

Pure Facts

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Little children with big problems

Aggressive behavior, distractability and withdrawal in 5-year-olds have been linked to soft drink consumption.

It won't come as any surprise to Feingold families that a recent study found a direct link between these symptoms and the consumption of soft drinks.

Researchers at Columbia, Harvard and the University of Vermont collected information on nearly 3,000 children, age 5, recording the amount of soft drinks the children consume. They found that 43% of the youngsters drank a minimum of one serving of soda a day, and a small number consumed 4 or more. Lead researcher Shakira Suglia, noted, "We found that the child's aggressive behavior score increased with every increase in soft drink servings per day."



The research was published in the August 16 issue of the journal *Pediatrics*.

Many possible factors

Did these children have such a bad reaction because of the unhealthy things they were eating or because of the healthy foods they were *not* consuming? There's only so much room in a small tummy, and junk foods crowd out what is needed for normal development.



Were any of the behaviors linked with too many sweets or with low blood sugar issues?

Earlier research has shown that when two synthetic additives are consumed together, the damage is much greater than when they are eaten alone. Who can guess what goes on in the stomach and brain of a small child whose body is having to deal with a combination of multiple additives?

See related articles on page 2

Earlier research has shown that teens who drink excessive amounts of soda are likely to exhibit ADHD behavior, and especially aggression; one can only guess how much more damaging they could be for a 5-year-old.

Which are the worst culprits?

The research did not attempt to zero in on which of the many undesirable ingredients were at fault or to look at the overall diet of the children. Depending upon which soft drink a child consumes, he is likely to ingest one or more of these:

- high fructose corn syrup
- aspartame
- caffeine
- FD&C dyes
- artificial flavors
- sodium benzoate
- phosphoric acid



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.



Obesity starts early

Children who begin drinking soda and other highly sweetened beverages at age two are more likely to be overweight by the time they are five.

Researchers from the University of Virginia School of Medicine reviewed data from 9600 children at ages 2, 4 and 5. They found that children who consumed at least one sugary drink a day were 43% more likely to be obese when they reached age 5. These children also watched more television than those of normal weight. The findings were published in the August 5th issue of the journal *Pediatrics*.

In 2008, the Centers for Disease Control reported that more than one-third of the children and teens in the US were overweight or obese. This puts them at high risk for a host of illnesses in the future. ♦

Although the recent research generally refers to soft drinks as containing "sugar," they usually contain high fructose corn syrup, not cane or beet sugar.

The use of the word "sugar" to cover various sweeteners has caused confusion and given many people the impression that synthetic sweeteners like aspartame are a healthier choice, but nothing could be further from the truth!

Sweet beverages present a particular problem since they do not provide the same sense of fullness or satiety as food with an equal number of calories.



These vintage ads chronicle a long history of the soft drink industry promoting its products for infants and children.

Are diet sodas the answer?

Diet beverages are not a good way to manage weight, according to a Purdue University expert's review of recent scientific studies.

"Public health officials are rightfully concerned about the consequences of consuming sugar-sweetened beverages, such as soft drinks, but these warnings may need to be expanded to advocate limiting the intake of all sweeteners, including no-calorie sweeteners and so-called diet soft drinks," said Susan E. Swithers, a professor of psychological sciences and a behavioral neuroscientist. "Although it seems like common sense that diet sodas would not be problematic, that doesn't appear to be the case. Findings from a variety of studies have shown that routine consumption of diet sodas, even one per day, can be connected to higher likelihood of heart disease, stroke, diabetes, metabolic syndrome and high blood pressure, in addition to contributing to weight gain."



In response to the recent studies, the Coca-Cola company has taken out full page ads promoting Diet Coke as a "healthy" alternative.

A better choice would be stevia-sweetened sodas.

Synthetic sweeteners investigated included aspartame (Equal, NutraSweet), sucralose (Splenda), and saccharin (Sweet'N Low).

Research has shown that non-calorie or reduced-calorie food and beverages interfere with a body's learned responses. The assumption is that fewer calories means less weight gain. But the work of Dr. Swithers and others shows that frequent consumption of the high-intensity (synthetic) sweeteners may have the opposite effect by confusing the body's natural ability to manage calories based on tasting something sweet.

