

Pure Facts

Newsletter of the Feingold® Association of the United States



December 2012 / January 2013

www.feingold.org

No. 36, Vol 10

Are American consumers ready for a new revolution?

Do you have the right to know what is in the food you buy? Do you have the right to eat the food you grow on your own land? Do you have the right to select the healthcare option you want for yourself and your family?



Genetically modified food labeling

California's Proposition 37, which would have required companies to label foods that contain GM ingredients, failed to pass by 5 percentage points.

Critics point to a boatload of money and a campaign of misinformation for the defeat. It's interesting that one of the industry objections was that it would be more expensive to do this, and they then spent \$45 million to prevent it. Many well-known companies contributed, with the biggest being: Monsanto, DuPont, Pepsi, Dow, Nestle, Coca-Cola, and Con Agra, each chipping in over a million dollars. (Contributions from Monsanto and DuPont exceeded \$4 million each.)

Patrick Fiedler, a circuit court judge in Wisconsin, who ruled that consumers have no right to consume milk from their own cows but are limited to commercial milk (fed antibiotics and growth hormones sold by Monsanto and grain from seed genetically engineered and sold by Monsanto) has resigned his job. He now works for the Azley Brynerson law firm, whose most famous client is Monsanto.

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Freedom to be well

For many years, state medical boards have targeted doctors who use natural treatments in place of drugs and surgery to heal patients. Rather than focus on doctors who harm their patients, many of these boards have instead used taxpayer money to harass and prosecute those who are successfully helping people. Their "crime" is that they are not enriching the coffers of Big Pharma.

One such doctor is Stanislaw Burzynski, MD, PhD, who emigrated from Poland and established a cancer treatment center in Texas. Using his own funds and remarkable talents, he developed a protocol that has had a high rate of success, even for severely ill patients. If his harassers could find a way to convict him of something, and he consequently went to jail, then he could no longer own the patents to his treatment, and others could reap enormous financial rewards. His story is the subject of an award-winning documentary, *Burzynski*. See <http://www.burzynskimovie.com>

A number of state legislatures, including Texas, have removed the medical board's ability to ignore the findings of the administrative law judges who have heard such cases and dismissed the charges against a doctor. Finally, the Texas medical board dropped its charges against Dr. Burzynski.

Patient's Bill of Rights

The web site www.Rush2013.com is devoted to adding amendments to both Federal and state constitutions to secure freedom of choice in medical care and practice. It is named in honor of the distinguished patriot and physician Benjamin Rush, a signer of the Declaration of Independence. Dr. Rush is said to have urged his colleagues to include a provision that would ensure medical freedom. ♦

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.

Genetically Modified foods, *from page 1*

GM foods have been found to cause cancer and early death in animals

French researchers from the University of Caen report that feeding genetically modified (GM) corn to animals resulted in breast cancer, organ damage and early death. The team, led by Dr. Gilles-Eric Seralini, published their findings in the journal *Food and Chemical Toxicology* in September. The feed was maize that was engineered to tolerate Monsanto's herbicide Roundup. It was considered to have low "safe" levels of the herbicide.

In its defense of GM foods, Monsanto points to research showing no harmful effects, but these studies were very short term, with the longest one being just 90 days. The new study from France lasted 2 years, which is the normal life span of a rat. This is significant since the effects did not show up until the animals had been fed the GM corn for over a year.

These engineered foods have been available for less than 10 years, but humans have a life span of about 80 years, so it could take a long time for the damage to become apparent.

Health Care giant Kaiser-Permanente has cautioned members to avoid GM foods by opting for organic as much as possible.

Five million farmers in Brazil sue Monsanto

This summer, the Supreme Court of Brazil upheld a lower court's ruling that Monsanto's practice of charging farmers an annual fee for the GM soy they grew from their last crop is illegal. The court's unanimous decision was that not only was the royalty illegal, but the mega-company has to return the money it took from Brazil's farmers. This amounts to \$7.5 billion.

