

Pure Facts

Newsletter of the Feingold® Association of the United States



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Suicide in the military

Are people dying because they did not receive help... or because they did?

In 2012 the number of deaths from suicide in the military was greater than the number who died in combat in Afghanistan. There were 295 combat fatalities, and 349 suicides. What's more, according to the Department of Defense, about one third of the suicides were people who have not had any combat duty.

Between 2001 and 2009, military suicides among active personnel increased by 150%, and during this period, there has been a similar sharp rise in the number of prescriptions for psychiatric drugs given to the troops.



The number of suicides among veterans is even higher, and *Forbes* magazine reports that the combined toll is now 22 per day! Veterans of the Gulf Wars continue to deal with many disabling health problems, and the recent congressional hearings by Gulf War veteran Mike Coffman of Colorado reopened this issue. The Veteran's Administration has long said that their illnesses were not caused by the countless toxins they encountered, but are a psychiatric condition.

Andrew White was a healthy 23-year-old Marine who sought help for the insomnia and nightmares he experienced after returning home from a tour of duty in Iraq in 2007. He was given a prescription for the antidepressant Paxil, as well as a powerful drug -- Seroquel -- which has been approved for the treatment of bi-polar disorder and schizophrenia. White did not have either of these conditions. When these drugs did not help, but only made things worse, the doctors and psychiatrists he saw increased the dosages and added more drugs for a total of nineteen.

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Hungry in America

One child in four doesn't have enough food to eat.



The acclaimed documentary film, "A Place at the Table, One Nation, Underfed" was released on March 1 of this year. It is from the film team who created "Food, Inc."

See www.takepart.com/place-at-the-table

Film makers Kristi Jacobson and Lori Silverbush point out that 80% of the families that receive food stamps are employed, but their wages are too low to cover their expenses.

With no easy access to healthy food, many families have a diet filled with empty calories -- not to mention a heavy dose of harmful additives. This leads to the behavior, learning and health problems that are rampant.



While the primary focus of the Feingold Association is on avoiding harmful additives, we know that the solutions for reforming school food have a direct application for nourishing America's children. Even those who are well fed are often undernourished. Visit our new web site www.School-Lunch.org and share it with others on your social networks. ♦

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.

Military, from page 1

Seroquel alone has a chilling list of potential side effects that include: insomnia (his initial problem), mood changes, hallucinations, panic attacks, irregular heartbeat and suicidal thoughts. Over the period of just under one year when Corporal White was being treated, the dose of Seroquel was increased from 20 mg to 1600 mg (which is double the maximum dose given to someone who is psychotic).

His parents soon saw disturbing side effects as their son's behavior and health declined. They expressed their concerns to the doctor but were told to be patient as it can take time for the drugs to work. After eleven months on the drug regimen, Andrew White died in his sleep.



Another fatality

Airman Anthony Mena met a similar fate. Over a period of 18 months he was given 35 powerful drugs. Tony Mena's parents also questioned the doctors who put him on this regimen, and like the Whites, they were told to be patient. But none of the prescriptions their son received relieved the symptoms that first caused him to seek help, and he became another victim of the military healthcare system. In both these cases, the cause of death was listed as "accidental."

There are non-drug programs to help current and retired military personnel to deal with the stresses they face, and one of the most promising is the use of omega-3 essential fatty acids.

In a paper published in 2011 in the *Journal of Clinical Psychiatry*, researchers Michael Lewis, Joseph Hibbeln and others addressed the escalating suicides, "Deficiencies of nutrients critical for brain function may be a significant contributing risk factor for psychiatric pathology, especially suicide and stress-related psychiatric symptoms."

They found that the military population tended to have low levels of healthy fats, and in the subjects they tested, the risk of suicide increased as the amount of healthy fats diminished.



For more than 20 years Captain Hibbeln, who is a psychiatrist at the National Institutes of Health, has been a pioneer in the study of Omega-3 fatty acids and the effect they have on one's mood and behavior. The brain, which is composed primarily of fats, requires a good supply of the healthy fatty acids and a balance of Omega-3s and -6s in order to function and to experience pleasure. Low levels of Omega-3 puts one at risk of experiencing depression and even violence.

