

# Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2013

[www.feingold.org](http://www.feingold.org)

Vol. 37, No. 4

## How to Fix School Food!

Our website [www.school-lunch.org](http://www.school-lunch.org) shows how this can work in your community.

The brand new web site has an introductory slide show, a section titled "12 Things Every School Lunch Activist Should Know," and a series of articles giving more detail on how to proceed. Please share it with your social network.



**School Food  
a good idea gone amok**

Whether or not you have a child in public school, what is on Johnny's cafeteria tray has a direct impact on your life. It is linked to our food supply, our health, our economy and our planet; this site explains why.

The project is based upon several years of research on what is working and why, in combination with the Feingold approach that has been so successful for our families. ♦

## Jamie Oliver's Food Revolution



May 17 will mark the second annual Food Revolution Day, one of many activities initiated by chef Jamie Oliver, the British chef who has inspired people all over the world to take a hard look at what our generation is feeding its children.

Visit: [www.jamieoliver.com](http://www.jamieoliver.com) for more information. ♦

## Many cured meats are no longer acceptable

Synthetic dyes may be hidden in nitrites

It has come to our attention that products containing nitrates or nitrites may have a cure mix called "Prague Powder," which is colored pink so that manufacturers don't get this ingredient mixed up in production with other spices or flavors.

The pink color comes from Red #40, and since companies that make hot dogs, ham and other products add this pre-made mix during manufacturing, they are not required to let you know it is in there, so the label you are reading could just list nitrite or sodium chloride (salt).



There are many meats in our *Foodlist* that are coded (N) so the Product Information Center has been busy contacting companies to find out if it is in their products. We feel that this could be one reason why some of our members have had reactions to nitrites in their foods. We will continue to do our best to keep members informed about what is in their food.

A PIC alert will be sent out via e-mail to all of our current Feingold members. To the best of our knowledge, the companies listed in this newsletter use Prague Powder with red dye. Keep in mind that some of these companies have other products in our *Foodlist* that are fine. On page 6, we have listed the products that need to be removed from your *Foodlist & Shopping Guide* as they contain Red 40. ♦

Cindy Harrell, Director  
FAUS Product Information Center

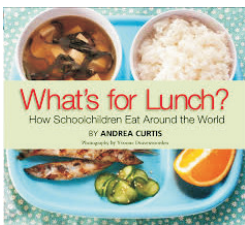
The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the role of foods and synthetic additives in behavioral, learning and health problems.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

## What's for Lunch?

How Schoolchildren Eat  
Around the World.

In this 40-page book, rich with beautiful photographs of food, author Andrea Curtis takes us to the lunch tables of children in thirteen countries. In addition to the food, so much more information is provided, including the severe poverty and social issues that are reflected in a child's lunch.

We see the extremes, from the elegant meals of France to the dish of rice and lentils eaten by children in India. Some of these Indian children come from families too poor to provide them with a plate or bowl for their meal, so they use a piece of paper on a slate to hold their food.



In some countries, the food served at lunchtime is an incentive for a poor family to allow their daughters to attend school. In Afghanistan, families receive an additional ration of cooking oil if they allow their daughter to attend school. But in parts of the country controlled by extremists, it is risky for a girl to go to school.

"What we eat has become a part of a huge global system. Unpack a school lunch, and you'll discover that food is connected to issues that really matter such as climate change, health and poverty."

Some areas of the world are facing a growing crisis of obesity as their children opt for unhealthy Western fast food and snacks, while others are plagued with malnutrition. Increased costs of food make it harder than ever for many families to cope, so the innovative projects the author describes are encouraging. ♦

## More problems with meats

For many years, the Department of Agriculture banned the use of several chemical preservatives in meat and poultry. They are sodium benzoate, sodium propionate and benzoic acid.

Products that contained the additives were recalled by the agency and destroyed. The rationale behind the regulation was that these chemicals could be used to "conceal damage or inferiority in meat and poultry." But after Kraft Foods presented their own studies to the Department's Food Safety and Inspection Service, the government agency had a change of heart, and as of May 6, consumers will find yet another unwelcome additive in their supermarkets.

While these preservatives have not attracted the same level of attention as other additives, they are of concern, having been found to cause side effects in sensitive people, including gastrointestinal problems and stomach ulcers, behavioral changes, headaches and DNA damage.