The engineered seeds have given rise to superweeds, so instead of reducing pesticide use, farmers in the US are using over 400 million pounds more pesticides than they used in 1996, when the GM crops were introduced.

Other countries are watching the results genetically modified foods have created and are taking steps to avoid the same consequences experienced in the US. The French government is investigating the health risks and has called on its European neighbors to consider suspending imports of the GM maize seed used in the Seralini research. In October, agriculture experts in India recommended that all GM field trials be stopped. Monsanto's seeds have had a devastating impact on Indian farmers, who have suffered irreparable losses. As a result of this financial damage, nearly a quarter of a million have committed suicide.

Continued on page 3

Vaccine Research and the Crook

The work of Danish researcher Dr. Poul Thorsen is frequently cited as proof that the MMR vaccine is not linked to autism.

But now, the research is being questioned since the man behind it is believed to be a criminal. He has been indicted by US attorneys on 22 counts of wire fraud and money laundering. Thorsen is accused of diverting about \$1 million of grant money from the US Centers for Disease Control and Prevention (CDC) to his personal bank account and using it to buy himself a home, a Harley-Davidson motorcycle, an Audi, and a Honda SUV.

The money was intended to support work on research involving infant disabilities, autism, genetic disorders, and fetal alcohol syndrome.

Thorsen's research has been used by the American Academy of Pediatrics, the media, public health professionals and the pharmaceutical industry to support their claims that the vaccine is not linked to the thousands of parental reports that their child's downward spiral into autism began shortly after the MMR shot.

MMR refers to the combined measles, mumps, rubella injection. ♦



New research supports Dr. Wakefield

Dr. Andrew Wakefield, the British gastroenterologist who found a link between the MMR vaccine and both bowel disease and autism, has been the target of scathing attacks by vaccine advocates, who say that none of his work has been replicated by other scientists.

But now, researchers at New York University School of Medicine and Trinity College in Dublin have replicated Dr. Wakefield's findings. NYU's Dr. Arthur Krigsman reported, "Our findings, which are independent of Dr. Wakefield's, completely support his explanation and his observations of the abnormalities in the bowels of these children." ♦

Genetically Modified foods, from page 2

Other countries that have banned the growing of some or all GM foods or are taking steps to reevaluate their use include: New Zealand, Germany, Ireland, Switzerland, Japan, Austria, Hungary, Greece, Bulgaria, and Luxembourg. And Brazil has ordered Nestle to label GM products sold in its country.

Poland is likely to be the next battleground as Monsanto and Cargill plan their strategies to sell GM seeds to the thousands of families who farm the country's rich lands. Activists are hopeful that the newest research on the dangers of GMOs will prevent this. ♦

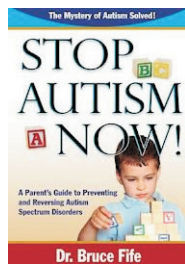


Pesticides are among the potential causes for the collapse of bee colonies -- nature's best pollinators. Beelogics is a lab that has been at the forefront of researching this issue, collecting data for the past 5 years. This research has the potential to damage Monsanto's bottom line, so the corporate giant appears to have taken care of the issue by purchasing Beelogics, claiming its motive is to "support the sustainability of many agricultural systems."

Feeding the Autistic Brain

Coconut oil expert Bruce Fife describes how incorporating this ancient food into the diet can help children on the spectrum.

In his new book, *Stop Autism Now!*, Dr. Fife explains why the food that is helping adults with Alzheimer's disease can nourish the brains of autistic children. (See the November 2012 issue of *Pure Facts* for information on Alzheimer's.)



"You can stop autism now using dietary intervention and coconut ketone therapy." "Ketones are energy producing molecules made from fats [and] are produced specifically by the body to feed the brain." He describes how autistic children have difficulty processing glucose, the primary fuel for the brain. "Ketones not only supply a superior source of energy to the brain but trigger the activation of specialized proteins called *brain derived neurotropic factors* (BDNF's)

Thinking Moms Revolution

A small band composed of parents of autistic children knows that help will not come from government bureaucrats or the medical establishment.