Soy and omega-6

As the Western diet has increasingly relied on processed foods that are extremely high in Omega-6 fatty acids, the amount of Omega-3's has dropped to a fraction of what is desirable. Omega-6 fatty acids are widely used in snack foods, sweets and fast food. Soybean oil, which has become so widely used in processed foods, is a major source of Omega-6. This unbalances the Omega-6 and Omega-3 ratio, leading to numerous behavior and health problems.

Dr. Hibbeln found that the diet of people in the military tends to be even worse than that of the average American. [See the June 2012 issue of *Pure Facts* which discussed the problems with the food consumed by members of the armed services and their families.]

Referring to an earlier study, Dr. Hibbeln wrote that, "...a previous placebo-controlled trial demonstrated that 2 grams of omega-3 fatty acids per day reduced suicidal thinking by 45% as well as depression and anxiety scores among individuals with recurrent self-harm."

While the researchers do not believe that fatty acids alone will be the total answer to the complex problems many troops experience, they see it as a simple, beneficial adjunct.



Promising new study

In January, a new three-year study was initiated in South Carolina at the Charleston VA Medical Center, funded by the Department of Defense. This research is designed to compare the anxiety, stress, and levels of depression among local veterans who consume a daily drink with 4 grams of omega-3 fatty acids, and compare it with a placebo group that will be given a drink without the EFAs.

The researchers are concerned not just with suicides but also with the many problems that go along with suicidal thoughts.

Healthy food and a diet rich in good fats can go a long way toward solving many problems! ♦

Help for malnourished brains

EMPower Plus is a comprehensive blend of vitamins and minerals; it has an impressive track record helping people with various mood disorders. This is supported by numerous studies and ten years of clinical success.

A 2012 journal article noted, "Psychosis is difficult to treat effectively with conventional pharmaceuticals, many of which have adverse long-term health consequences. In contrast, there are promising reports from several research groups of micronutrient treatment (vitamins,

minerals, amino acids and essential fatty acids) of mood, anxiety and psychosis symptoms using a complex formula that appears to be safe and tolerable."

"Efficacy and cost of micronutrient treatment of childhood psychosis," M Rodway et al, *British Medical Journal*, Nov 2012



A small study from Ohio State University found, "As nutrients play an important role in physical and mental health, they may be useful in treating mood disorders with few side-effects." *Journal of Alternative and Complementary Medicine* July 2012. The researchers were EA Frazier, MA Fristad and LE Arnold. In the study, ten children with depression and bipolar disorder were given EMPowerplus. This treatment reduced depression by 37% and mania by 45%.

EMPowerplus is a Stage Two product (GF,CF, grape seed extract). For details on ordering, call 888-878-3467 or visit <http://www.truehope.com>

An earlier study looked at the effects of using EMPowerplus for children with pediatric bipolar disorder (PBD) and ADHD. In reporting on this pilot study, the authors found, "...the results are consistent with a growing body of research suggesting that micronutrients appear to have therapeutic benefit for children with PBD, with or without ADHD, in the absence of significant side effects and may allow for a reduction in psychiatric medications while improving symptoms." [Rucklidge JJ, Gately D, Kaplan BJ, *BMC Psychiatry* September 2010] ♦

Depression

Drugs can be an important part of helping people who are dealing with depression, and counseling can be life-changing, as can added vitamins, minerals, and an increase in healthy fats. But something as simple as the Feingold Diet can have dramatic results as well.

After a Feingold volunteer presented a workshop on diet and behavior to a college class, the professor wrote, "Of the many testimonies I have heard from my students after your presentation, this one stands out. A young lady who had tried to commit suicide several times over the last few years suddenly saw herself in your presentation. She recognized her depression and the fact that her medication was not addressing her condition, which had long been diagnosed as ADD. She changed from a student who wasn't doing any homework to one who began doing in-depth research on ADD and seeking ways to make a real change. And she is working with a pastoral counselor."

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A new Feingold member wrote to us, "Oh, the peace! I could cry, this is so fantastic! DD and I are both MED FREE! I had been misdiagnosed as having bipolar disorder in 2011 (meds for that only helped for 2 weeks), had inconclusive results on my ADHD testing last summer, and just diagnosed with anxiety and depression (that weren't responding to any of the meds I was put on). I did end up getting an ADHD diagnosis from my psych. recently and was put on Vyvanse, which worked longer than any of the previous meds, but I had started getting irritable again even after a recent dosage increase (less than 5 weeks of relief was all I got).

