

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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"Allergic" to Water?

A chemical found in pesticides and chlorinated water may be linked to the rise in food allergies in the US.

Between 1997 and 2007, food allergies in this country rose by 18%, according to the Centers for Disease Control and Prevention.

A study published in the *Annals of Allergy, Asthma and Immunology* in December found that people who had the highest levels of dichlorophenyls, by-products of chlorine, had a greater likelihood of having food allergies, especially to milk, peanuts, shrimp, or eggs. [E. Jerschow et al]



The most common sources of chlorine include:

- Tap water
- Pesticide-treated fruits and vegetables
- Antibacterial soaps and hand cleaners
- Swimming pools
- Bleach and household cleaning products with bleach
- Herbicides, especially on genetically-modified crops
- Pesticides used on GM crops, lawns and golf courses

Unlike the US, Britain uses less chlorine in water treatment facilities. The chief inspector for the UK's drinking water, Professor Jeni Colbourne says, "In the US generally chlorination is known to be less well controlled and relatively high doses of chlorine are used..."

A household water filter will help remove chlorine, and families that have home swimming pools can switch to non-chlorine treatments. There are many cleaning products that are free of bleach, and Internet sites provide information on homemade options. Also available are less toxic methods of controlling weeds and pests in your lawn and garden.

One possible explanation of the link between the chemicals and allergies is that, in addition to killing pathogens, they kill off beneficial bacteria in the gut. ♦

See related articles on pages 5 and 6

SHOW YOUR COLORS!

We're excited here in Feingoldland! Our colorful shopping bags have just arrived, and we can't wait to take them to the supermarket, beach, pool, or on the plane, and in the fall, to school. Our initial order is for only 1,000, and we expect them to go fast.

So many people loved Larisa's car magnets and T-shirts with this message, and we felt the ideal place to share it is the neighborhood supermarket.



FOOD - If they dye it, don't buy it!

These Earth-friendly bags are made from recycled water bottles and are sturdier than typical supermarket bags. They are guaranteed to last through two years of steady use. We custom ordered them to be roomy, with sturdy straps and a flat bottom for easy packing. The cost is \$7 per bag, and the shipping charge is just \$5 regardless of how many you order. We will use the funds to support our continuing work. See: www.fgshop.org/shoppingbag.aspx

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.

Learning your way out of Asperger's

Danny Raede and Hayden Mears both fit the typical Asperger's profile. Both were academically bright but found it hard to focus on schoolwork as so many things competed for their attention.

A page of math problems that should have taken 20 minutes to complete would drag on for hours as his mind jumped from one thought to another. Socially awkward, bullied by his peers, and suffering from anxiety, Danny's primary interactions were with his parents, and most of the time he retreated into the small, safe world of video games.

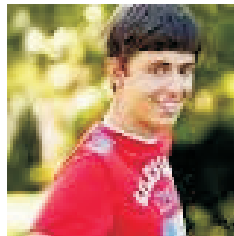
The hours of therapy were helpful, but progress was painfully slow. These experts have a better way.

Now in college, Danny struggled to picture his future and figure out how to support himself as he entered adulthood. And then he did something that is remarkable for a person with Asperger's, particularly for someone who is still in his late teens. He found out how to "learn himself out" of Asperger's.

Rather than use techniques various professionals had tried, working first on social skills, and eventually addressing sensory issues, Danny reversed the process and began with the sensory issues that he saw as the crux of the problem. Frequent exposure to the causes of his discomfort enabled him to reduce their hold on him. He took on the other Asperger's challenges as one would study any skill because he knew that if he could understand how the Asperger view of the world is different from the view of others, he could teach himself how to modify his behavior and move from his own small world into the larger world.

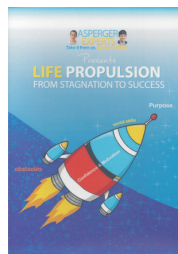
Danny's self-taught study included many hours of research, reading some of the best loved self-help books, and designing a plan of action that would take down the barriers he faced. While Danny was not aware of the Feingold Program and the help it can provide to reduce or remove anxiety, lack of focus and sensory processing deficits, his food comes from a nearby Whole Foods Market, so his diet is free of the most troubling additives.

Danny writes, "Asperger's is one of the few disorders in which a person can make their life infinitely better simply through the pursuit of knowledge. Everything that makes up the diagnosis of 'Asperger's' can easily be changed into a skill that needs to be learned. The good thing is, skills all obey the same basic laws: Practice, Repetition, Course-Correction. It doesn't matter if you are learning how to play the piano or how to be more present in the world, you start by practicing. Every day. Then you figure out what you are doing wrong, and course correct."