On November 29, the House Oversight and Government Reform Committee held hearings on the increasing rates of autism and the federal government's response.

The legislators heard from representatives of the National Institutes of Health and the Centers for Disease Control and Prevention, as well as autism advocacy groups. One of the TMR moms (Thinking Moms Revolution) posted a scathing description of the bureaucratic responses -- or lack thereof -- to the probing questions they were asked. You can read the description at:

www.thinkingmomsrevolution.com/great-what-now



"We're always hearing about how autism is a puzzle. 'They' don't know what causes it or what treatments are most effective. If you listen to what 'they' say, you would believe that there is nothing that can be done to help your child. But a number of pieces of the puzzle have been worked out by parents and researchers that have received little to no publicity. Partly because there are many people who would be making far less money if those pieces were publicized, and there are powerful forces in play trying to make sure that doesn't happen. I don't let those people stop me from looking for answers, though. There is far too much at stake."

Anne Dachel
Media Editor, *Age of Autism* ♦

that function in brain cell maintenance, repair, and protection. They also stimulate the growth of new brain cells to take the place of dead or dying cells. This allows healing and repair to take place."

He explains that blood ketone levels can be elevated by consuming a food that contains "medium chain triglycerides" (MCTs), and coconut oil is a rich source. Another source is breast milk, where "MCT-derived ketones provide the basic building blocks for new brain tissue." ♦

The shopping revolution across America

One of the most important factors in the healthy revolution in this country is the growing availability of natural foods.

Every shopper who opts for a natural cheese snack in place of Flamin' Hot Cheetos has an impact on our food supply. As powerful and independent as the factory food industry appears to be, they are dependent upon customer choice.

Ellwood Thompson, a popular Richmond, VA, health food store, will be opening a branch in Rockville, MD.

Trader Joe's has moved into Florida, opening stores in Gainesville, Sarasota and Naples, with more in the works. Their first Utah store has just opened in Salt Lake City.

But the biggest game changer is Whole Foods Markets. Even in a struggling economy, the 329 Whole Foods Markets in the US, the UK and Canada have continued to thrive. Despite this success, the country's largest natural market has several major changes in the works.

They are accelerating their growth and have many new stores under development. *Fortune Magazine* reports

they expect to open as many as 65 new locations by 2015. New stores are planned for urban locations, including lower income areas.

Detroit residents are thrilled that Whole Foods will be moving in. Six Foodmaster stores in Massachusetts will become Whole Foods Markets, giving the Austin, TX based company outlets in the urban Boston area.

The chain is working to reduce prices, something they will be better able to do as they expand the number of stores.

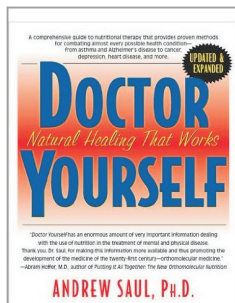
Finally, there's good news for families in less populated areas; Whole Foods is building smaller stores to serve smaller geographic areas. The markets that have opened are thriving, and customers find the same high quality available at the larger stores.

All of this growth has forced super-market chains to expand their offering of natural and organic products, not just processed food, but healthier meats and produce as well. ♦

Create your own health care revolution

Andrew Saul offers information you can use to find solutions.

Both his newly revised book and his web site, www.doctoryourself.com address the major health problems we face and provide details on natural options that are supported by both research studies and clinical experience. (This recently completed version runs over 400 pages.) His lively, often irreverent writing style and keen sense of humor set the book apart from most others of its type.



