

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Searching for Causes of Violent Behavior

As more information emerges about the Connecticut gunman, we see a disturbing but familiar picture.



In the search for ways to understand the incomprehensible, many causes are being suggested.

Are these tragedies caused by **guns** -- too many or too few? Is the solution to ban guns, or is it to place armed guards in every school, or is it to arm teachers? But in discussing guns, there's a difference between a pistol a woman carries in her purse for self-defense, a hunter's rifle, and a weapon designed for efficient slaughter.

The various stimulants and **psychotropic drugs** being given to young men like Adam Lanza have the potential to cause side effects that include: hostility, hallucinations, and psychotic behavior. One relative reported that he was on Fanapt, an antipsychotic made by Novartis, the manufacturer of Ritalin. Side effects include impaired judgement and thoughts of suicide.

Some want to stop the use of such drugs, and while the Feingold Association is sympathetic to this, it still leaves the problem of a deeply troubled person. There's a reason why a child is put on drugs in the first place.

Bad home environment? The various school shooters typically came from relatively stable families, although one must question the judgment of parents of troubled children who keep guns and ammunition in the home.

As more information comes out, it appears that Lanza spent much time playing **violent video games** -- another red flag. But countless young people play such games and don't act them out.

He suffered from **Aspergers** syndrome and thus had difficulty interacting with others, and while he was intelligent, he had **learning disabilities**. This, too, could describe many thousands of young people who do not act out with violent behavior.

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GMO Battles Continue

Thanks to millions of dollars spent and lots of dirty tricks employed by giant corporations, the recent California ballot initiative to require mandatory labeling of genetically modified foods in the state failed to pass, but by less than 3 percentage points.

The Organic Consumers Association notes, "We may have lost this first major battle in California, but millions of angry and energized consumers across the country are now joining together in a nationwide right-to-know campaign which will ultimately drive genetically engineered crops and foods off the market."



The initiative underway in Washington State looks especially promising. The state's farmers support mandatory labeling because they know they will have trouble exporting their crops to other countries. Currently, 61 other countries either prohibit genetically modified foods or require them to be labeled.

Ironically, just as Monsanto's GMO seeds have given rise to tough giant superweeds, it looks like the California experience has given rise to a tough giant super-consumer, and the industry giants will need more than an extra dose of pesticides to take them down. ♦

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.

Violence, from page 1

Damaged Brains and a Distorted View of Reality

In the 1920s, an epidemic of encephalitis afflicted people around the world, killing nearly a million, and disabling countless others. Believed to be caused by a bacterial infection, it produced inflammation of the brain, with patients showing changes in behavior, including hallucinations and psychosis.

Because children who are diagnosed with what is now called ADHD shared some of these symptoms, the early name for it was "brain injured child syndrome." When it became clear that this was not the same thing as encephalitis, the names changed, first to "minimal brain damage," and then to "minimal brain dysfunction."

There are reasons why some children become violent, while others do not.

Brain Inflammation?

Encephalitis is only one cause of brain damage. Medical writer Harris Coulter connected the dots from the heavy metals in most vaccines, to brain damage, to violence. He was the author of the book, *Vaccination, Social Violence and Criminality*.

Coulter and Barbara Loe Fisher teamed up to write *A Shot in the Dark*, which describes the side effects vaccines have for some children, and Ms. Fisher went on to become the executive director of the National Vaccine Information Center.

Her newest book, *Vaccines, Autism & Chronic Inflammation: The New Epidemic*, connects the rest of the dots.

These books suggest that the violent behaviors of some individuals may have their origins very early in life.

Before Birth

There may be conditions that occur even earlier and set a child up to be especially susceptible to heavy metals and other "insults."

These can include poor nutrition, poor gut flora and vitamin/mineral deficiency on the part of the parents, as well as exposure to toxic chemicals.



Baby

Then after birth, a baby is exposed to countless potential offenders which include additives in vaccines (MSG/mercury/aluminum).