The preservative, called BactoCease, will be allowed to be used in raw meat and poultry, and it may also be used for hot dogs, sausages, stews, soup, salads, and even in brine injections. It will be promoted as an antimicrobial that can protect the consumer from Listeria, but critics say it will be used to compensate for the filthy conditions in which many factory farmed animals are raised. ♦

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## The interesting world of cheap fast food

It's been an amazing ride for the Tex-Mex giant Taco Bell.



Along with other fast food chains, Taco Bell renounced the use of pink slime once the public learned of the ammonia-treated cattle parts. Next, they were sued by a consumer who said there wasn't enough beef in the taco meat to call it that. Then, there was the horse meat scandal that affected fast food chains in Europe.

But all in all, life has been very good for the chain. Last year, they sold more than 375 million of their wildly popular Doritos Locos -- more than a million a day. The company says this enabled the creation of 15,000 new (low paying) jobs. Not bad for a chain that is growing rich in a still-struggling economy. Apparently, there are millions of people who are happy to pay for a dose of: MSG, artificial flavor, FD&C yellow 6, yellow 5, red 40, and TBHQ, as well as cellulose, a substance used as a filler (also sold as a source of fiber to promote regularity).

Now, Taco Bell has announced that they plan to improve the nutrition of some of their meals to meet federal dietary guidelines...but the catch is that it won't happen until the year 2020! That should be approximately 2,755,000,000 Doritos Locos from now. ♦

## Tribute to Mom



"The term 'working mother' is redundant."

*Jane Sellman*

"We spend the first 12 months of our children's lives teaching them to walk and talk and the next 12 telling them to sit down and shut up."

*Phyllis Diller*



"My mother had a great deal of trouble with me, but I think she enjoyed it."

*Mark Twain*

"The best way to keep children home is to make the home atmosphere pleasant -- and let the air out of the tires."

*Dorothy Parker*

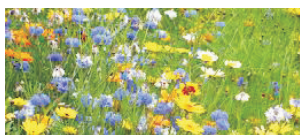


"There was never a child so lovely but his mother was glad to get him to sleep."

*Ralph Waldo Emerson*

"Motherhood is tough. If you just want a wonderful little critter to love, you can get a puppy."

*Barbara Walters*



"Sweater, n.: garment worn by child when its mother is feeling chilly."

*Ambrose Bierce* ♦

## Mother's Day – what NOT to buy for Mom

Most scented products are doused with petroleum-based fragrances, so you're better off avoiding anything smelly.



Feingold mom Rama Gheris described the usual suspects: candles, perfumes and colognes, plug-ins and other air fresheners, personal care products like hair gel, lotions and cosmetics, laundry products, soaps (dish and bath), cleaning products, and dryer sheets, as well as potpourri. Many children's toys have added fragrances, as do some puzzles.

But fragrances can sneak into your home in other ways. Magazine inserts are one way. Another is scented headphones. Yes, scented headphones! They are available in many candy scents: gummy bear, bubble gum, chocolate, Jelly Belly jelly beans, Jolly Rancher and Skittles. In case you've been dealing with a cranky teen recently, Rama suggests you see if there are any little bear-shaped critters over her ears. ♦

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### Cause for celebration - from another Feingold mom

"Since we began the Feingold Diet, my preschooler's behavior is so, so different from what it was this time last month. I still have a nervous feeling in my stomach every time I go to pick him up from preschool, afraid that the teacher is going to give me 'the look' and describe how he clobbered another kid or refused to obey her. But every day I get two little words that make my heart sing: 'Good day!'

"This morning, when he woke up in a happy mood, I knew we'd have a good day today. Sure enough, when I picked him up, his teacher said he did. She also brought me an 'incident report' -- one of those papers they have to fill out when your kid hits another kid. But guess what -- he was the victim! I am pretty sure I'm the only mom who ever did a fist pump and said YESSS! upon learning that her kid had gotten slapped by another kid at preschool."



See Missy's wonderful posts at: <http://itsalmostnaptime.blogspot.com> ♦

### Things I have learned from a 6-year-old boy

You should not throw baseballs up when the ceiling fan is on.

A ceiling fan can be used as a baseball bat, but it takes several throws before the fan hits the ball.

A ceiling fan can hit a baseball fast enough to break a window.

