitchens has also banished butter and cream, but not cheese. Cashew cream replaces dairy products, and the sweetener of choice is agave syrup.



Unfried chicken is one of the menu choices

A huge benefit for many people is the restaurant's large selection of gluten-free options. Vegan dishes are another choice.

In place of Coke and Pepsi dispensers, there are fresh-squeezed juices and lemonade, iced teas, coolers, smoothies, herbal sodas, bottled waters and hot coffee and tea, as well as organic wine and beer. The dessert selection includes fresh fruit, sorbet, lemon pound cake with Greek yogurt and fresh fruit, a large chocolate chip cookie, and even a chocolate volcano cake.

The kitchen is designed for peak efficiency, both in the use of time and in the conservation of energy and resources. Even the containers and utensils are created from compostable materials made from sugar cane and corn stalks.

Roberts understands that mothers make most food decisions in a family and that a growing number of them are seeking out healthy food. He plans to have LYFE Kitchens blanket the nation in the coming years and make fresh organic fast food as familiar as the golden arches. It's a huge challenge, but Mike Roberts has proven the skeptics wrong in the past.



New respect for Brussels sprouts

LYFE Kitchens has developed a line of refrigerated versions of its food, but to date, none of the products has been researched by the Feingold Association.

If healthy fast food does become a success in this country, it may help countless people in coming years to avoid the tragedy of the modern epidemics of diabetes, heart disease and Alzheimer's, among others. But, sadly, it will come too late for the 5.4 million Americans now diagnosed with Alzheimer's disease.

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* and *Mail Order Guide*. Products with this symbol ^ are available in Canada. To understand the codes listed in parentheses, refer to your *Foodlist* book

Stage One

365 EVERYDAY VALUE Frosted Flakes Organic Cereal (GF,CF), Shelled Pumpkin Seeds (GF,CF)
AJINOMOTO^ Hondashi Sauce (CS, MSG/HVP, SM, GF,CF)
BAR KEEPER'S FRIEND^ Powder, Soft Cleanser, Spray Foam
BLUE BREEZE (www.greenpasture.org) Organic Virgin Coconut Oil (GF,CF): 27 ounce, 1 gallon; Organic Coconut Ghee (GF): 27 ounce, 1 gallon
BLUE ICE (www.greenpasture.org) Fermented Skate Liver Oil Non-Gelatin Capsules (GF,CF): Fermented Cod Liver Oil: (GF,CF): Cinnamon Triangle, Non Flavored
BOAR'S HEAD Sauerkraut (SB,SF,GF,CF)
CROWN PRINCE NATURAL (GF,CF) Anchovy Paste, Smoked Baby Clams in Olive Oil (SM), Alaskan Pink Salmon, Fancy White Lump Crab Meat, Skinless Boneless Sardines in Olive Oil
CROWN PRINCE NATURAL (GF,CF) Tuna: Yellow Fin in Extra Virgin Olive Oil, Chunk Light Yellow Fin in Spring Water
GIAMBRI'S CANDY (www.giambriscandy.com) All Gluten and Casein Free Dark Chocolate in Molds (GF, CF), All Natural Gourmet Straws (CS,GF,CF), All Natural Hand Made Peanut Brittle (CS,GF,CF), All Natural Dark Chocolate Covered Pretzels (CS,CF)
HODGSON MILLS^ Wheat Germ with Cinnamon and Milled Flax Seed, Bulgur Wheat With Soy (CF), Multi Grain Hot Cereal (CF); Cornstarch (GF,CF)
HODGSON MILLS^ Flax Seed: Milled "Travel Flax" (GF,CF) Organic Golden Milled (GF,CF), Organic Milled "Travel Flax" (GF,CF)
HODGSON MILLS^ Couscous (GF): Whole Wheat, Whole Wheat w/milled flax seed and soy (CS), Whole Wheat Garlic & Basil w/milled flax seed and soy
JOLLY TIME Caramel Corn (CS,GF)
MAGGIE'S NATURALS* (www.maggiesnaturals.com) Natural Food Coloring (GF,CF): Blue, Brown, Green, Orange, Pink, Yellow

Product Alert

WELLSHIRE FARMS - WELLSHIRE KIDS All Natural Uncured Chicken Franks need to be moved to Stage Two. They now contain paprika and the company has removed "premium" from the name.