Hayden and Danny

As he worked on the skills he needed to hone, Danny met Hayden Mears, a fellow "Aspie," and now Danny and Hayden are partners in their company, aptly called "Asperger Experts." They continue to work on fine-tuning their own transitions, but meanwhile, their videos have reached many parents and young people dealing with Asperger's syndrome, and the enthusiastic feedback they have received is a testament to their effectiveness.



The home videos address the issues of confidence, motivation, overcoming obstacles, and dealing with fear, as well as how to identify the things that most interest the Asperger's person and how to use this as the starting point to a satisfying career path. Their DVD of their program is called *Life Propulsion*.

These approaches might not be unique, but what is clearly different is that the information and encouragement are provided by people who have lived these issues, who know how it feels to face them, and who demonstrate that the problems can be successfully addressed. These examples of success might be the most powerful tool offered by two young people who have shown themselves to truly be Asperger Experts. ♦

You can learn more and view You Tube films that address some of the issues by going to: www.aspergerexperts.com and www.youtube.com/aspergerexperts The DVD is available at: www.aspergerexperts.com/lifepropulsion/5-1p/

Recovery from Asperger's Syndrome

by Becky Gilliland

Present Day: My 6½ year old son and I were in line at a store, and when we got to the cashier, she offered him a lollipop; my son put his hand behind his back and said, "No, thank you. The colors in that lollipop are NOT my friend."

Let's rewind a bit: In March of 2012, I was invited to speak at a fundraiser for Autism. Apparently, I was to inspire the attendees with my words of "wisdom" on how to reach an otherwise unreachable child. But the complete opposite happened. I began hearing words like "food and chemical sensitivity/intolerance" and "starving brains" and healing and recovery. I spoke with many people about food additives, petroleum and coal tar and was given a wealth of information to learn more. That fundraiser changed my life, but more importantly, it changed my son Daniel's life.

Within three days of starting Feingold, I received reports that Daniel was a "different child."

Daniel was a sugar junkie whose skin tone should have been Red Dye #40. He ate only chicken nuggets, French fries, cheese sandwiches, pb&j, potato chips, chocolate milk and all the "fruity" candies he could get his hands on. Diagnosed with Asperger's Syndrome, ADHD and Sensory Processing Dysfunction at age 4½, Daniel was an incredibly bright, happy-go-lucky, playful child whose smile and laugh could fill up an entire room, but he was also a very sick little boy. Fifteen DOUBLE ear infections, two bouts of pneumonia and multiple vitamin deficiencies eventually caused a diagnosis (in early January of 2013) of malnourishment and failure to thrive, and as his mother, I was consumed with guilt.



And that is when I found the Feingold Association.

We began the program by eliminating everything listed for Stage One, along with additional additives we knew were affecting him. I decided to bring Daniel on board by explaining EVERYTHING to him. I told him that basically there is "old" food called "Bad Mood Food" and there is "new" food called "Good Mood Food." I connected the dots for him by saying that his "old" food was arguing with his belly and his brain, and sometimes even having a fight with his ears and nose and making him sick. He has a complete understanding of why his food changed and (as you can see from the present day story) agrees and is happy!



Daniel at age 2

Within three days of implementing the diet, I began getting reports from teachers and other parents that Daniel was "like a different child." My husband and I noticed it at home, too. Daniel had begun to speak TO you, instead of speaking AT you. He was forming opinions and making quick decisive decisions, he was able to explain himself and began to adapt to situations.

The ugly purple rings under his eyes were fading away, the rash that had evaded every single ointment and cream for nearly four years was disappearing, his complexion was no longer a pale pasty white and his constant congestion was reducing. Daniel's progress is nothing short of amazing, and we are very fortunate that by tweaking certain foods and limiting others, the Feingold Program is the only diet we need to use.

Daniel has embraced the new healthier foods and is thriving.

Inspired by Daniel's results and wanting to spread the word, I chronicled Daniel's story in a blog that -- to my total astonishment -- has received over 10,000 readers, but I didn't stop there. In March of this year, I founded an organization called the HOPE Spectrum, with the single purpose of educating and advocating to parents and care givers to unlock the possibility of healing and recovery from Autism, ADHD and ALL related disorders.