A biologist by training, Dr. Saul reminds readers that the vitamins and minerals that successfully treated (and often cured) serious illnesses 50 years ago are still a good option today. The pioneering work of doctors like Williams, Shute, Hoffer and Pauling is just as relevant today as it was a generation ago. And we would add Dr. Feingold to that list! ♦

Autism risk factors

Dr. Natasha Campbell-McBride, who addresses autism with a diet that creates healthy gut flora, suggests that **there is a test to determine if a newborn is at high risk for developing autism.** Such a test might predict if a child will have an adverse reaction to vaccines.

The first step is to learn if the baby's parents have unhealthy guts, since this will be passed on to the baby. Both a history of bottle-feeding and courses of antibiotics are risk factors.

Shortly after birth, lab tests of the baby's stool and urine can determine the health of the baby's gut and immune system. Such tests would run \$100 or less and have the potential to save a fortune.

See Dr. Campbell-McBride's book, *Gut and Psychology Syndrome*, for details.



Sunshine and baby's brain

In September, the journal *Pediatrics* published research from Spain that found mothers who had low levels of vitamin D3 in their blood in the first trimester of pregnancy were likely to have babies who showed slower brain development and motor skills by the age of 14 months.

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Low vitamin D level in the mother is a risk for premature delivery, according to the Vitamin D Council. Babies born early are at greater risk for developing autism than full-term infants. Furthermore, Dr. John Cannell of the Vitamin D Council notes that the incidence of autism is higher in regions that have less sunlight. ♦

Bees Knees Bakeshop and Café

Austin, Texas, families can now enjoy all-natural, gluten-free, casein-free breakfast, lunch and baked treats.

I began researching behavior, health and diet in 2003 in hopes of helping my oldest son. He was having behavioral issues as well as suffering from a decline in GI health and immune system dysfunction. My web search turned up the Feingold Association.

After reading through some of the success stories, I had renewed hope that I could help my son.

We started the Feingold Diet in 2004, right after he turned six years old. Within several weeks, we began to see some changes in his behavior, and we knew we were headed down the right path.

A few months into Feingold, things were going well, but we were starting to suspect that he was on the higher functioning end of the autistic spectrum and could also benefit from a gluten and casein free diet. Doing Feingold in addition to GF/CF started bringing the results we were hoping for.



His nervous habits and stimming improved, he was sitting still better in class, his socialization skills started to improve, and his overall health improved. From that point forward, we did not look back; we knew we had found a huge piece of the puzzle!

Bees Knees Bakeshop, 109 Cypress Creek Road, Cedar Park, TX 78613

I wanted to provide my son with baked goods that tasted "normal" and began experimenting with my grandmother's recipes, substituting gluten-free ingredients. I didn't want my son to be excluded when we entertained, so I served these foods to everyone. Our friends enjoyed the baked goods, raving about their taste and texture. This is when the dream of my own allergen-free, all-natural bakeshop began to take shape.



I found the perfect location, the ideal decor and developed the baked goods menu that would enable others with food allergies and intolerances to eat out without fear of a reaction. And we would offer custom made cakes for birthdays and other special occasions.

Soon customers asked us to also provide breakfast and lunch options, so we introduced our café menu. Like the baked goods, these foods are all natural and free of gluten, casein and soy. We do not use peanuts in the shop.

We have recently signed on to a local delivery service so people all over Austin can have our goods delivered to their doorsteps.

The joy we help bring to our customers is why we are here. I love seeing happy kids enjoy their first custom made birthday cake and the opportunity to order anything off the menu!

