

Pure Facts

Newsletter of the Feingold® Association of the United States



April, 2013

www.feingold.org

Vol 37, No. 3

Explaining Feingold to Others

Many of us have been frustrated in our efforts to explain the program to relatives, neighbors, teachers and others.



We now have a powerful tool for you to use: a brief slide show you can download.

One Feingold mom met with the principal of her child's school and went through the show on a laptop, providing some additional details. She reports, "I just finished my meeting, and the principal *devoured* the information I brought along. She said, 'We have parents who are so wanting to hear this!' She was very, very receptive!"

You can access it at:

<http://www.feingold.org/intro.html> ♦

ADHD diagnosis increases 24% in a decade

Between 2001 and 2010, the number of children diagnosed with ADHD rose dramatically, according to a study in the January issue of *JAMA Pediatrics*. It is based upon statistics collected at Kaiser Permanente in Southern California. While there was a significant increase in the number of black and Hispanic children receiving the ADHD diagnosis, the greatest number were white children whose families earned more than \$30,000 a year. Asian and Pacific Island children showed no increase.

The California data might not reflect the whole picture since another new study showed that the use of psychiatric medicine of all types is lowest in the West and highest in the South. [From the online journal *Health & Place*, Marissa King, lead researcher] ♦

No long-term benefits of ADHD drugs for young children

Most children continue to have problems years later.

The long-term outcome for children who are diagnosed with ADHD between ages 3 and 5 is not improved by the use of drugs, according to research published in the March issue of the *Journal of the American Academy of Child & Adolescent Psychiatry*.

The 6-year study followed the treatment of 207 children between the ages of 3 and 5 who had been given a diagnosis of ADHD.

Lead author Dr. Mark Riddle, a psychiatrist at Johns Hopkins University, reports that the children showed an improvement in symptoms for the first three years, but after six years, the symptoms in 90 percent of the youngsters were as severe as those shown by children who had not been taking drugs.



Editorial comment:

Does this mean that the researchers will consider the large body of studies that show the many factors that can bring on what is generally labeled "ADHD"? That is not likely. The study's conclusion is that what is needed is "more effective ADHD intervention strategies," and that sounds like a polite way of saying "bigger, better drugs."

How can you effectively treat a problem if you don't know what is causing the symptoms?

Over the years, *Pure Facts* has covered many factors that have been found to bring on symptoms that are typically regarded as characteristics of ADHD or related diagnoses (bi-polar disorder, oppositional defiant disorder, obsessive compulsive disorder, etc.)

Continued on page 2

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

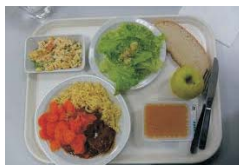
How Japan feeds its children

In Japan, children eat lunch in their classroom, but cleaning up after a meal is not a problem since there are so many hands to help with the work. Not only do the children take care of the classroom, they also take turns bringing in and serving the food to their classmates.

Lunches are primarily traditional Japanese food, but the children also enjoy dishes from other Asian and Western countries. Lunch is prepared from fresh ingredients every day, and in most cases, they are locally sourced.

The food children eat at school is considered an important part of their total education. One of the government directors responsible for the food commented, "What is most difficult for me to explain is why we can do this and other countries cannot."

The schools are often contacted by parents, asking for recipes for dishes the children enjoyed at lunch, and the plate waste is a tiny five percent.



How France feeds its children

School lunch is taken seriously in France, where the time allowed is between one and two hours. In many schools, the children are given five-course meals that reflect the French skill in cooking and include a wide diversity of dishes. There is no such thing as kid-oriented food, and even preschoolers use knives and forks as they are taught to savor their meal slowly. Children learn to enjoy a diverse selection of food since no lunch is served more than once a month.

Parents are given a listing of what their children eat each day, along with suggestions of what the parents should provide for the dinner meal.

The parents pay for the meals, and for those children whose families cannot afford the full price, their meals are subsidized. The cost of a school lunch can run \$5 or \$6 in expensive Paris, but in the countryside the cost is about half that.