Soy formula contains large amounts of manganese (which is known to bring on violent behavior). Soy also contains estrogen-like hormones, and excessive exposure to it has been linked with allergic reactions, especially when the soy is genetically modified.

Roger Masters of Dartmouth College found that fluoride exposure increases the uptake of lead to the brain.

Synthetic dyes and/or flavors are often added to pediatric vitamins and medicines. Many household products contain petroleum-based fragrances.



Toddlers

Things get even worse for most children as they become toddlers. A diet high in junk food can trigger ear infections, which are followed by (dyed, flavored) antibiotics. Antibiotics wipe out much of the beneficial bacteria, and if it is not replenished, this begins a cascade of health problems including leaky gut and possible autistic symptoms.

Starving Brains

When her grandchild was diagnosed with autism, Dr. Jacquelyn McCandless began to search for causes. She learned how genetic vulnerability can be activated by triggers such as pesticides and heavy metals added to vaccines, which in turn leads to gut dysfunction and yeast overgrowth. She describes this in her book, *Children with Starving Brains*

Many Pioneers

Bernard Rimland changed the way autism is viewed, showing that it is based on physical problems and is not the result of bad parenting as had been believed.

William Walsh, who founded the Health Research Institute in Warrenville, Illinois, shows how anti-social behavior is often linked to toxins such as heavy metals. He found that a regimen of nutrients can be custom designed to address these issues.

Ben Feingold showed how food and food additives can affect behavior, learning and health.

To find solutions, first look for causes.

Many Ways to Help

Steven Schoenthaler reduced the antisocial behavior of young offenders by removing food additives and adding nutrients.

Bernard Gesch reduced the aggressive behaviors of young male prisoners by supplementing their diets with vitamins.

Barbara Stitt taught offenders how to stay out of jail by improving their diet. She used good food to transform the behavior of students in the Appleton Wisconsin Alternative High School. ♦

Real Help for Troubled Children

Over the years *Pure Facts* has published the stories of families whose children acted out in violent ways. Happily, a change in diet made the crucial difference for these families.

Michael

When he was 5 years old, Michael was diagnosed as dyslexic and suffering from visual perception deficits. He was a terror to live with, and his parents were advised to place him in a school for brain-injured children.

This was back in the 1970s, when the Feingold Diet was new and there was very little understanding that food additives could be causing this little boy's extreme behaviors.

Fortunately, his parents learned of the diet, and the change in Michael was so dramatic, his mother went on to lead in the establishment of the Feingold Association.

Parents of violent young children fear for their future.

Kennedy

As a rule, girls with ADHD symptoms are not physically aggressive, but Kennedy was an exception!

She was born into a dysfunctional family and placed in a foster home when she was only 3 weeks old. Her adoptive parents were sure that love could overcome genes, but as the child grew, her behaviors became increasingly drastic. By 5 years of age, Kennedy would lash out with violent behavior when she was angry.

Removing milk from Kennedy's diet helped, but it was not until she went on the Feingold Diet that the wild behaviors stopped. On the second day of the diet, Kennedy held out her arms to her mother, asking to be picked up. This was a first! After that, not only did the child's behavior become normal, but her sensory problems disappeared.

Shaun

He was expelled from preschool due to his "violent aggression and uncontrollable behavior." A special preschool using therapeutic holding did not help this little boy's outbursts.

Kindergarten was a disaster, and even after he was moved to a special self-contained classroom, he was suspended 3 times in 10 days (and all the while he was on three different psychiatric medicines).

Changing Shaun's schooling to homebound and partial hospitalization didn't work either; he was even expelled from the hospital's program!

The house was equipped with door alarms and a video monitoring device in his bedroom. His parents were told that their 5-year-old was "seriously mentally ill" and would need "lifelong support."

With a diagnoses of "bipolar" and "psychotic episodes," nobody would expect any regimen, including the Feingold Diet, would enable such a child to "sing in the church choir," but this is what happened for Shaun!