Visit: www.thehopespectrum.org or email beckey@TheHOPEpectrum.org

Cool Treats for Hot Days

As temperatures rise, cold treats look so appealing. What is available for those of us who are on the Feingold Diet?

Pure Facts has tried to learn what ingredients are in the water ices and other cold products from the Rita's chain, but without success. Happily, Feingolders have many ways to chill out.



Check out our 2013 *Fast Food Guide* for various drinks available at chains like Brugger's, Cold Stone Creamery, Einstein Bagel, Panera, Starbuck's and Wendy's.

A readily available cooler is **McDonald's Cherry Berry Chiller**, which is acceptable on Stage Two. Their sweet tea is an option, and if you pour some orange juice over a cup of ice, you have another choice. Please note that the chain's heavily advertised smoothies are not acceptable because they contain artificial flavors. They also have a heaping dose of calories; the large smoothie has more calories than a cheeseburger!



Another easy option is a Coca-Cola (Classic) Slurpee sold at many 7-Eleven stores. Neither Coke nor Pepsi are included in our *Foodlist* since the companies do not provide sufficient ingredient information, but they have long been tolerated by many Feingolders. Steer clear of diet versions.

Great News from Haagen Dazs!

Stop at a Haagen Dazs shop or pick up one of their cooling treats to enjoy at home!



The FAUS Product Information Center is pleased to announce that we have received completed forms from Haagen Dazs, and many of their frozen desserts may now be added to your *Foodlist & Shopping Guide*.

Here are some of the hot weather favorites:

Stage One:

Limoncello Gelato (GF)
Chocolate Sorbet (CS,GF)
Straccreatella Gelato (GF)

Stage Two:

Raspberry Sorbet (CS,GF)
Cappuccino Gelato (CS, GF, coffee)
Vanilla & Almond Ice Cream Bar (GF)

From your own Kitchen

When you make your own chillers, you have many options and flavors from which to choose. There are also various tools that will help, from an ice cream freezer to a blender, hand blender, food processor, or just an ordinary dinner fork. Here are 3 Stage One options.



Pina Colada Cooler

Combine 1 cup of pineapple juice, 1 cup of unflavored coconut milk, 1 tablespoon of sugar and ½ teaspoon vanilla extract and pour the mixture into ice cube trays or silicone molds. Place them in the freezer. (The liquids will separate, but they will be blended later.)

Pop out the cubes and use the metal blade in your food processor to puree them. Serve immediately.



Watermelon Ice

Place chunks of watermelon (with seeds removed) in a freezer-safe bowl. Puree it with a hand blender. Place in freezer until it begins to freeze. Use the blender to beat it up and serve.



Lemon Ice

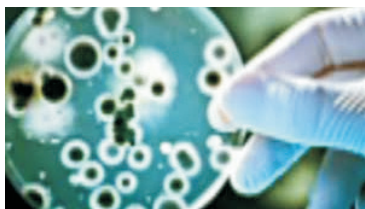
Pour some natural lemonade into a metal cake pan and place in the freezer for about 2 hours. Remove it and scrape the partially frozen lemonade with a fork. Return to the freezer for another hour or two, then scrape again and serve. ♦

Keeping your food and water safe

From your kitchen to food processing plants to municipal water treatment, there are ways to make our food and water safer.

A chemical that destroys pathogens, chlorine dioxide, was discovered in 1814. It gives off a faint smell of bleach, but chlorine dioxide (ClO_2) has a very different chemistry from the common household bleach chlorine (also known as sodium hypochlorite or NaClO). The use of chlorine to purify water has historically saved countless lives, but there is a down side. Chlorine forms the cancer-causing chemical trihalomethane, while chlorine dioxide does not.

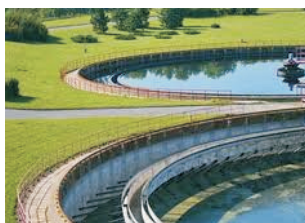
One atom can make all the difference. By itself, hydrogen is an explosive gas, but when combined with oxygen it becomes dihydrogen oxide (H_2O) -- also known as water.



Water Purification

While most municipalities in the US still use chlorine to purify the water supply, many other countries have long used chlorine dioxide. The California Department of Health Services fact sheet states, "Chlorine dioxide has been used safely in the US and Europe for many years. Water treated with chlorine dioxide is safe for bathing, drinking, cooking and all other everyday uses. [However] Kidney dialysis patients may need to take extra precautions."