If you hook a dog leash over a ceiling fan, it is not strong enough to support a 46-pound boy wearing a Batman cape and underwear. ♦



## 1 boy in 5, 1 child in 50

The newest statistics on the incidence of ADHD is 1 boy in 5, and for autism, 1 child in 50. This comes as a shock, even to seasoned professionals. Since they are on the same spectrum, something that can lead to autism can also play a part in ADHD.

Natural health activists have been warning for years that the constant degradation of our food supply, along with the ongoing increase in toxins in our environment, will exact a terrible cost. The unborn child is the most vulnerable, and abundant animal research shows how those toxins can interfere with normal brain development.

All the while, many cling to fantasy explanations such as, "There have always been millions of autistic children; we just haven't noticed them."

Somali's who now live in Sweden call autism "The Swedish Disease."

Faulty genes are also cited, but while they appear to play a part, research from Stanford University concluded that this is only one factor since they found that identical twins do not have the same predisposition to developing autism in 64% of the cases studied. (Hallmayer 2011)

Swedish researchers report that women who have children when they are older increase the chances of having an autistic child. (Sandin 2012)

Additional research from Stockholm showed that children who immigrated from Somalia to Sweden have a high rate of developing autism, and that pregnant women of Somali origin now living in Sweden tend to have severe **vitamin D deficiencies**. (Saaf 2011, Fernel 2010)

Immigrants who leave an East African country, with ample sunlight, and relocate in Sweden, with much less sunlight, are vulnerable to vitamin D3 deficiency.



Researchers in Los Angeles, a city infamous for its traffic and polluted air, have shown that babies born to women who are exposed to high levels of **polluted air** have a greater chance of having a baby with autism than women who live where the air is cleaner. (Ritz, Young, 2013)

Air pollution is not a new problem, so most likely this is only one factor in the autism puzzle.

A 2009 study from Cornell found that the rainiest counties in the Northwestern US have higher rates of autism than places where there is abundant sunshine. Both the lack of vitamin D and indoor pollution could be factors here. (See *Pure Facts* 3/2009)



There is a growing recognition that many of the toxic chemicals in our environment are damaging our children; these include: lead, mercury, pesticides, BPA, phthalates, auto exhaust and flame retardants.

The developing brain is vulnerable to these chemicals and others, but the laws in place do not protect children. Activists are calling on Congress to pass the Safe Chemicals Act which would replace the ineffective current regulations.

### Flame Retardants

It's been many years since the flame retardant 'tris' has been removed from children's pajamas, but it is still used in household products, especially the foam in furniture.

Flame retardants have been found to impair learning, cognition, motor development, social development and behavior. They are also believed to be carcinogens.

In February, researchers at the University of California's Mind Institute published research showing that a widely-used flame retardant resulted in damage to mice who are genetically predisposed to exhibit characteristics of autism. The chemical migrates from the foam in furniture and infant products, is absorbed through the skin and accumulates in body fat, blood and breast milk. Exposure during pregnancy can lead to lower birth weight and interfere with brain development in the fetus. (A 2011 study found that when women took prenatal vitamins, beginning prior to pregnancy, they reduced the chances of having a child with autism.)

Flame retardants were required to be added to the foam in furniture by a California law passed in 1975. For decades, federal regulators tried to get cigarette companies to switch to cigarettes that are self-extinguishing. But failing to do this, they tried to reduce house fires by requiring the furniture to be treated. Unfortunately, the chemicals did little to improve safety, but they were embraced by the chemical manufacturers and by the tobacco industry.

*Continued on page 5*

## Good nutrition in a hurry

Here's a product that can provide your children with the equivalent of a healthy breakfast for those days when you're in a rush. It can be a nourishing snack they enjoy in the afternoon. Or, it might just be what parents of picky eaters are hoping to find.

PediaSmart vanilla and chocolate flavored beverages provide complete nutrition with the protein, fat, carbohydrates, vitamins, and minerals found in a balanced meal



There are no artificial colors or flavors in PediaSmart, and it is certified organic, so it's free of all pesticides and does not include genetically-modified ingredients. There is no corn or gluten, and it is suitable for people who are lactose intolerant.

Manufactured by Nature's One, a company providing organic foods for babies, this beverage is designed for children ages 1 to 13. It comes as a powder, which is mixed with water. It can be enjoyed this way or incorporated into a smoothie.