Kecia Johndrow ♦

Holiday Baskets

Thanks to the many companies that donated yummys to our annual fund raiser:

Angel Mints
Attune Probiotic Candy bar coupon
B-Fresh Gum
Barbara's Bakery Snackimals
Bellows House Brownies
Caring Candies
Edward & Sons Let's Do Sprinkles
Enjoy Life Foods
Figamajigs Fig Candy Bars
Florida Candy Angel Mints
Ginger People Ginger Chews
Glee Gum
Goodie Good Stuff Cola Gummies
Hammond's Peppermint Sticks
Immaculate Baking Cookies
India Tree Decorating Sugar
Jelly Belly Snapple Jelly Beans
Jolly Time Popcorn
Justin's Peanut Butter Cups
Matt's Chocolate Chip Cookies
Pamela's Gluten Free Pancake Mix
Peelu Gum
Pirate's Brand Cheddar Puffs
Righteously Raw Dark Chocolate
RJ's Raspberry Licorice Logs
St. Clair's Tarts
Sjaak's Caramel Chocolate Bar
Spangler Safety Pops
Squirrel's Nest Taffy, Chocolate
Sunkist Jelly Belly Fruit Gems
Sunkist Jelly Belly Orange Slices
Sunspire Sundrops
Surf Sweets Gummies
Thompson Chocolates
Utz Cheddar Popcorn
Wellshire Farms coupon ♦

Patients' Revolution

Consumers are finding that drug-oriented medicine, which seeks to reduce symptoms, can often be replaced with health-oriented approaches that enable the body to fend off illnesses. One example is vitamin D3.

In November, the journal *Neurology* reported the results of a Swedish study showing that people with high levels of vitamin D3 in their blood have a lower risk of developing **multiple sclerosis (MS)**.

While fatty fish contains the vitamin and it is added to milk, the researchers found that it is difficult to get adequate amounts from food. Jonatan Salzer led the research team that examined levels of the vitamin in blood samples drawn from 164,000 people.

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Even a low dose of vitamin D3 supplementation reduced the risk of developing MS by 40%, according to research from the US Nurses Health Study.

"Recently, it has been recognized that vitamin D not only is important for calcium metabolism and maintenance of bone health, but also plays an important role in reducing risk of many chronic diseases including rheumatoid arthritis, lupus erythematosus, insulin-dependent diabetes mellitus, multiple sclerosis, several cancers, heart and infectious diseases."

Baykal, 2012



Health Care -- USA Style

Meanwhile in the United States, in 2010, the Institute of Medicine (IOM) raised its recommended amount of D3 to 600 IUs -- an amount sufficient to prevent rickets! The IOM noted that the vitamin was beneficial for healthy bones, but despite a wealth of research to the contrary, they claimed it was not clear if there were other health benefits, and warned people not to consume too much.

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The body creates vitamin D3 when the skin is exposed to sunlight. The greater the distance from the Equator, and the darker or more covered their skin, the more likely people are to be deficient in this vitamin.

Numerous studies are showing that low levels of vitamin D are a risk factor for MS, that supplementation is beneficial for such patients, and that high levels can safely be used.

Canadian neurologist, Jodie Burton, reported in the *Journal of Clinical Nutrition* that doses as high as 50,000 IU showed no observable toxicity. In 2010, she reported, "High-dose vitamin D (approximately 10,000 IU/day) in multiple sclerosis is safe, with evidence of immunomodulatory effects."

Dr. Burton found that a relapse of MS symptoms occurred in 16% of patients taking about 14,000 IU of the vitamin; but for those who took only 1,000 IU, the rate of relapse was nearly 40%.

The Feingold Association encourages members to consult a qualified health care practitioner before using high doses of any supplement.

Studies continue to show the value of this inexpensive vitamin.

A recent review of the research by Mesliniene et al. confirmed that vitamin D deficiency is common among MS patients and that high levels reduce the risk of developing it. (*Endocr Pract.* 2012, Nov)

Italian researcher Vittorio Martinelli presented his findings at the 2012 meeting of the European Neurological Society. "The data support the tolerability of a pharmaceutical dose of vitamin D3, at least 50,000 international units a week." Similar information was presented by Dr. Seyed Massood Nabavi of Iran. His team found no signs of toxicity among the patients who took large doses of D3.