Food is freshly purchased from local sources and prepared from scratch every day, and the kitchen is kept scrupulously clean. ♦

ADHD symptoms, *from page 1*

Partial list of potential ADHD triggers:

- Additives in food
- Allergies to food, environmental items, pets
- Arsenic-treated lumber - decks, play equipment
- Art supplies with dyes, fragrance
- Aspirin sensitivity
- Celiac disease
- Chlorine - swimming pools, Clorox
- Deficiency of "good fats"
- Dry erase markers
- Exhaust fumes from car - leaking into car or house
- Fabric softeners, strips - scented
- Family stress
- Fluorescent lights
- Fluoride - in water, dental products, supplements
- Gas or oil heat, gas appliances inside house
- Hand stamping, face painting
- Heavy metals
- Herbicides
- Laundry detergent additives, fragrances
- Lead from gas, environment, food additives
- "Locks horns" with teacher
- Loss of pet or loved one
- Medicine side effects, both prescription and OTC
- Mercury in dental fillings, vaccines
- "Miracle" spray cleaners
- Mold in house or classroom
- New car smell
- New carpeting, furniture off-gassing
- Paint - fresh paint, VOCs in paint
- Perfume, cologne, after-shave lotion
- Pesticides in house, yard, agricultural, ground water
- Petrochemicals, gasoline, tar, asphalt, kerosene
- Plug-ins
- Prematurity, difficult birth, trauma
- Prenatal lack of iodine, lack of beneficial gut bacteria
- Prenatal smoking, drug use, poor diet of mother
- Salicylates
- Scented soaps, tissues, candles, potpourri
- Scented stickers, toys
- Sensory processing deficits
- Sleep - too little
- Smoke from fireplace, wood stove, cigarettes
- Soy formula
- Teething - even in older children
- Thyroid dysfunction
- Vision deficits
- Vitamin/mineral deficiency
- Yeast overgrowth from antibiotic use
- Youngest in class ♦

Ali's Story

We found help for our "bouncing baby girl."

Our older daughter, Rosalia, "Ali" has had food issues since she was 10 days old; however, we didn't fully explore an elimination diet until she was 3.

She was always "on the go," running 90 miles an hour full steam ahead. Ali didn't spend too much time crawling because that process was too slow. She walked and then quickly figured out how to run at 9 months old. She was full of life and energy.

Walking was too slow for Ali. She bounced her way through the day!

When she entered preschool, sitting down for circle time was a huge challenge for her, and she practically bounced on her bottom until she arrived in the teacher's lap for the story.

As preschool went on, Ali seemed to be spinning out of control. I had heard of the Feingold Program from a parent at my former job about 5 years prior, and my husband and I decided to give it a try. We read *Why Can't My Child Behave?* and ordered the program materials from the Association. Our entire family went on the program as a way to support Ali.

We ate most of our meals at home during those early days, and on the rare times we ate out, we talked with the chef beforehand to be sure we were making a good choice.

Within 5 short weeks, her engine seemed to calm down.

Soon she was able to focus long enough to detect hunger pains and tell us she was actually hungry -- something she had not done before! Furthermore, she was actually able to sit on her bottom through an entire meal.

Before Feingold, Ali usually did a back bend over the chair as she ate, bounced her way into a standing position, and walked around as she chewed the food. Now, for the first time, she was sitting in a chair and eating a meal.



Mattie, Sean and Ali

Ali amazed her teacher as she was finally able to sit during story time, fully engaged. Family and friends started noticing that she was bouncing less. In addition, she became nighttime potty trained as a result of more self-regulation and more self-control. She stopped grinding her teeth at night and started sleeping peacefully throughout the night.

For the first time in her life, our 3-year-old was able to sit through a full 25-minute TV show without balancing herself at the tippy top of the couch. She was still full of life and energy, but it was much more manageable.

We taught Ali to smile and say, "No, thank you," when she is offered junk food away from home. When she gets home and tells me she has passed up a treat, I offer her a "swap out." This was the key! The Feingold-approved treat she enjoys at home is always 10 times better than what she has passed up, so she can't wait to get home and enjoy the swap-out!

As a teacher, I embraced the idea of delayed gratification. Ali learned how to cope with being patient, and that is a bonus in my opinion!

Today, all three of our children (ages 6, 5, and 4 years old) are accustomed to eating only the food from our house. When they are offered foods from anyone else, they simply smile and say, "No, thank you." That counts as a pass-up, and they earn a swap-out when they get home. Our whole family follows the Feingold Program, so this is not difficult for them.

A bonus is that our children have learned about delayed gratification.

We also brought our faith into the conversation. We told our children that God trusted us with 3 of His precious children, and we promised Him that we would keep them safe and healthy. If they were offered an artificial lollipop, we would remind them, "We promised God that we would take care of you," and offer them a natural lollipop instead. As a result, we have never had any issues, and we never felt we were depriving them of childhood treats because they always got the swap-out they desired.