ClO_2 was shown to be more effective than chlorine in disinfecting water of the human rotavirus. [Water Research, Jun 2013]



"Chlorine dioxide has over two and a half times the oxidation power of chlorine." Michigan State University

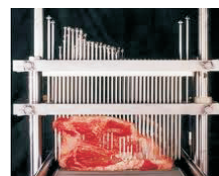
Chlorine dioxide quickly kills bacteria, viruses, fungi and spores, which is why it is used in water purification plants. The paper and pulp industries use it as a bleach, replacing chlorine. Hospitals use it as a sanitizing agent, and it is effective in treating medical waste. Newer uses of chlorine dioxide are as a disinfectant for fruits, vegetables, seafood and meat, and it has been approved by the US Department of Agriculture as a sanitizer in canning.



Food Processing Safety

Purdue University has been on the cutting edge of research into the use of chlorine dioxide gas to improve the safety of foods. Scientists there, led by Richard Linton, have shown how ClO_2 can remove plant pathogens on food and prolong shelf-life. The reason it is so effective, according to Dr. Linton, is because, "Oxidizing agents disrupt the cell membrane, and this causes the cell to die....The chlorine dioxide gas is 1,000 times more effective than any other method tried so far for eliminating food-borne pathogens."

A 2012 study by Dr. Linton and colleagues found that ClO_2 gas killed *Listeria* on meat processing equipment. If this technology were applied to meat tenderizing machinery, it might resolve the dangers that are being reported.



In June, the US Dept. of Agriculture proposed regulations that would require mechanically tenderized meat to carry a label stating this. (*Food Safety News* - June 6, 2013)

Tougher cuts of meat are often treated with blades and needles to help tenderize them, but the practice of puncturing the meat means that pathogens like *E. coli* can get into it and pose a risk to consumers when it is served rare. Meat that has not been punctured can more safely be eaten rare since pathogens on the surface would be killed by heat. ClO_2 can be used to sanitize such machinery. In 2005, the Environmental Protection Agency approved a chlorine dioxide product as a disinfectant on hard, non-porous surfaces and instruments for preventing and eliminating **MRSA**, which can cause deadly staph infections.



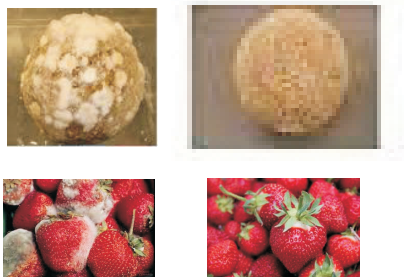
Chlorine dioxide has been found to be valuable in the processing of chickens to kill *Campylobacter* and *E. coli*. [Mark Berrang, USDA, 2011]

Continued on page 6

Water, from page 5

Safer food

Purdue researchers have found that when ClO_2 is used directly on (uncut) tomatoes, strawberries and cantaloupe, plant pathogens are destroyed, increasing the length of time the food stays fresh. [*Food Microbiology* Jun 2013]. Rutgers University scientists have created a polymer film for packaging tomatoes. The film releases chlorine dioxide, destroying *Salmonella* and *E. coli*, enhancing the safety of the food, and extending its shelf-life. [*Journal of Food Science*, Feb 2013]



Untreated fruits are on the left, and those that have been treated with chlorine dioxide are on the right.

"The same sanitizing agent used to rid federal office buildings of anthrax -- chlorine dioxide gas -- can effectively eliminate deadly bacteria from apples and other fruits and vegetables, according to Purdue University researchers."

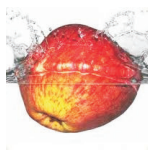
Purdue University press release

In recent years, there has been an increase in the consumption of fresh fruits and vegetables by health conscious consumers, but there has also been an increase in the number of foodborne illnesses from them. This presents a particular problem for people with a compromised immune system.

The issue has become more complex as a result of our global economy where we now consume fresh produce that is imported from countries around the world. Unsafe agricultural practices are found in some countries -- including the United States. They include contamination from sewage used as fertilizer, irrigation with contaminated water, and the proximity of agriculture to factory farming producing toxic waste.

Many techniques are being explored to address these problems including the use of chlorine dioxide.

ClO_2 gas is used to rid buildings of mold and mildew following hurricane water damage.



At home

People who increase their use of unprocessed foods have been shocked to learn that healthy foods can carry risks. In recent weeks, the pathogens *Salmonella* and *Listeria* have been found in herring, salmon, tahini, sprouts, sunflower seeds and cherry tomatoes.