Julianne

This precocious little girl, who spoke in sentences by the time she was 10 and a half months old, had problems that started after a round of antibiotics at 6 months of age.

Forty-five minutes after the baby received an infant's dose of [Motrin] to control a fever, Julianne had a severe behavioral reaction.

She went wild, jumping up and down in her walker, going around in circles, and kept up the frantic pace for over two hours despite the fact that she was clearly exhausted.

After an ear infection and another prescription, the baby cried to be held and then screamed when her parents tried to hold and comfort her.

As a toddler, Julianne averaged 3 to 5 tantrums a day, crying, kicking, screaming and punching. The shortest tantrum lasted 45 minutes and her record was timed at 2 ½ hours.

Julianne was 20 months old when the family began the Feingold Program, and almost immediately the toddler started to sleep through the night. Her mom often wondered where they would have ended up if she had not learned that her daughter's extreme behavior was due to extreme sensitivities.

Josh was kept on a regimen of multiple drugs for 24 hours a day.

Joshua

Before he was 5 years old, Joshua had been rejected from several day care centers, placed in a program for "severely emotionally handicapped" children, and put on medicine for ADHD.

Although testing showed that he was gifted, Joshua was diagnosed with severe ADHD and ODD (oppositional defiant disorder), along with traits of Obsessive Compulsive Disorder, Tourette's Syndrome, and Mood Disorder Syndrome. Despite multiple drugs and programs, he had huge problems with anger and aggression.

By the end of his fifth grade year, he was placed in a children's psychiatric facility after threatening to kill others and trying to hurt himself.

Continued on page 4

Better Options

There is abundant research to show that people who commit violent acts are likely to be suffering from too much of the "bad stuff" and too little of the "good stuff."

The bad stuff includes things like petroleum, lead, mercury, arsenic, fluoride, PCBs, methanol, and even trans-fats. They are so abundant in our environment that they can even be found in the blood of a newborn. But happily, exposure to each of them can be dramatically reduced.

The good stuff is about nourishing bodies with real foods -- foods that contain the vitamins, minerals and the essential fatty acids humans need to function well.

Problems generally have solutions

Zinc is an example of a mineral that is missing in a diet of fake food. It is involved in the production of serotonin, the neurotransmitter that gives us a feeling of well-being. Too little serotonin can bring on many behavior problems and cause a lack of inhibitions.

Zinc is also needed for our bodies to process essential fatty acids -- so essential to a healthy brain. Food additives like dyes rob one of zinc, so avoiding additives and supplementing with zinc, when needed, can help the entire body, and certainly the brain, to function more normally.

Heavy metals and violence

Heavy metals can damage parts of the brain that are involved in the inhibition of violent behaviors. Research on prison populations shows that people who behave violently have significantly higher levels of these toxins than those who behave normally. Dr. Bernard Gesch found that giving inexpensive vitamin/mineral supplements to prisoners reduced these violent behaviors.



Ideally, the worst toxins would be removed

In January, Alex Knapp of *Forbes Magazine* described the work of fellow journalist Kevin Drum. Drum showed how the high lead levels found in gasoline in the 1940s and 1950s led to a dramatic rise in violent crime by people who grew up during those years and committed crimes two decades later. Despite the media publicity that gives the impression that violent crime is escalating, it has actually gone down since the 1960s and 1970s.

But even if there is no change in the environment, troubled people can be helped through reducing their own chemical exposure and enhancing nutrition. There's a program that shows how to get started in this direction; it's called the Feingold Diet. ♦

Joshua, from page 3

Since the drugs were not helping, his doctors decided to wean Joshua off of them slowly, promising there would be no problems with withdrawal. But the opposite was true. During three weeks of severely out-of-control behavior, there were times when he was extremely violent, and his mother came close to calling 911 for help.