"But now? I'm so nice and patient it's almost scary! I keep telling my husband I'm just so 'chill' right now. Nothing bothers/irritates me like before, and I don't have to 'white knuckle' my way through life anymore! I don't have any weird OCD issues anymore! So much better than being on any pill.

"My DD is so responsible, calm, thoughtful and just a JOY! And all of this has happened in the NINE DAYS since starting Feingold!" ♦

"If substantiated in controlled trials, the normalization of the mentally ill via nutrient supplementation would be the most significant breakthrough in the field of mental illness since the beginning of time."

Professor Bonnie Kaplan, University of Calgary

A gift for Dad

We know that something as innocent as Dad's aftershave lotion can bring on a reaction in a sensitive child, but there might be a good alternative.

T rue essential oils are distilled from plants, unlike most fragrances that are synthesized from petroleum. An essential oil can be used in many ways. When it is intended to be rubbed on the skin, the oil is usually added to a carrier like "fractionated" coconut oil.



Fractionated -- or liquid -- coconut oil has been processed to remove the long chain triglycerides and leave just the medium chain ones. This means that the oil stays in a liquid form, even when it is cold! It is popular as a carrier for essential oils, and in soap making and other personal care products. Since it can also be used in food, it enables you to add it to a smoothie without the coconut ending up as tiny chunks of oil!

Unlike regular coconut oil, the liquid version can be harder to find. Health food stores are likely to stock it in the non-food section, along with essential oils. Or you can order it from some online sources.



But not everything that claims to be an essential oil is the real thing. *Pure Facts* consulted KG Stiles, the director of Health Mastery Systems in Ashland, Oregon. She is an expert on essential oils and has written numerous books and booklets, as well as counseled clients on the uses of oils and other health options.

How can you tell if an oil is pure?

Various extenders, including petroleum, can be hiding in that bargain priced oil, even in ones sold in health food stores and natural markets. The prices of genuine essential oils vary greatly, depending upon the plant used to create them. For most oils, the price can be high, but when you know the huge amount of a plant required to create an ounce of essential oil, it is understandable. Happily, the real oils are potent and a tiny bit goes a long way.

In one of her Kindle booklets, KG suggests that you can determine if an essential oil is pure by running a "blotter test." "Place a drop of the oil on a white sheet of paper. A pure essential oil will dry without leaving a telltale 'oily' stain. However, essential oil that has been adulterated or extended with synthetic fragrance oil will not dry clean and will leave an oily residue after drying. Some pure essential oils have a longer dry-out period, so allow up to 24 hours, or sometimes even longer, and re-test if there is any doubt about purity." The exceptions are Rose or Neroli oils. She writes, "If they have been extended with a less expensive oil, you won't be able to detect this by an oily residue stain."

Essential oils can come from plants of all types and from various parts of the plants.

KG has an extensive line of natural oils as well as blends designed for specific purposes. She can custom create perfumes and after-shave lotions likely to be tolerated by all but the very sensitive or allergic person. For a masculine scent, she suggests using wood and conifer oils. ♦

You can contact KG at kg@kgstiles.com or call (541) 941-7315.

Honey can also be adulterated

How can you be sure you are getting the real thing?

Honey, especially a bargain brand, is likely to be little more than corn syrup.

To increase your chances of buying pure honey, look for local producers, perhaps at farmers' markets. Local honey has the added advantage of helping to increase your resistance to pollen found in your area.



Manuak honey is a product from New Zealand that is said to have many beneficial health effects. The fact that it is very expensive makes it a good target for fakes. To be sure you are buying the real thing, consult the list of licensed producers at:

<http://www.umf.org.nz/licensees> ♦

Hawaiian, fluffy and sweet

King's Hawaiian breads and rolls are a new addition to the *Foodlist*.



First created in Hilo, Hawaii in the 1950s, this popular product is now available in many forms: round bread, mini sub rolls, sweet rolls, sandwich bread, hot dog buns, and hamburger buns. They also offer honey wheat bread.

Try making a sandwich of cream cheese, thinly sliced cucumber (stage 2), and alfalfa sprouts. Not only did my kids love this, but so did all of their friends. The sweetness of the bread seemed to distract them from recognizing that it was a rather healthy snack!

It makes great French toast. The company suggests that they bread will keep its fluffy texture if you don't let it soak in the egg/milk mixture. ♦



What not to eat at the state fair this summer!