See: [www.NaturesOne.com](http://www.NaturesOne.com) ♦

## More reasons to skip the High Fructose Corn Syrup

Fructose, as in high fructose corn syrup (HFCS), slows down the brain's ability to build new connections, which is another way of saying "to think," and it impairs the ability to remember. These are the findings of research carried out at UCLA and published last year in the May issue of the *Journal of Physiology*.

But the good news is that a diet rich in omega-3 essential fatty acids helps compensate for the negative effects of the fructose. Earlier research points to HFCS as a culprit in diabetes, fatty liver and obesity.

Senior researcher Dr. Gomez-Pinilla, noted, "Our study shows that **a high-fructose diet harms the brain as well as the body**. This is something new."

In the same study, omega-3 fatty acids were found to exert a protective effect for people who consume HFCS, particularly those who are prone to diabetes, obesity and high blood pressure.

This research points to several things in our Western diet that work together to rob people of their health. These include: consumption of high amounts of HFCS, **too many omega-6 fatty acids** (as are found in the commonly used vegetable oils), plus a **deficiency of omega-3s**.



### Even more bad news for the corn industry

A small study on a link between **HFCS and obesity** was published earlier this year in the *Journal of the American Medical Association*. It was led by Yale University's chief of endocrinology, Dr. Robert Sherwin. Twenty healthy young adult volunteers drank beverages sweetened with either fructose or glucose while scans monitored the activity in their brains.

When they consumed the drink with fructose, their brains did not register a feeling of fullness, as they did when the drinks were sweetened with glucose. Interestingly, not only did the

### One boy in 5, from page 4

A series of investigative reports last year by the *Chicago Tribune* uncovered what the paper terms "a decades-long campaign of deception by the tobacco and chemical industries." This included the creation of bogus "consumer" groups like the Citizens for Fire Safety Institute, courting the cooperation of fire marshals around the country and creating their own "facts."

As a result, the chemical industry sold more of its products and took the focus off of cigarettes as a major cause of house fires, enabling the tobacco industry to delay the switch to self-extinguishing cigarettes. ♦

brain scans indicate they were not satisfied, but the volunteers said that after the fructose drink they felt a desire to continue eating.

The research compared fructose to glucose, but neither sugar nor HFCS is composed of only one of these sweeteners. Sugar -- known as sucrose -- is a combination of half fructose and half glucose, while HFCS is 55 percent fructose and 45 percent glucose. This difference, while small, appears to be significant in the way the body uses the sweeteners.

In addition to recommending that people reduce or eliminate their intake of both sugar and HFCS, many health advocates are very critical of **agave syrup, which is a highly processed form of fructose**. But most are less concerned with the naturally occurring fructose in whole fruit. The one sweetener that does not appear to have any of the problems of the sweeteners above is the **zero calorie stevia**. ♦

## Products that need to be removed from your *Foodlist and Shopping Guide*:

CARANADO Alpina Sliced Genoa Salami, Boneless Smoked Ham, Spiral Sliced Whole, Half and Quartered Honey, Spiral Sliced Ham Boneless Honey Cure Wrapped in foil, Classic Hard Salami Sliced, Polska Kielbasa – Rope Sausage, Sweet Neopolitan Soppressata, Low Fat Pepperoni, Pepperoni

CARANADO DELI QUICK Salami: Hard Sliced, Low Fat Hard Sliced, Alpina Genoa, Genoa, Low Fat Genoa Sliced

FARMLAND Black Angus Beef Jumbo Franks; Deli Style: Jumbo Beef Franks, Jumbo Meat Franks; Hickory Smoked: Original Hot Dogs, Premium Beef Franks, Premium Hickory Franks; Deli Favorites: Sliced Bologna, Chopped Ham, Sliced Ham & Cheese Loaf, Sliced Cooked Salami, Sliced Hard Salami, Sliced Olive Loaf, Sliced Pickle & Pimento Loaf, Pepperoni; Special Select Boneless Smoked Turkey Breast; Variety Pack: Fat Free Turkey Breast, Braunschweiger, Pork & Bacon Sausage Links, Pork & Bacon Sausage Rolls, Summer Sausage Club