Finally, we talk about how artificial colors are made from petroleum. To hammer the point home, when we would be at the gas station, I would offer, "Anyone want a drink of this gasoline? This is pretty much what food companies use to make those fake colors." The kids laugh and act grossed out. It's a ridiculous example, but it solidified the fact that they wouldn't want to eat fake food regardless of whether or not Mom and Dad said it was OK.

Continued on page 4

Thinking Moms' book to debut

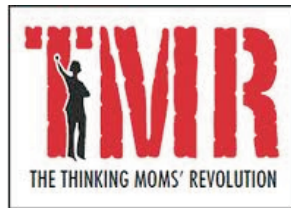
These parents are finding answers to help their autistic children, while many professionals continue to scratch their heads.

On April 1st, a day that celebrates the fool, a group of parents will celebrate the wisdom they have acquired as they found answers for their autistic children.

The Thinking Moms' Revolution (which includes one dad) is composed of parents who have found answers that many of the professionals they consulted had been unable to provide.

They met on Facebook to collaborate about the bio-medical and dietary interventions they used to help their children. And they share information on the doctors and researchers who are doing the important work looking for solutions for this growing population of children.

They believe that while the focus is often on the behavior of the autistic child, not enough attention is paid to the fact that this behavior is often because these children are sick.



The book is titled: *The Thinking Moms' Revolution - Autism Beyond The Spectrum: Inspiring True Stories From Parents Fighting To Rescue Their Children*. The stories have been collected by Helen Conroy and Lisa Joyce Goes, with a forward by pediatrician Robert W. Sears, MD.

The book will be available from Amazon.com on April 9 at a cost of \$17.74. ♦



Ali, from page 3

The children are "hooked" on the program and the understanding that they want to treat the one body God gave them with love and respect. We hope that all of these skills -- learning to respect their body and their health, learning how to say "no" to things that can harm their body, and learning to delay gratification -- will serve them well in the middle and high school years when children are faced with so many temptations.

The Feingold Program has anchored our family into living a healthy and active lifestyle, but it has also given my daughter the ability to regulate her body.

Alison Edwards

Editor's Note: We have found it is typical for the parents of chemically-sensitive children to report that their child walked before they were a year old. ♦

A supplement that could reduce the risk of autism

Norwegian researchers have found that when folic acid is taken early in pregnancy, the risk of having an autistic child is reduced by 39%. The rate of autism in the children of mothers who took the supplement was 0.10%, while for those who did not use the supplement it was 0.21%.

This information was taken from data on over 85,000 children who were born between 2002 and 2008. The findings, by Suren et al., were published in the February issue of *JAMA* -- the *Journal of the American Medical Association*.

In 2012, the *American Journal of Clinical Nutrition* published a study that was conducted in California. It found that mothers who took folic acid during the first month of pregnancy had a 38% lower risk of having a child with autism or Aspergers syndrome. The research was led by Rebecca Schmidt of the University of California at Davis. ♦

Bouncing Hot Dogs

It's not only pre-schoolers like Ali who are bouncy when they are filled with additives. One young student is taking on her school's bouncing meat. She writes, "When a new kid first comes to our school, all the kids hope it's a Wednesday. If it is we can play every kid's favorite competition -- how far can you bounce the hot dog? I'm not kidding -- if there's one thing students want to change in our school, it would definitely be the lunches. Mystery meat, rubber cheese, watch out!

"My name is Liana Keesing and I am the Student Council President of Kent Gardens Elementary School in McLean, Virginia. During my campaign for School President I gave students sticky notes on which they could write ideas about how they wanted to make KGES better. When I read the responses, more than half said they wanted better cafeteria food!

"When I talked to some of those students in more detail, almost everybody wanted healthier, better-prepared, more nutritious lunches.

"My biggest goal is to make sure that every kid in my school is getting a healthy, well-prepared and nutritious meal (that doesn't bounce!) that will help them to be a better student."

Reprinted from the *Real Food for Kids* newsletter, Fairfax County, VA. ♦

Pasta that's high in protein

Gluten-free, great tasting and good for you -- no foolin'!

Who would have thought that pasta could be a good source of protein? Ancient Harvest pasta is a blend of non-GMO corn flour and organic quinoa flour. One of the newly popular superfoods, quinoa has been a high protein staple for centuries, nourishing people living in the Andes Mountains.