Allergy treatments helped, but the turn-around came when he began the Diet.

The change in Joshua's behavior was fast and dramatic, but after a few months on the diet he became restless and wanted to do "an experiment." His mom agreed to allow him to eat synthetic chemicals for a week because she knew his cooperation was essential for the diet to work.

On the fourth day, he began having rage attacks, just like before. He humiliated himself and ended up in the principal's office.

In seventh grade, Joshua became interested in sports and proved to be extremely talented in football, basketball, track and swimming. He showed remarkable self-control and got along well with his teammates. His coach awarded him the "110% award" which represented outstanding sportsmanship, hard work, self-control, respect for coaches and peers and overall athletics.

The school was able to close out Joshua's nine-year Special Needs folder.

Josh went on to excel in many areas and has been an example of the child most parents hope to have. He lost much of his childhood, but thanks to the hard work of a single mom who refused to give up on her son, a potential criminal has turned his life around 180 degrees. ♦

To learn how to help troubled individuals, look at the toughest cases and at the remarkable people who have helped them. Dr. Abram Hoffer's work with schizophrenia should be part of every medical school curriculum. The doctors and parents who are now recovering children from autism should be acknowledged as the experts they are.

Help for Colds

Four Hyland's products have been approved for use on Stage One. All are free of gluten and casein: Baby Tiny Cold Tablets, Sniffles 'n Sneezes 4 Kids, Cough, Sore Throat. ♦



Probiotics reduce colds

Thanks to Laura Stevens of Purdue University for the timely reminder of a 2009 study on probiotics which she described in *Your ADD/ADHD Newsletter*.

Researchers found that they were able to reduce the incidence of fever, cough and runny nose in preschool children by giving them probiotics.

Three hundred twenty-six children ages 3 to 5 were divided into three groups. The first group was given a supplement powder consisting of both acidophilus and bifidus; the second group received just acidophilus, while the third was given a placebo.

The results, published in the August, 2009 *Pediatrics*, found that both probiotics significantly reduced the cold symptoms, but the combined acidophilus and bifidus had the most profound effects. Fewer children got sick, and for those who did, the duration of the symptoms was reduced.

For children taking the combination, the duration was 3.4 days; for the single probiotic it was 4.5 days; and for the children in the placebo group, the symptoms lasted for 6.5 days. ♦



Gluten free?

You've gone gluten-free and long for pasta that tastes like the wheat-based versions you love, but all you have found is disappointment. The GF ones don't have the look, taste or texture of pasta, and just a little extra cooking time turns them into mush.

Take heart; quinoa based pasta like Andean Dream brand looks, tastes and cooks very much like conventional pastas. What's more, quinoa (which is actually a seed, not a grain) adds valuable protein to your diet. ♦



Echinacea and colds a possible option for adults

Echinacea, a popular ingredient in herbal medicine, has long been thought to help prevent colds. New research from the United Kingdom adds support to this belief.

Subjects who used echinacea daily had 60% fewer colds, and the duration of those colds they did get was reduced by 26%.

Note: While echinacea appears to be well tolerated by most people, it is in the same family as ragweed, and could precipitate severe allergic reactions in very sensitive people, particularly asthmatics. Because of the potential risk, British government authorities advise against giving it to children under the age of twelve.

The research was published in October in the journal *Evidence-Based Complementary and Alternative Medicine*. ♦

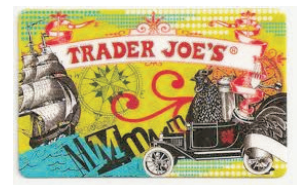
Fast Food Guide

Please remove Subway's Chicken Strips with Teriyaki Glaze from your 2013 *Fast Food Guide* because they contain artificial flavoring.

Trader Joe's

It's been hard to get Trader Joe's to fill out our inquiry forms and thus be able to add its products to our *Foodlists*. The company told us the reason is not because they don't want to be bothered (as is the case with some companies) but because the ingredients used by their suppliers are subject to frequent change.