FIORUCCI Chorizo Cantimpalo

HILLSHIRE FARM Bunsized: Cheddarwurst, Cheese Wieners, Kielbasa, Smoke Sausage, Smoked Bratwurst, Thuringer, Beef and Cheddar, Beef Polska Kielbasa, Beef Smoked Sausage, Beef Summer Sausage, Fully Cooked Brats, Li'l Smokies, Lite Polska, Milk Polska, Polska Kielbasa, Polska Kielbasa Links, Summer Sausage, Summer Sausage with Cheese

HILLSHIRE FARM DELI SELECT Oven Roasted Cured Beef, Smoked Beef, Brown Sugar Baked Ham, Ham w/ Natural Juices, Honey Ham, Lower Sodium Ham, Smoked Ham, Turkey Ham, Corned Beef, Light Bologna with Pork, Turkey & Beef, Cajun Style Ham, Smoked Chicken Breast, Smoked Turkey Breast, Pastrami

JERKEY DIRECT Beef Steak Sticks: Original, Peppered; Beef Stix: Original Flavored, Peppered Flavored, Fajita Flavor, Habanero Flavor

KAHN'S Bunsized Smokey, Chopped Ham, Cooked Ham, Hickory Grove Select, Liverwurst, Dutch Loaf, Liver Loaf, Beef Salami, Cooked Salami, Big Red Smokey, Wieners, Cheese Wieners; Franks: Beef, Bunsized Beef, Bunsized, Jumbo Beef, Jumbo; Bologna: Beef, Deluxe Club, Garlic; Loaf: Ham & Cheese, Honey, Jalapeno, P & P, Pepper, Pickle, Spiced Luncheon

KAHN'S DELI FRESH Lite Imperial Club Ham, Lite Square Old Fashioned Loaf, Lite Cotto Salami, Lite Polska Kielbasa; Lite: Corned Beef, Bologna, Olive Loaf, Pickle Loaf, Pastrami, Smoked Sausage

KOEGEL MEATS Frankfurters: Beef Skinless, Skinless, Vienna; Bologna: Large, Pickled, Ring

LEIDY'S Country Made Bacon

LIPTON RECIPE SECRETS Onion Mushroom

LOUIS RICH Turkey Ham, Turkey Salami Cooked, Turkey Salami Cotto, Franks Turkey and Chicken, Chopped Turkey Ham

OSCAR MAYER Bacon, Smoked Cooked Ham, Honey Loaf, Authentic Cotto Salami, Summer Sausage, Beef Bologna, Bologna, Liver Cheese, Old Fashioned Loaf, Olive Loaf

R-LINE Natural Casing Wieners

SISTER SHUBERT'S Frozen Sausage Wrap Rolls

SLIVERLINE Natural Casing Wieners

STIGLMEIR Garlic Bologna

THUMANN'S The Deli Best: Hickory Smoked Sliced Bacon, Bone in Fully Cooked Smoked Ham, Franks for Deep Frying, Natural Casing Beef Frankfurters, Our Delicious Jumbo Frankfurters, Cajun Style Fully

Cooked Top Beef Round London Broil, Cooked Corn Beef Brisket, Cooked Corn Beef Brisket Round, Cooked Corn Beef Brisket First Cut, Corned Beef Brisket Garnished with Spices, Bologna, Bologna Chubs, Garlic Bologna, Ham Bologna, Lower Sodium Bologna, Mortadella, Our Old Fashioned Bologna, Pork & Beef Bologna, Ring Bologna, Black Forest Brand Cooked Ham, Boneless Fully Cooked Smoked Ham Water Added, Easy Slice Spiral Cut Ham, Honey Cured Black Forest Brand Cooked Ham, Maple Glazed Smoked Ham, Our Chef's Sliced Ham, Our Short Cut Deluxe Cooked Ham, Our Short Cut Deluxe Cooked Ham Low Sodium, Our Short Cut Deluxe Fat Smoked Ham, Our Short Cut Deluxe Honey Cured Baked Ham with Natural Juices, Braunschweiger, Natural Casing Liverwurst, Natural Casing Smoked Liverwurst, Old Fashioned Caped Liverwurst, Cooked Beef Tongue Loaf, Kielbasa, Kielbasa Loaf, Luncheon Loaf, Oval Minced Loaf, Prosciuttini, Prosciutto, Tongue & Blood Loaf, Cap Pastrami, First Cut Pastrami, Pastrami, Cooked Salami, Pork Shoulder Butt, Knockwurst, Natural Casing Frankfurters, Our Delicious Cocktail Franks, Skinless Beef Frankfurters, Skinless Frankfurters, Beef Bologna, Mortadella with Pistachios, Brown Sugar Cured Ham, Deluxe Virginia Brand Ham, Our Ham-O-Collo Cooked Ham, Our Hot Ham, Head Cheese, Olive Loaf, P & P Loaf