The various types of Quinoa pastas cook in the same amount of time as wheat-based pastas. They are not likely to fall apart as are some rice-based versions, and your family might not even be able to tell them apart from conventional pastas. ♦

Stinky, expensive, and harmful

How can you get consumers to spend money on a product they don't need, that will damage their health, and possibly that of their neighbors, as well as harm the environment?

Convince them that adding petroleum-based fragrances to their laundry will produce clothes that will be cleaner, fresher and smell like they were line-dried in the sunshine and fresh air, amid a bed of flowers. Industry giant Proctor & Gamble makes various scented detergents and perfume additives, including Gain, the smelliest of all. The company recently introduced Gain Fireworks In-Wash Scent Booster, and claims that the smell will last for as long as *three months* on clothes in your closet!



In 2011, a University of Washington study found that the scents coming from dryer vents are actually considered to be hazardous chemicals. Study author, Anne Steinemann, described a 3-year-old boy who had seizures every time his neighbor used scented laundry detergent.

In school, if your child sits next to a kid with stinky clothes, he might be having unexplained reactions. It's a good idea for you to do a 'sniff test' while class is in session.

Purex has come out with one of the worst ideas yet: **Purex Crystals for Baby!** It will add fake fragrance to 32 loads of wash! Oh, poor baby!



What may be the best April Fools product of all, the Dial Corporation offers its Purex Laundry Detergent with a **chocolate chip cookie scent!** ♦

April Fool Foods

More dye than ever!

The Crunch Berries version of Cap'n Crunch cereal has mostly beige pieces, and an occasional "berry" made with fake colors, fake flavors, and tons of sugars. (They have never been near a real berry.)

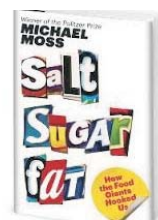
Well, kids, it looks like the Cap'n has made a mistake and come out with a version that is made entirely of vividly colored fake "berries." They call it "Oops! All Berries."



Not to be outdone by Quaker's neon-colored nuggets, Post treats us to a Limited Edition of their fruitless "Fruity Pebbles." The hyperactive Bam Bam is shown smashing a bowl full of the fake food that boasts "Rockin' Xtreme Colors! Amped-up Fruity Taste." Translation: even more petroleum-based dyes and synthetic mystery-flavored chemicals. ♦

Playing tricks on consumers

The new book, *Salt Sugar Fat: How the Food Giants Hooded Us* is getting a lot of attention.



Author Michael Moss describes how these three ingredients are the basis for processed foods. They not only entice the consumer, they also hide the bitter flavors that develop in the manufacturing of these foods. A fourth component could be MSG.

It was fascinating to read that most of the company executives never eat their own food, but opt for the fresh healthy food that is readily available to them because of their high salaries. ♦

Hungry in America

Volunteers around America and abroad are finding creative solutions for reducing hunger, as well as for cleaning the air and revitalizing our cities.

A hundred years ago, there were over 150 orchards in the city of Baltimore, according to the Baltimore Orchard Project. Their mission is to plant fruit trees throughout the city.

Citizens are learning how to plant, nurture, and prune trees that will offer a healthy snack to anyone wanting it. Others will work to make sure this food is available to anyone in the city who needs it and might not have easy access.



Projects like this do more than just provide an apple to a passer-by. They create park-like areas for everyone to enjoy, and when fruit trees are planted in existing parks, they enhance it.

More trees in a city mean less pollution in the air since they absorb carbon dioxide and produce oxygen. Trees soak up excess water after a storm, clean the soil and enhance the value of area properties.



In cities like Newark NJ, where the soil is too polluted to use for growing, earth boxes allow city farmers to get around that problem. And in areas where there is not enough land available, gardens are being planted on the rooftops of offices and apartments.



Motor City's new roadmap

Perhaps the biggest miracle of urban recovery is taking place in Detroit, Michigan. Thousands of vacant lots, filled with weeds and rubble, are being turned into community gardens. This is not the first time this has happened in Michigan's largest city. The first such program was developed there during a severe depression in the 1890s. Much of the land was used to grow potatoes, a hearty staple for hungry families.



One of Detroit's green patches is located in a neighborhood that has 23 liquor stores and only one grocer. Volunteers load food onto their truck and sell it to families that don't have cars or easy access to fresh produce.

But Detroit's plans go far beyond freshly grown fruits and vegetables. Working with Michigan State University, the city is using new technology to show how food can be successfully grown in cities using less energy and using indoor farming systems that allow the growing season to continue through the winter months.