It seems that pretty much anything can be deep fried, not just Twinkies! Here are a few culinary nightmares (all of them are deep fried):

Bubble gum

Chocolate dipped jalapeno peppers

Peanut butter, jelly & banana sandwich

Stick of butter

Alligator

Ice cream

Guacamole

Breaded bacon

Watermelon

Beer

Kool-Aid balls

Cheesecake

Coca-Cola syrup

and the Feingold Freak Show Award goes to the deep fried strawberry Pop-Tart, rolled in Fruity Pebbles! ♦



Summer Fun

Art projects are a great summer activity, but Feingold families have to be careful about purchasing and using them since dyes can be absorbed through the skin. And for the very young child, it's always hard to know what will end up in their mouth!

You need not worry -- Wee Can Too makes their art products from real food, so painty fingers can get in the mouth without the risk of an additive meltdown.

Wee Can Too has an impressive line of natural art supplies that are also organic! (We're told that they are very tasty.)



Photo courtesy of B.EcoChic, a clearing house blog for safe children's products. See <http://blog.b-ecochic.com>

In addition to sidewalk chalk, Wee Can Too makes finger paint, tempera paint, crayons, and face paint -- great to have on hand for Halloween. See: www.weecanttooart.com ♦

The Cheese Business



Can a food producer thrive without exploiting people or animals?

Located in northern California, the Rumiano Cheese Company has been producing natural cheese and butter since 1921. The milk is supplied by Jersey cows who roam freely in pastures, at nearby family-owned farms. The cows are never given synthetic hormones and their milk is rich in butterfat and nutrients.

Consumers can find Rumiano cheeses in Whole Foods Markets, Trader Joe's, Albertson's, Safeway, Raley's, Sherms, Ray's Food Place and Costco. ♦

Early health pioneers - their influence continues

Long before health and nutrition was a popular topic in the media, thousands of Americans tuned in to hear Carlton Fredericks on New York's WOR Radio.

His show ran for 30 years until Dr. Frederick's death in 1987.

The information he gave was far ahead of its time and some of his beliefs (about the benefits of good fats in the diet, and the causes of heart attacks) are only just beginning to gain acceptance among many professionals today. At a time when food was not nearly as heavily processed as it is today, he was warning about the health risks from straying too far from our traditional diets.



His influence continues

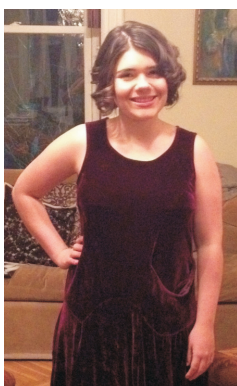
If you mention Dr. Fredericks to many of today's nutrition professionals you may be surprised at how many of them grew up in a household where his advice was offered daily on the family's radio. Laura Lagano is one such adult. Even though she was a child when her mother tuned in the show every day, Laura recalls the words of praise Dr. Fredericks had for Ben Feingold, whose work on food additives began in the mid-1960s and reached the public in the early 1970s.

So when she learned the Feingold Association would be hosting a conference in Staten Island, Laura was eager to attend. She still recalls what she calls a "spectacular" seminar featuring occupational therapy, presented by a celebrated expert and Feingold friend, Debra Dickson.

Dr. Feingold and that meeting, along with her daughter's developmental issues, has played a large part in Laura's decision to become a holistic Registered Dietitian and to counsel families of children with special needs.

Halloween candy brought on a reaction that could have come from the movie *The Exorcist*!

[Http://bellasperanza.wordpress.com](http://bellasperanza.wordpress.com) follows the life of a busy mom of three (including her special needs daughter, Isabella, and two siblings), who is combining this with her nutrition counseling career. She describes one memorable event when the issue of food additives and behavior came crashing down!



Bella today

"Halloween marks the anniversary of a bad scene. Many years ago Isabella apparently ate a ton of candy while trick or treating. I had sent her with her sister, who was as diligent as an older sister can be on Halloween. The following morning Isabella had one of those out-of-body experiences akin to the movie *The Exorcist*. This was not your normal tantrum. I made an emergency phone call on a Sunday to her neurologist.

Though he is open-minded, he is not particularly cutting edge. His estimation: it's not necessarily the sugar in the candy, it's the chemicals. I started googling. A lecture was soon to be held by the Feingold Association and Ben Feingold was the reason I went into nutrition in the first place. Wasn't it probable, not just possible, that food affected mood, behavior, and learning? My daughter's conventional neurologist thought so. Where had I been during those first years of Isabella's diagnosis?