NANCY'S* (GF): Plain Organic Lowfat Cottage Cheese, Plain Organic Whole Milk Yogurt, Plain Organic Lowfat Yogurt, Plain Organic Nonfat Yogurt, Plain Honey Whole Milk Yogurt, Organic Spreadable Cream Cheese, Spreadable Cream Cheese, Sour Cream, Organic Sour Cream
OLD DUTCH Restaurant Style (GF): Bite Size Tortilla Chips, Multigrain Bite Size Tortilla Chips
PEELU** Chewing Gum with Xylitol (GF,CF): Peppermint Blast, Cinnamon Sass
RISING TIDE SEA VEGETABLES (GF,CF): Maple Chewnami Organic Nibbles, Dulse Flakes, Dulse Whole Leaf, Hijiki, Kombu for Bath, Pure Kombu Granules, Pure Kombu Powder, Raw Nori Shushi Sheets, Toasted Nori Sushi Sheets, Whole Leaf Nori, Whole Leaf Sea Lettuce, Whole Leaf Wakame, Sea Veggie Mix
SALLY'S CEREALS^ (CF): Cinnamon Bites (CS), Sweet Wheat Bundles, Honey Graham Bliss (CS), Honey Puffed Delight (CS), Whole Wheat Bundles
SCHROEDER Dip (CS,MSG/HVP,GF): French Onion, Ranch
SCHROEDER Heavy Whipping Cream (GF), Half and Half (GF)
SIMPLY POTATOES Mashed Potatoes (GF): Country Style (SF), Garlic (SF), Sour Cream & Chive, Sweet (SF), Traditional (SF)
SIMPLY POTATOES STEAMABLES Potato Wedges (CS,SF,GF,CF) Ranch Seasoned Red (MSG/HVP), Rustic Italian Seasoned Russet
SIMPLY POTATOES STEAMABLES Diced Potatoes: Zesty Garlic Russets (CS,MSG/HVP,GF,CF), Zesty Garlic (CS,SB, MSG/HVP,GF,CF)
SMART PUFFS^ Real Wisconsin Cheddar
SUN FLOWER MILLS (GF,CF): Bagel & Donut, Pizza Crust & French Bread
THAI KITCHEN^ Premium Fish Sauce (GF,CF)
UNREAL (GF): 54 Candy Coated Chocolates with Peanuts Unjunked, 41 Candy Coated Chocolates Unjunked, 5 Chocolate Caramel Nougat, 8 Chocolate Caramel Peanut Nougat, 77 Chocolate Peanut Butter (MSG/HVP)

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.

Stage Two

AJINOMOTO^ Gyoza Sauce(CS, MSG/HVP,CF, chili peppers)

ALL TERRAIN Aqua Sport SPF15 Spray (GF,CF, cucumber extract)

AMY'S* Made with Organic Beans and Rice: Gluten Free Cheddar Cheese Burrito (GF, bell peppers, chili peppers, tomatoes), Non-Dairy Burrito (CF, bell peppers, chili peppers, tomatoes)

APPLEGATE FARMS* Chicken Nuggets (paprika, GF,CF)

BLUE DIAMOND^ Almonds (GF,CF): Sliced, Slivered, Whole

BLUE DIAMOND^ Nut Thins Crackers (GF,CF, almonds): Almond, Hint of Sea Salt

BLUE DIAMOND^ Nut Chips (GF,CF, almonds): Nacho (CS,MSG/HVP, paprika, tomatoes), Sea Salt

BLUE DIAMOND^ 100 Calorie Packs (GF,CF, almonds):