**Temporarily remove:** These Empire meats are not acceptable now, but they will soon be changing ingredients.

EMPIRE KOSHER – Turkey & Chicken Franks, Fully Cooked Ready Serve Deli Case Roll: Turkey Salami, Turkey Bologna; Packaged Deli Slices: Turkey Salami, Turkey Bologna, Chicken Bologna, Smoked Turkey Breast, Turkey Pastrami



## 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 Value Organic Bread (CF): Classic White, Early Bird Multiseed, Mighty Multi-Grain, Snappy Sourdough

AMY'S\* Bowls (GF): Broccoli & Cheddar Bake, Mushroom Risotto

ANDY'S CANDY (www.amys.com) Organic Candy

Bar (GF): Creamy, Crispy, Crunchy, Chewy

B & M Maple Baked Beans (GF, CF)

CLEURE Natural Sunscreen SPF30 (GF,CF)

JONES DAIRY FARM Cherrywood Smoked Uncured Ham (SM,GF,CF): All Natural 6 oz, All Natural Steaks 6 oz; Cherrywood Smoked Uncured Turkey Breast 6 oz (SM, GF,CF); Double Cherrywood Smoked Water Added Ham (SM,GF,CF): Boneless Carving catch weight, Honey & Brown Sugar Cured catch weight, Glazing ½ Ham catch weight, Glazing catch weight

MRS GLEE'S GLUTEN-FREE\* (GF,CF): Brownie Mix, Oatmeal Cookie Mix, Maple Sugar Cookie Mix, Graham Cracker Mix, Pie Crust and Breadstick Mix, Bread Mix

NATURE'S FLAVORS Erythritol Syrup (GF,CF): Panettone Flavor – 7951, Caramel Corn Flavor – 7472, Maple Flavor – 6907, Cinnamon Flavor – 6780, Lemon Flavor – 6192, Unflavored Syrup – 6329, Caramel Flavor – 6328, Cola Flavor -- 6328

PACIFIC\* All Natural Macaroni & Cheese

PRETZEL CRISPS^ Deli Style Sesame (CF), Classic (CS,CF), Supreme (CS,CF), Cinnamon Toast (CS,CF)

SEVENTH GENERATION\*^ (GF,CF) Natural Nursery & Toy Cleaner, Baby Bottle & Dish Liquid, Baby Laundry Stain & Spot Remover, Baby Shampoo & Wash (SB), Diaper Cream

TROPICAL TRADITIONS (www.tropicaltraditions.com) (GF,CF): Organic Dried Coconut, Organic Gold Label Virgin Coconut Oil, Organic Expeller Pressed Coconut Oil, Organic Green Label Virgin Coconut Oil, Non Certified Expeller Pressed Coconut Oil, Organic Palm Shortening

TURKEY HILL (PA, MA, NJ) Milks: Fat Free, Low Fat, Reduced Fat, Homogenized Grade A Vitamin D, Whole

## PIC Alert

TILLAMOOK COUNTRY SMOKER Old Fashioned Smoke Beef Steak Nuggets contain red dye so they need to be removed from your *Foodlist*.

BOAR'S HEAD Bianco D'Oro Italian Dry Salami and Lebanon Bologna need to be removed because they contain red dye in the prague powder. (All other BOAR'S HEAD products with nitrates are accepted.)