The state is working to transition from selling automobiles to selling cutting-edge urban agricultural systems.

Boston Tree Party

It's no surprise that a city famous for challenging the status quo is busy transforming its urban landscape. The first apple orchard in colonial America was planted on Boston's Beacon Hill in 1623.

An army of volunteers has been planting apple trees for several years and anticipate their first harvest in 2015. By grafting several varieties onto a single tree, apples will ripen at different times.



Similar projects are underway in many cities, including San Francisco, Philadelphia, Chicago, Seattle and Vancouver, BC.

The planting in Chicago will focus on heritage fruits.



SPIN gardening

Small Plot INTensive farming, or "SPIN," is a system where large amounts of food can be grown on very small plots. This is ideal both for urban gardens and for home farmers who want to earn some money by growing food in their back yards.

See: www.spinfarming.com ♦

Additional information on page 8

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

ANCIENT HARVEST QUINOA^{^*} (GF,CF): Wheat-Free Supergrain All Plain Pasta
GILBERT GOURMET GOODIES ^ Pumpkin Pie (GF)
HYLAND'S ^{^*} (GF,CF): Cough Syrup with Honey 4 Kids (SB), Cough n Cold 4 Kids (SB), Baby Tiny Cold Tablets, Cough Tablets, Sniffles n Sneezes 4 Kids, Sore Throat
JONES DAIRY FARM Canadian Bacon (GF,CF, SM): All Natural Uncured Double Cherrywood 24 oz, Hickory Smoked 6 oz, 24 oz; Cherrywood Smoked Bacon (GF,CF,SM): Sliced 8 oz, All Natural Uncured Turkey Thigh Meat Chopped & Formed 8 oz; Bacon (GF, CF, SM): Cherrywood Smoked Sliced 16 oz, Hickory Smoked Slab;
LIVE LOVE DEW (Ohio) Natural Shea Lip Dew (GF, CF)
NATIVE FOREST* Organic Mangosteen (GF,CF)
NATURE'S COLORS^{^*} Decorating Colors Set of 2 (GF,CF): Evergreen, True Red
ORGANIC PRAIRIE Beef Summer Sausage (N, SM, GF,CF)
PEELED SNACKS Fruit Pouches (GF,CF): Banan-a-peel, much-ado-about-Mango, paradise found; Fruit Picks (GF,CF): much-ado-about-Mango, pine-4-pineapple, Banan-a-peel
RUMIANO FAMILY ORGANIC^{^*} (GF) Organic Slices: Medium Cheddar, Mozzarella, Mild Cheddar, Sharp Cheddar, Colby, Monterey Jack, Reduced Fat Cheddar; (GF) Organic Bar: Medium Cheddar, Mozzarella, Mild Cheddar, Sharp Cheddar, Colby, Monterey Jack, Reduced Fat Cheddar
SEVENTH GENERATION^{^*} (GF,CF) Free & Clear : Foaming Natural Dish Soap made with Organic Sunflower and Coconut, Natural All Purpose Cleaner, Natural Dish Liquid – Hand Care Formula, Natural Liquid Fabric Softener; All Purpose Natural Cleaner with Organic Sunflower and Coconut, Natural Laundry Detergent Packets
SMUDE'S BRAND Cold Pressed Virgin Sunflower Oil (GF,CF)
VEGALENE ^ (GF,CF) (FS) Allergen Free Food Release Spray, Premium 3-Oil Blend Food Release Spray

Stage Two

365 EVERYDAY VALUE[^] (Whole Foods Market) Organic Soup: Southwestern Style Black Bean (GF,CF, chili peppers, red peppers, tomatoes), Rustic Vegetable (CF, chili peppers, tomatoes); Soup: Lentil (GF,CF, tomatoes)
APPLE CLUSTERS ^ Cinnamon Crunch (GF,CF,apples)
EREWHON Cereal: (GF,CF) Raisin Bran
GILBERT GOURMET GOODIES ^ Apple Pie (GF)
JONES DAIRY FARM Farm Fresh & Tender Family Ham with Natural Juices – Hickory Smoked Slab (GF,CF,SM, cloves), Ham with Natural Juices (GF,CF,SM, cloves): Hickory Smoked Slices 8 oz, Hickory Smoked Steak 7 oz, Hickory Smoked Steak 10 oz, Hickory Smoked Steak 32 oz, Country Club Hickory Slicing, Hickory Smoked Dainty Half Ham, Hickory Smoked Dainty catch weight, Hickory Smoked Semi Sliced catch weight, Hickory Smoked Bone in Half Ham catch weight, Hickory Smoked Bone in catch weight
KEENWAH decadence* (GF,CF, almonds): Cayenne Cinnamon (cayenne pepper), Chocolate Chia, Coconut Almonds
MATY'S* All Natural Cough Syrup (GF,CF, apple cider vinegar, cayenne pepper)
PEELED SNACKS Fruit Pouches (GF,CF): Apple-2-the-core, Apricot-a-lot, Go Figure (apricots), Raisin expectations; Fruit Picks (GF,CF): Apple-2-the-core, Apricot-a-lot
RUMIANO FAMILY ORGANIC^{^*} (GF): Organic Pepper Jack Slices, Organic Pepper Jack Bar
TRUE HOPE Empower Plus <http://www.truehope.com> (GF,CF, grapeseed extract)