Dairy products and MS

Dairy products, especially fluid milk, have long been suspected of increasing the risk of developing MS. In 1992, Malosse reported in a worldwide study there was a link between milk consumption and the illness. Cream and butter had an adverse effect, but far less than milk; and cheese consumption did not seem to be linked. (*Neuroepidemiology*, 1992)

Newer research corroborates these findings. Reporting in the journal *Neurology*, 2011, Munger and colleagues from the Harvard School of Public Health found that adequate vitamin D was protective but that the intake of milk increased the risk of developing MS. ♦

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. To understand the codes listed in parentheses, refer to your *Foodlist* book.

Stage One

APPLEGATE FARMS* Cheese (GF): Natural American, Natural Cheddar

BAK-LENE^ (CF): All Purpose ZT Pan Release Spray (FS)

BARREL O' FUN Pretzels (CS,CF): Mini Twists, Sticks; Potato Chips (GF,CF): Original Thins, Ripples, Wavy; White Cheddar Popcorn (CS,CF); Corn Chips (GF,CF), Diggins (CS,CF), Kettle Pops (CS,GF,CF)

CRYSTAL FARMS Original Cream Cheese (GF): 8 Ounce Spread, 12 Ounce Spread

HODGSON MILLS^ Mixes: Insta Baking Mix (CF), Pancake and Waffle Mix (GF,CF), Buttermilk Pancake Mix (CS), Brownie Mix with whole wheat flour and milled flaxseed (CF)

HODGSON MILLS^ Gluten Free Mixes: Xanthan Gum (GF,CF), Buckwheat Creamy Hot Cereal with Milled Flax Seed (GF,CF)

HODGSON MILLS^ Organic Whole Wheat Pasta w/milled flaxseed (CF): Lasagna, Penne, Spirals, Fettuccini, Spaghetti, Angel Hair; Yolkless Wheat Pasta Ribbons (CF)

HODGSON MILLS^ Gluten Free Brown Rice Pasta (GF,CF): Lasagna, Elbow, Penne, Linguine, Angel Hair, Spaghetti; Fast Rise Yeast (GF,CF)

INDIA TREE^ Natures Colors Natural Decorating Colors: Yellow (GF,CF)

NANCY'S* Organic Cultured Soy Yogurt (GF,CF): Kiwi-Lime, Vanilla

NANCY'S* Lowfat Yogurt (GF): Lemon, Maple, Plain, Vanilla

NANCY'S* Nonfat Yogurt (GF): Plain, Vanilla

NANCY'S* Organic Nonfat Yogurt (GF): Maple, Vanilla

NANCY'S* Organic Whole Milk Probiotic Greek Yogurt (GF): Honey, Plain

NANCY'S* Organic Nonfat Milk Probiotic Greek Yogurt (GF): Honey, Plain

Stage One Fragrance

BOUDREAUX'S BUTT PASTE Diaper Rash Ointment (SB,GF,CF): Max Strength Formula, Original Formula, All Natural Formula

PIC Alert

WELEDA Children's Tooth Gel needs to be moved to the Stage Two section of your *Foodlist*. This product now contains almond oil. It is found in the PERSONAL section of your *Foodlist* under Dental Care / Tooth-paste.

WHOLE FOODS 365 EVERYDAY VALUE All Natural Soda: Root Beer now contains Oil of Wintergreen and needs to be moved to the Stage Two section of your *Foodlist*. This product is found in the BEVERAGE/ CARBONATED SODA section.