"So this Halloween and every Halloween following that one, Isabella still does some trick or treating, but not too much. She makes sure that we have candy for her without artificial colors and flavors, and mostly dark chocolate. She sits on the stoop in her witch costume, happily giving out candy to the children in our town."



Laura holds a Bachelor of Science in Dietetics, a Master of Science in Nutrition Education and is currently a doctoral candidate in health education. She is trained in functional medicine, which involves getting to the root of a problem. In addition to diet she uses many other complementary therapies. She has a practice in Hoboken, NJ. To see her web site visit: www.lauralagano.com ♦

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 EVERY DAY Touch of Honey Bread
365 Everyday Value Part Skim Ricotta Cheese (GF)
ALABU ^* Original Goat Milk Soap (GF)
ANNIE'S HOMEGROWN* Bernies Farm Macaroni & Cheese, Organic Cinnamon Grahams (CF), Organic Honey Grahams (CF)
APPLEGATE FARMS* Natural Muenster Cheese (GF)
AMERICA'S CHOICE Mustard (GF,CF): Spicy Brown
BADGER*^ (GF,CF): Lip Balm Stick Unscented, Unscented SPF 15; Unscented Sunscreen: SPF 34, SPF 35 Sport; SPF 35 Unscented Face Stick; Sore Muscle Rub, Unscented Body Soap, Rose Geranium Face & Body Soap, Baby Oil
FLAX USA* (GF,CF): Flax Oil, Sprinkles, Flax Seed: Organic Whole Golden, Whole Golden, All Organic Milled Golden, All Milled Golden, Flax Lignan; Flax Milk: Unsweetened, Original, Vanilla
GHIRARDELLI (GF): Creamy Devotion 32% Cacao Milk Chocolate, 100% Cacao Unsweetened Chocolate
JASON* Fragrance Free Shampoo (SB,GF,CF), Fragrance Free Conditioner (SB,MSG/HVP,CF)
JONES DAIRY FARM All Natural Fully Cooked Sausage (GF,CF): Turkey Patties (CS), Patties-Maple, Links-Maple, Turkey Links 5 oz (CS)
KING'S HAWAIIAN Original Sweet: Rolls 4 pack, 12 pack, 24 pack, Sweet Round Bread, Sweet Mini Sub Rolls, Sweet Sandwich Buns, Sweet Hamburger Buns; Honey Wheat: Rolls 4 pack, 12 pack, Round Bread; Savory Butter Rolls: 4 pack, 12 pack, 24 pack
LUPA'S KITCHEN (available in south GA) (GF,CF): Sweeties Sprouted Nut Clusters
STOBER FARMS*^ (GF,CF): Milled Golden Flax Seed, Sprinkles
SUGAR AND SPICE MARKET* (available in DE,GA,NJ) Gluten Free Brownie Mix (GF,CF)
VERMONT SOAP* (GF,CF) Tooth Salt
WELLSHIRE* (GF,CF): Bacon Bits, Fully Cooked Sliced Uncured Bacon (SM), Premium Beef Uncured Franks (SM)

THE LAUGHING COW - Mini Babybel Mild Cheddar needs to be removed from your *Foodlist* because the company was unable to be sure if the dye in the red plastic cover will leach out into the cheese.

Stage Two

AMY'S * Organic Chili (GF,CF): Southwestern Black Bean (paprika, tomatoes, wine vinegar)
ANDY'S CANDY (<http://www.amys.com>) Organic Candy Bar (GF): Creamy, Crispy, Crunchy
ANNIE'S HOMEGROWN* Cheddar Squares (paprika)
APPLE CLUSTERS^ Apple Crunch (GF,CF)
BADGER*^ GF,CF: Lip Balm Stick (rosehip oil): Ginger and Lemon, Highland Mint, Lavender and Orange (orange oil), Pink Grapefruit (orange oil), Tangerine Breeze (mandarin, orange oil), Vanilla Madagascar; Cocoa Butter Lip Balm (rosehip oil): Cool Mint (orange oil), Creamy Cocoa, Lime Rocket, Mocha Cocoa (coffee), Poetic Pomegranate, Sweet Orange (orange oil), Vanilla Bean; Lip Tint & Shimmer (rosehip oil): Copper, Garnet, Red Jasper, Rose Tourmaline; Unscented Antioxidant Body Oil (rosehips)
COLAMECO'S PRIMO NATURALE 3 oz Sopressata (wine)
LUPA'S KITCHEN (available in south GA) (GF,CF, goji berry): Travelin Trail Mix Morning Glory Cereal and Trail Mix (raisins), Ray of Life Sprouted Cinnamon Cereal (apples)
MATY'S All Natural Kids Cough Syrup (GF,CF, apple cider vinegar), All Natural Cough Syrup (cayenne pepper, apple cider vinegar)
SENSIBLE PORTIONS*^ Sea Salt Garden Veggie Straws (GF,CF, tomatoes)