Dark Chocolate, Lightly Salted, Sea Salt, Whole Natural
BLUE ICE (www.greenpasture.org) Emulsified Fermented Cod Liver Oil (GF,CF, pectin from apples): Licorice, Peppermint; Arctic Mint Fermented Cod Liver Oil (GF,CF, oil of wintermint)

CABOT CREAMERY COOPERATIVE (GF) Cheddar Cheese: Chipotle (chili peppers, paprika), Hot Buffalo Hand Rubbed (CS,MSG/HVP, paprika), Hand-rubbed Tuscan (bell peppers, tomatoes)

CHOCOLATE CRAFT COLORS^ (available in Toronto, Whole Foods and Everman Market) - Sprinkles (GF): Raspberry Dark Chocolate, Raspberry White Chocolate
www.chocolatecraftkits.com

CROWN PRINCE (GF,CF) Sardines: in hot sauce (chili peppers, red peppers, tomatoes), in tomato sauce 15 oz.

CRYSTAL FARMS Cinnamon Raisin English Muffins (CP,CS)

DAVID'S DELI Bagels (CP,CF): Apple Cinnamon, Cinnamon Raisin, Tuscan Herb (apples)

DON'S CHUCKWAGON^ All Purpose Batter Mix (CF, paprika), Onion Ring Mix (CF, paprika)

EARTH BALANCE* (GF,CF, apple cider vinegar) Mindful Mayo: Original, Organic

EARTH BALANCE* Almond Butter (GF)

FRUIT 66 EPIC 100% Sparkling Juice (GF,CF, acerola cherry, apples, grapes): Green - Lemon Lime, Purple - Black Cherry, Red - Strawberry Melon (black cherry), Yellow - Passion Fruit Mango

MRS MAY'S NATURALS*^ 100% Natural Freeze Dried Fruit Chips (GF,CF)

MRS MAY'S NATURALS*^ Strawberry; Trio Bar (GF,CF, almonds): Blueberry, Cranberry, Strawberry, Tropical
NEUROSCIENCE (Healthcare Professional must order) (GF,CF) NeuroHealth: Dexitrol (green tea)

NONNI'S^ Biscotti: (almonds) Ciocolati, Decadence, Originali, Toffee Almond; Biscotti Bites: Almond Dark Chocolate, Classic Almond

PACIFIC*^ Soup: Cashew Carrot Ginger Reduced Sodium (SF,GF,CF, chili peppers, paprika), Curried Red Lentil (SF, CF, apple cider vinegar, cider vinegar, chili peppers, paprika), Spicy Black Bean (CF, bell peppers, chili peppers, red peppers, tomatoes);

Organic Soup: Roasted Red Pepper & Tomato (GF)

RIGHTEOUSLY RAW*^ Raw Cholatl (GF,CF, aji amarillo and aji panca powder) , 80% Raw Cacao Synergy Spice (cayenne pepper, aji panca powder)

RUDI'S ORGANIC BAKERY (CF) *^ Bagels: Cinnamon Raisin

RUDI'S ORGANIC BAKERY (CF) *^Flatz (raisin syrup); 100% Whole Wheat Bagel, 100% Whole Wheat Sandwich (CF), Multigrain Sandwich (CF), 7 Grain With Flax (CF, apple cider vinegar)

RUDI'S ORGANIC BAKERY (CF) *^Raisin Multigrain Wrap (CF, apple cider vinegar, raisins);

SALLY'S CEREALS^ (CF): Blue Pom Bundles (blueberries) , Honey Oat Medley (CS, almonds), Marshmallow Moment (CS, blueberries), Raisins & Bran (CS), Sunny Honey Nut O's (almonds),

THE GINGER PEOPLE^ Ginger Candies (GF,CF): Spicy Apple Chews, Hot Coffee Chews; Ginger Energizer (apples)