Just a few drops of the liquid ClO_2 can be a powerful purifier.

Consumers can go online to purchase liquid sodium chlorite, adding an acid such as lemon juice or citric acid to activate it, and create chlorine dioxide for washing produce. Two drops of the activated compound will purify a gallon of water.



Flu

The use of very low levels of chlorine dioxide gas has been shown to be a safe way to protect people from the influenza virus in public places. ["Protective effect of low-concentration chlorine dioxide gas against influenza A virus infection." *Journal of General Virology*, Jan 2008] Japanese researchers found that ClO_2 gas can inactivate the influenza virus and prevent the spread of infection in mice. [*Journal of General Virology*, Dec 2012]



So many of the antibiotics that have been developed to treat infections are no longer effective as the "bugs" mutate and develop stronger strains, but chlorine dioxide does not allow pathogens to build up a resistance.

Dental applications

ClO_2 has been found to be useful in reducing bad breath, tongue coating and plaque and in eliminating bacteria in root canals. [*Trials*, Feb 2010]

The Ohio State University College of Dentistry found that a mouth rinse containing chlorine dioxide brought a marked improvement in the gum health of elderly patients using dentures. [" ClO_2 provided a safe and clinically effective option in the management of chronic atrophic candidiasis." *International Dental Journal*, Jun 2004]

Staying healthy with a nourishing diet free of synthetic food additives is another good way to help your body fight off pathogens. ♦

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist*.

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

ANNIE'S HOMEGROWN* Microwaveable Mac and Cheese with Real Aged Cheddar, Gluten Free Rice Pasta and Extra Cheese Cheddar Sauce (GF), Gluten Free Rice Shells and Creamy White Cheddar (GF)

BEANITOS^ (GF,CF) Bean Chips: Restaurant Style with Sea Salt, Original Black Bean with Sea Salt, Simply Pinto Beans with Sea Salt

CARRINGTON FARMS* Coconut Oil (GF,CF)

CLEVELAND ORGANICS Raw Pecans (GF,CF)

COLAMECO'S PRIMO NATURALE * (GF,CF): Artichoke & Calamata Olives Oven Roasted Chicken Sausage

CYCLEASE* Cyclease Cramp (GF,CF)

ENJOY LIFE FOODS*^ Light Sea Salt Lentils (GF,CF)

ENLIGHTENED Fudge Ice Cream (GF)

FORT KNOX CHOCOLATE COINS (party stores including Party City) GF: Gold, Giant Penny, Silver Dollar, Blue it's a Boy, Pink it's a Girl

HAAGEN DAZS Ice Creams: Peanut Butter Pie (GF), Deep Chocolate Peanut Butter (GF), Dulce de Leche Caramel (CS,GF, citrus pectin is used - possible trace amount of orange), Vanilla Chocolate Chip (CS,GF), Vanilla Bean (GF), Dark Chocolate (GF), Midnight Chocolate Cookies 'N Cream (CS), Vanilla Caramel Ice Cream Cone (CS, GF, citrus pectin - possible trace from orange), Coconut Macaroon (CS), Vanilla Peanut Butter with Chocolatey Coating Ice Cream Bar (GF); The following contain citrus pectin with possible trace of orange: Chocolate Sorbet (CS,GF), Straciatella Gelato (GF), Limoncello Gelato (GF)

INDIA TREE*^ Decorating Sets of 2: Orange, Purple

KOPALI CHOCOLATES*^ (GF,CF) Organic: Chocolate Banana, Chocolate Cacao Nibs

KRUSTEAZ^ Hearty Healthy Complete Pancake Mix (CS)

PURITY FARMS* Organic Ghee (GF,CF)

THE FILLO FACTORY*^ Organic Fillo Dough (CF)

ULTRA FLORA ^ Ultra Flora Balance (GF,CF)

WELLSHIRE FARMS* (GF,CF): Whole Boneless Loin Canadian Style Nugget (SM), Deli Pre Sliced Round Cooked Pastrami, Old Fashioned Deli Styled Bologna (SM), Virginia Brand Seasoned Deli Uncured Ham

Stage Two

365 EVERYDAY VALUE (Whole Foods Market) Kids Multi Chewable (CS, GF, CF, apples, rosehips)

APPLEGATE FARMS* Natural Turkey Bologna (GF,CF, cayenne pepper, paprika)

COLAMECO'S PRIMO NATURALE * (GF,CF): Uncured Pepperoni Stick (paprika)