TJ's is known for seeking out the best deals, and for having products that come and go on a regular basis. However, we have often found that by the time the paperwork is completed, the product has been discontinued or TJ's has found a new supplier.



Some Trader Joe's products are currently in our *Foodlists*, but they're likely to be removed if we learn that they have changed or have been discontinued. Of course, the store sells many of the "any" foods that are basic items and do not require researching. Check your *Foodlist* for details.

Consumers can always contact TJ's for details on allergens and other questions. And since the company's policy is to avoid synthetic additives in their house brands, it's a good place for experienced members to try out new foods.

But Feingolders should be aware that MSG-type additives are found in some of their prepared foods and that their Trader Joe's diet soda contains the fake sweetener aspartame. ♦

There's Nothing Sweet about Aspartame

After ingestion, aspartame releases methanol (better known as "wood alcohol"), which is converted into formaldehyde (an embalming fluid).

Wood Alcohol

This is best known as the substitute for liquor that was used when the 18th Amendment went into effect in 1920, outlawing the manufacturing and sale of alcoholic beverages. Once it became illegal, there were no regulations to control how an alcoholic beverage was made. In place of fruits, vegetables and grains, "moonshiners" used things like wood scraps and sawdust and whatever else was available. (Federal agents found moonshiners in Tennessee making it from poison ivy!)

The results of "bootleg" liquor were devastating; many thousands of people died from drinking methanol, and countless others suffered blindness or paralysis.



Nerve Damage

Methanol destroys the tissue that surrounds nerve cells and thus disrupts the ability of the brain to send and receive signals. Destruction of myelin tissue is one of the characteristics of multiple sclerosis.

Brain Damage

A study by researchers in India, published in September in the *Journal of Bioscience*, showed that there was an increase in free radicals in the brains of rats exposed to aspartame on a regular basis. [A Iyyaswamy and S Rathinasamy]

Because humans are believed to be more sensitive to the chemicals in aspartame, animal studies might actually be underestimating the harm this sweetener is causing to the millions of people worldwide who use it. Sadly, people may not experience symptoms until a majority of brain cells have been destroyed.

Does it Work?

Do people lose weight by using aspartame in place of other sweeteners? Maybe not, according to research published in the January 2013 issue of the journal *Appetite*. Rats were given yogurt sweetened with aspartame or saccharine or sugar (sucrose) in addition to rat chow and water.



The conclusion was, "greater weight gain was prompted by the use of saccharin or aspartame, compared with sucrose, and this weight gain was unrelated to caloric intake." [The study was conducted by F Feijo et al.]

Gaining Weight

One of the mechanisms by which aspartame may cause weight gain is described by Australian physician Sandra Cabot:

"When you ingest the toxic chemical aspartame it is absorbed from the intestines and passes immediately to the liver where it is taken inside via the liver filter. The liver then breaks down or metabolizes aspartame to its toxic components -- phenylalanine, aspartic acid and methanol. This process requires a lot of energy from the liver which means...the liver cells will have less energy for fat burning and metabolism, which will result in fat storing.

"Excess fat may build up inside the liver cells causing 'fatty liver' and when this starts to occur it is extremely difficult to lose weight...any time you overload the liver you will increase the tendency to gain weight easily." ♦



Skip Dessert!

Restaurant desserts are notorious for containing dyes and fake flavors. And diners are in for a shock when they realize the hefty dose of calories that come with these after-dinner treats. Instead, pack a natural candy bar or stop by Trader Joe's or Whole Foods and bring dessert home.

Many of the major restaurant and fast food chains offer desserts that are true gut-busters, but it looks like none of them compares to the Cheesecake Factory, which boasts super-high calorie foods of all types. The one that truly "takes the cake" is their Keg Carrot Cake a la Mode. Carrot cake is often thought of as a dessert that offers the redeeming value of a vegetable, but this one comes in at a whopping **2,344** calories for a serving. It has the equivalent of 1 ½ cups of sugar! ♦

Source: www.weightymatters.ca

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 page 3 of your *Foodlist* book.