### Stage Two

AMY'S\* Bowls (GF) Vegetable Parmesan

LOU'S FAMOUS Chicken Sausage (CF): Aged Provolone Skinless, Artichoke and Calamata Olives Oven Roasted

MRS GLEE'S GLUTEN-FREE\* (GF,CF): NoFry Donut Mix (cloves), Molasses Cookie Mix (cloves)

NATURE'S FLAVORS Erythritol Syrup (GF,CF): Peach Flavor -- 6522, Almond Flavor -- 6295, Orange Flavor -- 7474, Blueberry Flavor -- 6333, Apple Flavor -- 7471, Strawberry Flavor -- 7475

PACIFIC\* Organic Vegetable Broth (GF,CF, tomatoes)

PRETZEL CRISPS^ Deli Style Chipotle Cheddar (CS,MSG/HVP,SM), Tuscan Three Cheese (bell peppers, chili peppers, red peppers, tomatoes)

SALSA SOL DEL RIO\* (GF,CF, chili peppers, tomatoes): Mild, Hot, Medium Mango

WE CAN TOO (Blue and Red are Stage Two colors with blueberry and currents) (GF,CF): Paints, Face Paints, Finger Paints, Tempra Paints, Veggie Crayons, The Original Veggie Sidewalk Chalk, The Swirl Sidewalk Chalk  
WE CAN TOO (GF,CF, blueberry, currents) Veggie Sidewalk Chalk Discs

### Stage Two Fragrance

KISS MY FACE\*^ Fragrance Free Olive & Aloe Moisturizer (GF,CF, almond oil, orange oil)

SEVENTH GENERATION\*^ (GF,CF) Natural Shower Gel (oranges), Granite & Glass Cleaner Mandarin, Stainless Steel Cleaner Mandarin, Natural Laundry Detergent Packets: Mandarin & Sandalwood (orange oil), Natural Laundry Detergent Powder Real Citrus (orange oil), 4X Baby Laundry Liquid (almond oil), Baby Foaming Shampoo & Wash (SB, orange oil), Baby Bubble Bath (SB, orange oil), Baby Lotion (orange oil), Mandarin Handwash (SB,GF,CF), VERMONT SOAP\* (GF,CF) Liquid Sunshine (orange oil)

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.

## "Harmacy"

### Bad-for-you drugs!



As Feingold members know, many synthetic dyes that are banned from use in foods are still allowed to be added to drugs and cosmetics. (The term FD&C dyes refers to dyes that are allowed to be used in foods, drugs and cosmetics. If they carry the label "D&C" that means they may only be used in drugs and cosmetics.)

Britain does not allow synthetic dyes, artificial flavorings and some preservatives to be used in products typically consumed by children under age 3. The only additives permitted to be added to pediatric medicines are those which they deem are "risk-free and strictly necessary."

The fact that these banned dyes are found in children's medicine, as well as other non-foods, makes Feingold mom Rebecca angry, and she decided to do something about it. The recent petition to Kraft Foods, calling for the removal of yellow dye from their mac & cheese, inspired her to initiate a petition via Change.org.

#### Demand safe products

She is challenging pharmaceutical companies to ditch the dyes and fake flavorings that are used in children's antibiotics, over-the-counter cough and allergy medications, vitamins, and toothpaste.

To sign the petition, go to <http://www.diefooddye.com/petition>

## Homeopathy

Homeopathic remedies are popular with many people, including Feingold members who want to avoid the synthetic dyes and flavorings in so many drugs. Happily, the worst side effect likely from them is that they might not work -- much different than allopathic drugs!

Another benefit of homeopathic products is that their cost is low.

Unlike drugs, which require a new drug approval process by the Food and Drug Administration, homeopathic medicines in the United States are only required to be approved by Homeopathic Pharmacopoeia.



### Happy Mother's Day!

**But all this, and the fact that these products are protected by Federal law, has not stopped the state of California from trying to get rid of homeopathy.**

Using a section of its consumer protection law, the state is suing the largest manufacturer of homeopathic products. A 2012 lawsuit alleged that Borion falsely claimed their Children's Coldcalm provides relief from the symptoms of colds. Borion was also accused of making false claims for many other products which are said to effectively treat many different health issues.

Another accusation is that they are too diluted to actually be effective, but as many *Pure Facts* readers understand, this is how homeopathy works!

Information provided by the Alliance for Natural Health USA:

[www.anh-usa.org](http://www.anh-usa.org)

## 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 any medical issues.

[www.feingold.org](http://www.feingold.org)

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#### Editor's Note:

If you currently use homeopathic remedies, it might be a good idea to stock up on them in the event that Big Pharma and its friends in California are successful in either destroying or severely restricting them.

A leading physician in this field told me that homeopathic products appear to stay active for decades. Many of them are available in health food stores and online. ♦