Stage One Fragrance

BADGER*^ (GF,CF): Balm: Anti-Bug, Foot, Baby, Sleep; Damascus Rose Antioxidant Face Oil, Damascus Rose Beauty Balm, Jojoba for Dry Scalp Hair Oil, Sunscreen: SPF 16 Lotion Aloe Vera, SPF 36 Baby, SPF 18 Lightly Scented, SPF 34 Lightly Scented, SPF 34 Anti-Bug

Stage Two Fragrance

BADGER*^ (GF,CF) Damascus Rose Face Sunscreen SPF 16 (rosehip oil), After Sun Balm (orange oil)
SEVENTH GENERATION*^ (GF,CF) Fresh Citrus & Ginger Natural Dish Liquid (GF,CF, 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.

Pandora's Lunchbox

How Processed Food Took Over the American Meal

Melanie Warner is another adult who grew up listening to Dr. Carlton Fredericks.

Her mom, who is in her early 80s and in perfect health, has always avoided "gooped-up" food.

Melanie's childhood exposure comes through in this expose' of the foodless edibles most Americans consume. An accomplished journalist, she writes about food processing in a way that makes even the technical information understandable and fascinating.

What's more, she helps us see this through the eyes of the food chemist, for whom the development of the next unpronounceable chemical is an accomplishment of science, not another assault on the value of America's food. Interestingly, many of these same people enjoy fresh wholesome food in their homes and in restaurants.

Of course, the food technologist's success translates to an increase in corporate profits, and this makes it hard to close Pandora's box.



Warner also shows how the Food and Drug Administration has essentially given up its role in trying to oversee the safety of processed food, allowing companies to decide if their food is safe to consume.

A growing number of Americans are seeing that the long list of ingredients on their food labels is reflected in their long list of health complaints. And some also connect the dots to their children's learning and behavior problems. A new generation is beginning to learn what Dr. Feingold, Dr. Fredericks, and his radio audience knew more than 40 years ago. ♦

Factory farms and filthy slaughterhouses

The problems today are different from a hundred years ago, but the same motives that are behind the progressive deterioration of groceries are at work in the massive factory farms that raise meat.

When Upton Sinclair's expose' of the meat packing industry was published in 1906 he believed it would shock Americans to learn how deplorable the conditions were for the workers. What he had not anticipated, was that what shocked readers the most were the filthy conditions in Chicago's slaughterhouses.

The book stimulated an outcry, led by reformers, enlightened politicians and women's organizations around the country. President Theodore Roosevelt and Harvey Wiley, the head of what would later become the Food and Drug Administration, pushed through the first laws that would protect citizens from dangerous food.

"Ag-gag" bill fails in Tennessee

An effective way to publicize the cruel treatment of animals at stables and in factory farms is for people to go undercover and take films of the treatment of the animals. Such footage not only uncovers such crimes, but also helps law enforcement to prosecute those who are guilty of animal abuse.

"Ag-gag" bills that would severely restrict the ability to expose abuses by punishing the whistle blowers have been passed in 6 states (IA, UT, MO, KS, MT and ND). But Tennessee's governor vetoed the bill after the state's attorney general saw that such a law violates both the first and fifth amendment of the US Constitution

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.

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(which include freedom of speech, freedom of the press and protection from self-incrimination.)

A comprehensive description of this issue is *Factory Farm Nation - How America Turned its Livestock Farms into Factories*. To access it, go to:

<http://tinyurl.com/CowFarmNation> ♦

FAUS Annual Meeting

In lieu of our annual meeting, our website will now include a section where FAUS organizational information can be accessed. This section will be updated each year and will contain election results, financial information and other business.