THE GINGER PEOPLE^ Ginger Sauce: Lime Marinade & Cooking (chili peppers), Wasabi Slathering Dipping (jalapeno), Sesame Vinaigrette & Marinade (jalapeno), Sweet Chili Dipping & Cooking, Spicy Teriyaki (bell peppers, chili peppers, jalapeno, red peppers), Thai Green Curry (green chillies), Ginger Peanut Dipping & Cooking (apple cider vinegar, jalapeno)

THREE SISTERS* Cereals (CF): Honey Oaties (almonds), Marshmallow Oaties (CS, blueberries)

VERMONT NATURAL FOODS (available in DC, FL, MA, PA, VT) Balsamic Vinaigrette (grapes, GF,CF): Red Raspberry, Shitaka Orange Ginger, Maple Cranberry, Sweet & Tangy

UTZ Potato Stix (GF,CF)

Stage Two Fragrance

ARM & HAMMER^ Essentials Unscented Deodorant (GF,CF, orange peel)

CALIFORNIA BABY*^ Overtired & Cranky (GF,CF, mandarin): Hair Conditioner, Everyday Lotion, Jelly Mousse

CALIFORNIA BABY*^ I Love You Every Day Lotion (GF,CF, sweet orange)

More evidence that a bad diet is linked to ADHD and autism

Both mercury and high fructose corn syrup have been implicated in the dramatic rise in these two diagnoses. Former FDA scientist Renee Dufault discovered mercury in the sweetener.

A child who is exposed to high levels of mercury before birth is more likely to be diagnosed with ADHD than one with lower levels of exposure. New research published in October in the *Archives of Pediatric & Adolescent Medicine* (Sagiv, Lanphear) investigated the exposure to mercury for pregnant women consuming fish with high levels of the toxin.

But there are other sources of mercury, including food dyes, "silver" dental fillings, vaccines, fossil fuel emissions, and also high fructose corn syrup (HFCS).

The HFCS/mercury connection

Some companies that produce HFCS use lye, which is made by pumping salt through mercury; the lye is then used to separate the corn starch from the kernel. This is the most likely reason traces of mercury were found in some samples of the HFCS Ms. Dufault had tested. Not all US suppliers use mercury, but much of the HFCS in our food is imported from companies that continue to use mercury in processing.

Ms. Dufault's findings, which were published in the journal *Clinical Epigenetics* in April, pointed out some disturbing facts.

- HFCS encourages the loss of zinc, a mineral that helps the body eliminate toxins like mercury.
- It can also reduce levels of other minerals, like calcium, that help protect the brain from exposure to heavy metals, including lead.
- Low calcium makes it difficult for the body to get rid of the pesticides used on foods.

More information is available from the Government Accountability Project www.whistleblower.org and the Food Ingredient and Health Research Institute www.foodingredient.info

In 2009, Americans first became aware that samples of the ubiquitous sweetener contain mercury. This was due to the pioneering work of a scientist who refused to be silenced. Renee Dufault had a long career with the Public Health Service and the Food and Drug Administration (FDA). When she discovered the mercury in HFCS, she reported it to the appropriate FDA office but was told to be quiet.

When it was clear the agency had no intention of protecting the public, she retired and sought to offer protection through publication of her work and the formation of a non-profit Institute.



Holiday Baskets!

Our popular Holiday Basket fund-raiser is back, with an exciting assortment of candies, cookies, gum and snacks!

Once again you will have the option of ordering baskets with all Stage One treats or combination of Stage One and Stage Two. You can specify a basket for Thanksgiving or Birthday themes, as well as Christmas.

The baskets will be sent out via Priority Mail, beginning November 15.

We can mail the basket to you or to a lucky recipient. It is a popular gift for friends, relatives and that special teacher or counselor who has helped your family.

Your \$50 donation for each basket will help support our work, researching food, educating the public, and providing services to our members. To order, go to:

<http://fgshop.org/basket-one.aspx>
or <http://fgshop.org/basket-both.aspx>

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*.

For more information or details on membership outside the US, contact FAUS at www.feingold.org.

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