Stage One

365 EVERYDAY (Whole Food Market) ^ Cereal: Protein and Fiber, Organic Cocoa Crisps (CF), Organic Whole Wheat Flakes (CF), High Fiber Morning O's (CF)
365 EVERYDAY (Whole Food Market) Organic Popcorn (GF): White Cheddar, Salted (CF), Reduced Fat and Sodium, Kettle (CF)
AMISH VALLEY FARMS ^ Colby Cheese, Marble Cheese
ANDEAN DREAM^ (GF, CF): Gluten Free Quinoa Pasta Shells; Vegetarian Quinoa Noodle Soup
ANGEL MINT^ Chocolate (CS,GF,CF)
EARTH BALANCE (now available in Canada) ^* Organic Coconut Spread (GF,CF), Natural Shortening Sticks, Buttery Sticks (GF)
GOURMET GLUTEN FREE GOODIES Mix (GF,CF): Blueberry Muffins (blueberries not included), Double Fudge Chocolate Chip Brownies, Chocolate Chip Cookies, Chocolate Chip Muffins
KATE'S PASTRIES (GF,CF): Pumpkin Bread, Zucchini Bread, Banana Nut Bread
NATURE'S FLAVORS Natural Color (GF,CF): Red Pink NF-4227/7255, Brown NF-2220, Yellow NF-4229, Red NF-3943, Red NF-5399
NAVITAS^ (GF,CF) Cacao Powder: 16 ounce, 8 ounce
ORGANIC VALLEY New York Ultra-Pasteurized Organic Lactose-Free Milk: Lowfat Half Gallon & Quart, Half Gallon Non-Fat Milk
PEELU*^ Chewing Gum with Xylitol (GF,CF): Peppermint Blast, Cinnamon Sass
PREGGIE POPS (GF,CF): Ginger, Mint
QUEASY DROPS (CS, GF,CF): Ginger, Natural Banana, Natural Cola, Pomegranate
QUEASY POPS (CS,GF,CF): Ginger, Natural Cola
SCHAR (Canada Only) Crispbread (CS,GF,CF)
SCHAR USA Crispbread (CS,GF,CF)
SPECTRUM* (GF,CF) Organic Oil: Coconut, Refined, Unrefined Virgin Coconut; Organic Butter Flavored All Vegetable Shortening
SQUIRREL'S NEST Salt Water Taffy (CS, GF,CF): Key Lime, Lemon, Vanilla

PIC Alert

RICHTEX Vegetable Shortening now contains TBHQ and will need to be removed from your *Foodlist*. This product is currently listed in your book in Stage One under OIL, SHORTENING & COOKING SPRAY / Shortening.

RUDI'S ORGANIC BAKERY Bagels: Honey Sweet Wheat, Multigrain and Plain all have raisin juice in them and need to be moved to the Stage Two section of your *Foodlist*. They can be found in the BREAD / Bagel and Rolls section of your *Foodlist*.

Stage Two

ANDEAN DREAM^ Tomato Quinoa Noodle Soup (GF, CF)
APPLEGATE FARMS* Gluten Free Corn Dogs (GF,CF, paprika)
MARICH Natural Triple Chocolate Toffee (GF, almonds)
NANCY'S* Organic Cultured Soy Yogurt (GF,CF): Blackberry (grapes), Blueberry (grapes), Mango (oranges), Raspberry (grapes), Strawberry (grapes)
NANCY'S* Organic Lowfat Cottage Cheese with Fruit on Top (GF): Peach, Strawberry
NANCY'S* Organic Lowfat Yogurt with Fruit on Top (GF): Blueberry, Strawberry
NANCY'S* Lowfat Yogurt with Fruit on Bottom (GF): Blueberry, Peach, Raspberry, Strawberry
NANCY'S* Nonfat Yogurt with Fruit on Top (GF): Blackberry, Blueberry, Cherry, Peach, Raspberry, Strawberry
NANCY'S* Organic Nonfat Milk Probiotic Greek Yogurt (GF): Blackberry, Blueberry, Raspberry, Strawberry
RISING TIDE SEA VEGETABLES (GF,CF): Ginger Chewnami Organic Energy Bar (cayenne pepper), Ginger Chewnami Organic Nibbles (cayenne pepper), Smoked Applewood Dulse, Sea Crunchies with Almonds
SQUIRREL'S NEST Salt Water Taffy (CS, GF,CF): Cherry, Orange, Salt Water Taffy Assorted (cherries, oranges)