Stage Two

FRUIT 66 All Natural 100% Fruit Juice (GF,CF, apples, grapes): Passion Fruit Mango, Tropical Punch, Mixed Berry (black currants, cranberries, raspberries, strawberries), Strawberry Melon (acerola cherry, elderberries, strawberries)

FRUIT 66 All Natural Sparkling Fruit Juice (GF,CF): Orange Tangerine (acerola cherry), Apple Berry (acerola cherry, blackberries, blueberries, raspberries, strawberries), Kiwi Strawberry (acerola cherry), Fruit Punch (acerola cherries, cherries, oranges)

GIAMBRI'S CANDY (www.giambriscandy.com) All Natural Jelly Beans (CS,GF,CF, apples, blueberries, cherries, grapes, peaches, raspberries, strawberries, tangerines), Zoo Animal Gummies (CS, GF, CF, raspberries, strawberries, tangerines)

HODGSON MILLS^ Mexican Cornbread Mix (CS, CF, bell peppers, jalapeno, red peppers), Muesli Apple Cereal (CF, raisins); Veggie Pasta (CF, tomatoes): Wagon Wheels, Whole Wheat Bows, Semolina Rotini

KERN'S Nectar (CS,GF,CF): Strawberry Banana, Strawberry Mango

NANCY'S* Organic Lowfat Kefir (GF): Blackberry, Blueberry, Peach, Raspberry, Strawberry

NANCY'S* Honey Whole Milk Yogurt with Fruit on Top (GF): Blackberry, Blueberry, Cherry, Peach, Raspberry

NATURAL FLAVORS Raspberry Flavored Syrup – 4342 (GF,CF)

PROGRESSIVE NUTRITIONAL THERAPIES^* Complete Calcium for Kids (CS, SF, GF, CF)

SURF SWEETS* Organic Fruity Hearts (seasonal) (GF,CF, cherries, grapes, oranges)

ULTIMA REPLENISHER*^ Grape (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.

Past Issues of *Pure Facts*

During the past year, major articles which have appeared in *Pure Facts* include:

December 2011 / January 2012

The Great Potato Debacle
Children help share our information
School food exposed!

February 2012

Autism special focus
The role of probiotics
Diet and brain size

March 2012

"Ritalin Gone Wrong"
Lunch Ladies
School reform problems

April 2012

Pesticides and ADHD
Farming, done right!
BPA damages health

May 2012

Tribute to mothers
An exceptional mom
NY schools reformed

June 2012

Troops getting bad food
Superfoods for victory
Asthma and autism helped

July / August 2012

Research links autism to poor food
Natural Sno Cones!
Antibiotics challenged

September 2012

FDA gone amok!
Beautifully decorated cakes
Tourette Syndrome

October 2012

Fluoride and IQ scores
Bad school food costs too much!
College ADHD

November 2012

Alzheimer's disease and diet
Fats, good and bad
Fast food can be healthy

New Fast Food Guide!

The 2013 edition of our *Fast Food Guide* is completed! It has been sent electronically to our members, and printed copies will be mailed to those who receive paper *Pure Facts*.

This edition has been expanded and includes casual eating restaurants in many U.S. cities. Most of those restaurants focus on locally sourced, natural foods, and many serve organic dishes. ♦



Warm & Healthy Winter

Be ready for cold weather by taking some simple precautions.

- * Use a humidifier to keep the house comfortable and to keep those nasal passages from drying out.
- * Indoor plants help keep the air fresh.
- * Put full-spectrum bulbs ("grow lights") in your favorite lamps or light fixtures. They mimic sunlight.
- * Learn about the many benefits of vitamin D3, especially in winter.
- * A space heater might be a more economical option than heating the whole house.
- * Leave the oven door open after you have finished baking and turned off the oven.
- * Scented candles may smell nice, but they are a huge irritant.
- * Don't use construction lumber in a fireplace or wood stove; it might be treated with toxic chemicals.
- * Some people are very sensitive to burning wood, whether it is in a fireplace or wood stove.

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* 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, 11849 Suncatcher Drive, Fishers IN 46037 or phone (631) 369-9340.

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

www.feingold.org

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- * Make your own trail mix with your favorite nuts and dried fruits.
- * It's a good time for hot cereals; add some of your homemade trail mix (above) for a yummy crunch.
- * Keep your favorite cold remedies in stock.
- * Vitamin C powder added to smoothies may help keep colds away.
- * Crockpot soups and stews are ideal for chilly days. ♦