Stage One Fragrance

SEVENTH GENERATION^{^*} (GF,CF) All Purpose Natural Cleaner with Organic Sunflower and Coconut: Lemon, Wood Cleaner Lemon Chamomile, Blue Eucalyptus & Lavender: Natural Fabric Softener Sheets, Natural Liquid Fabric Softener, Natural 2x Concentrated Laundry Liquid; Sunscreen 30 SPF, Lavender Handwash (SB, GF,CF), Lavender Facial Cloth (SB, GF,CF), Bar Soap (GF,CF): Chamomile, Lavender, Peppermint; Body Lotion (GF, CF): Chamomile, Lavender, Body Wash (SB, GF,CF): Chamomile, Lemon Peppermint; Lemon Natural Dish Liquid (GF,CF), Lemon Foaming Dish Soap Made With Sunflower and Coconut (GF,CF), Lavender Hand Wash (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.

Growing Power

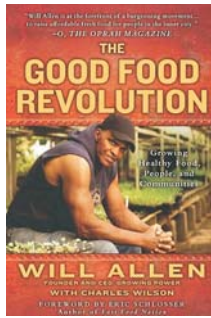
One man is showing how to bring good food to people.

When he left his Maryland home to play basketball at the University of Miami, Will Allen never expected to end up as a farmer. His father was a sharecropper, but thanks to both his education and an indomitable spirit, Will went on to first become a professional basketball player, and then an executive for Kentucky Fried Chicken and later for Proctor and Gamble.

But he left the corporate world behind in favor of a two-acre plot of land in Milwaukee, WI. Located just one half mile from the city's largest housing project, Will transformed the land into what has become a show-place for those who want to reclaim their cities and their love of real food.



Soil is composted, fish are raised, animals are tended and plants are grown in this prototype "farm."



Today the tiny plot has grown to 3 acres, but it produces an astonishing amount of healthy food of all kinds. Will shows how to raise more than just vegetables. There are fish and animals, along with 150 different crops on the miniature farm.

He calls the enterprise Growing Power, and knows that the play on words symbolizes the potential for people who have long felt powerless to take their lives into their own hands. The farm serves as a classroom for those from around the country who want to learn how to reclaim both neighborhoods and lives.

Plans are underway for a Vertical Farm to be located in the middle of Milwaukee. This five-story structure would enable food to be grown all year long and will include space for classrooms, conferences, food processing and storage equipment as well as a demonstration kitchen. ♦

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Carolyn Allen

Markey Dokken

Shula Edelkind

Cindy Harrell

Elizabeth Kellum

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

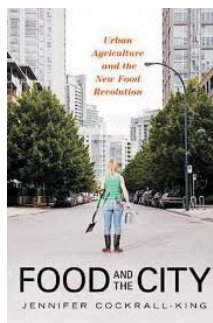
©2013 by the Feingold Association of the United States, Inc.

I stumbled upon *Food and the City* in my local library. After reading it, I felt inspired and hopeful.

This book illustrates the way forward for towns and cities and their inhabitants: creating a 'post-industrial urban edible landscape' where people grow their own food in backyards, on rooftops, in community gardens, on city-owned lands, on CSA farms, and near empty factories left to rot because it costs too much to tear them down.

Food and the City

by Jennifer Cockrall-King



The author takes you all over the world with descriptive language that makes you feel like you are standing right alongside her: places like London, Detroit, Chicago, Los Angeles, Paris, Vancouver, and Cuba, to name a few.

The book begins with a history lesson on how our food became so "industrialized" and the toll it is taking on our planet and our bodies. ♦

Lisa Nolan "Mom on a Budget"