Stage Two Fragrance

BLUE ICE (www.greenpasture.org) Beauty Balm (GF, CF, cranberries, orange oil)
MAID NATURALLY* Room Spray: (GF,CF) Madagascar (oranges), Abrasive Cleansing Scrub (oranges)
SEVENTH GENERATION*^ Natural Dish Liquid: Lemon Grass & Clementine Zest (oranges)

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.

Coming Clean about Hand Sanitizers

'Tis the season when school personnel place a greater emphasis on clean hands, and in many schools, this means that all of the children are expected to use hand sanitizers.

The popularity of antibacterial soaps and hand sanitizers shows the public enthusiasm for these products. But are they all they are claimed to be? History has shown that improved hygiene can drastically reduce disease and save lives, so wouldn't a powerful germ-killer be ideal? Not necessarily. A limited exposure to germs enables a normal immune system to become stronger.

Hand-washing with conventional soap, in either cold or warm water, has been found to be an ideal way to reduce illness.

Triclosan

Numerous studies that compared antibacterial soaps to conventional ones found that plain soap was as effective in preventing infectious illness. Many of them noted the risks of using a product that contains the antibacterial additive triclosan.

Triclosan is an endocrine-disrupting chemical that can mimic the body's own natural hormones. What's more, it kills both harmful and beneficial bacteria. Americans tend to believe that it's best to eliminate all bacteria, but certain strains are important in keeping us healthy by stimulating the development of the immune system.

A 2011 study by E. M. Clayton and colleagues found that children with greater amounts of triclosan in their system were more likely to suffer from asthma, allergies, and a weakened immune system in general.

What's more, when the triclosan in soap mixes with the chlorine found in most water supplies, the combination forms chloroform.

There are natural ingredients that can effectively kill germs without harming people, animals or the environment. Two popular choices are tea tree oil and oil of oregano (North American Herb & Spice brand is a good choice). But a drawback for both of these products is their very potent smell. Grapefruit seed extract (GSE), by contrast, does not have a detectable odor.

To make your own hand sanitizer without alcohol and other undesirable ingredients, blend 3 drops of GSE with each ounce of aloe vera gel and put it in a plastic container so it can be easily carried with you. If you have an empty dispenser, wash it out and replace the contents with this blend.



Undiluted GSE is very acidic, so be careful to avoid getting the full-strength product on your skin.

GSE can be used to sanitize your kitchen counters, clean the bathroom and clean up fungus or mildew and can be used in water as a rinse for fruits and vegetables. Add a few drops of it to your liquid hand soap to enhance its effectiveness.

Another alternative is to fill a spray bottle with water and some liquid soap, and keep it in the car, along with some paper or cloth towels.

Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership provides the *Feingold Handbook* which includes recipes & two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*.

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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Check those labels

If you need to provide your child with a commercial sanitizer, check out natural food stores or the natural section of your supermarket, and look for products like **CleanWell's Hand Sanitizer**, which contains thyme oil, a natural antimicrobial. It can be found in Stage 2 of our *Fragrance Guide*. The foam, wipes, and spray all contain the same ingredients.

see www.cleanwelltoday.com ♦