DEI FRATELLI Pasta Sauce: (GF,CF, tomatoes) Marinara, Tomato Basil, Traditional

ENLIGHTENED Ice Cream (GF): Coffee, Orange Cream

ESSENTIAL EVERYDAY (GF,CF) Mustard: Yellow (paprika), Dijon (CS, SF, wine)

HAAGEN DAZS Ice Cream: Coffee Almond Crunch (CS, GF), Green Tea (GF), Vanilla Swiss Almond (CS,GF), Vanilla & Almond (GF), Vanilla Latte (CS,GF, coffee), Vanilla Bean Espresso (CS,GF, coffee, citrus pectin with poss. trace of orange), Vanilla & Almond Ice Cream Bar (GF); Raspberry Sorbet (CS,GF, citrus pectin with poss. trace of orange), Cappuccino Gelato (CS,GF, coffee, citrus pectin with possible trace of orange)

KEVITA Sparkling Probiotic Drinks (GF,CF, apple cider): Ginger, Daily Cleanse (cayenne pepper), Living Greens (green tea), Pomegranate Coconut, Pomegranate Black Tea, Mojito, Strawberry Acai Coconut

KOPALI CHOCOLATES*^ (GF,CF) Organic: Chocolate Espresso Beans, Chocolate Mulberries, Organic Chocolate Covered Goji Berries

SUNRYPE ^ Fun Bites (GF,CF, apples, elderberries, grapes, oranges): Berry (raspberries), Strawberry Banana, Strawberry Watermelon

Stage One Fragrance

BADGER*^ (GF,CF): Anti-Bug Shake & Spray; Body Soap: Lemongrass and Ginger, Maillette Lavender, Chamomile & Calendula Baby Soap; Sunscreen: SPF 30 Aloe Lotion, SPF Baby Lotion

MATY'S All Natural Chest Rub (GF,CF)

VERMONT SOAP* (GF,CF) Green Gold, Pure African Shea Nut Butter

Stage Two Fragrance

ALABU ^* Shaving Soap (GF, orange oil)

BADGER*^ (GF,CF, oranges, tangerines) Sunscreen: SPF 30 Kids Lotion, SPF Kids Cream; Balm (GF,CF, oil of wintergreen)

MATY'S All Natural Vapor Rub (GF,CF, oil of wintergreen)

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.

The A-Team is Finding Real Help for Autism

A team of autism experts has filmed a "trailer" for a proposed television series.

This "A-Team" includes a parent/advocate, physician, clinical psychologist/behavior therapist and autism nutritionist. The experts work together to help children and their families struggling with autism. The A-Team spreads hope and changes lives by teaching and applying comprehensive "whole body" treatments. Spreading awareness of this broader approach is a prime objective of the global autism community.

One of the team members, Julie Matthews, is a certified nutrition consultant who has worked for the past 12 years researching and explaining the underlying scientific rationale for diet intervention to help children with autism. Her book, *Nourishing Hope*, has helped countless families.

The dramatic "trailer" can be viewed on Julie's website, www.nourishinghope.com

New study on gluten and autism

Researchers at the Columbia University Medical Center found elevated antibodies to gluten in children with autism. This is the body's response to a perceived threat, causing inflammation (and pain). But for many autistic children, the perceived threat is gluten, and often casein. This is the latest of many studies that support a GF/CF diet for autism. ["Markers of Celiac Disease and Gluten Sensitivity in Children with Autism," by Lau et al. 2013]



Julie Matthews

Julie writes, "For parents of children with autism considering the gluten-free diet, I encourage you to remove casein as well, making it GF and CF." Refer to your *Foodlist* book for products that are free of both gluten and casein. ♦

Corn on the Cob -- Minus the Work!

Wouldn't it be nice to enjoy this summer treat, but without having to deal with husks and that pesky silk?



Place one ear of corn -- husk and all -- in the microwave and zap on high for 4 minutes. Using sturdy gloves to protect your hands, and a sharp knife, cut all the way through the stem end, cutting off just a little of the end of the cob. Squeeze the top and a husk-free, silk-free ear of corn will slide right out! If you prefer not to use a microwave, you can cook the unhusked corn in a 350 oven 25-30 min. ♦

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

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What not to eat!



Nabisco's idea of a summertime treat is its "watermelon" Oreo cookies with Red 40, Yellow 5, Blue 1, and artificial flavor (and no watermelon).

These are a limited edition -- thankfully! ♦