This information was provided by Purdue University. The research was published in *Trends in Endocrinology & Metabolism* ♦

A 14-year search for help

Amy wanted desperately to help her older son, but didn't know where to turn.

Nathan started life as a happy, easy baby, but at around 18 months, the same time he stopped breastfeeding, his parents began to see changes for the worse. He would lash out at other children, hitting and even biting them for no apparent reason. "By the time he was two," Amy recalls, "I had to stop taking him to the playground and continued to keep him away from other children for about a year."

His aggression toward his younger brother began at about age 5. Nathan managed to keep his behavior in check while he was at kindergarten, but when he got home, little brother Max would feel the brunt of his negative behaviors; Nathan was constantly "picking at" the toddler.

For most of his school years, Nathan slid through the cracks. He was in a gifted program but performed well below what his teachers knew was his potential.

"Finally, in seventh grade," Amy recalls, "things started to slide downhill quickly, and we began to hear the term 'ADD.' (I now recall that this was also the time I started using scented wax warmers throughout the house.) Nathan began taking Concerta, and while it helped reduce the symptoms, we were continually having to increase his dose. What's more, in the evening when the effects of the drug wore off, the behavior problems accelerated."

"Each morning, I woke up with a knot in my stomach, worrying about my son. I was 'an anxious mess' and spent a lot of time crying."

There were several nightmare weeks at the beginning of this summer when Nathan came off the Concerta. And things reached a crisis point after Amy returned from having been out of town. Before she left, she stocked the kitchen with lots of convenience food -- filled with the additives the U.S. Food and Drug Administration claims are harmless! Nathan's persistent pestering of his brother was worse than ever.

Although Max, Amy's younger son, didn't have behavior or learning problems, he suffered from asthma, allergies and migraine headaches. After a steady diet of junky food, Max developed a migraine so severe it triggered a major nose bleed.



It's been only four weeks since they changed their diet, but things are looking bright for this family!

With school only a few weeks away, Amy wanted to get Nathan started on his medicine, but now at nearly 16 years old, he was fed up with the pills and told his mom he didn't want to take them anymore. Determined to find a way to support Nathan's wish to be off medicine, Amy started a computer search for alternative ways to help ADD. She had recently met a mom whose daughter had a terrific response to the Feingold Diet, so she recognized the Association's web site.

Amy ordered the member package and told the family they would all change their food to healthier options. Husband Jon was agreeable, as was 9-year-old Hayley. Max supported anything that might stop the constant harassment, and Nathan was eager to find something better than drugs.

It was only a few days later when Amy was sure she saw calmer, quieter behavior in Nathan, but she felt it could just be wishful thinking. It was Max who convinced her that the changes were real. "Mom, I really like this diet," he commented. Not only had Nathan stopped picking on his brother, but they were now able to hang out and enjoy being together.

Amy now recognizes that the severe reactions she has suffered after eating out in some restaurants are due to the MSG used by so many of them.

They recently used the Feingold Association's *Fast Food Guide* to find a great restaurant and celebrate Nathan's 16th birthday. ♦

Tart Cherries

Cherry trees thrive on Michigan's western shore where Lake Michigan moderates the area's temperature.

First planted in 1852, most of the tart cherries grown in the United States today come from Michigan, which has nearly 4 million trees.



Tart cherries are great for jams, preserves and pie fillings and have some impressive health benefits. They're rich in potassium, vitamin C, vitamin B complex, melatonin, flavonoids, antioxidants, and anthocyanins. Anthocyanins are plant pigments that give fruits their bright colors; they are powerful antioxidants that reduce the risk of various degenerative diseases.

Tart cherries can be enjoyed frozen, dried or in juices. Since they don't hold up well in transport, they are only available fresh in the area where they are grown.

Arthritis and Gout

Researchers at the Oregon Health & Science University report that tart cherries have the "highest anti-inflammatory content of any food" and are said to be more effective than aspirin in fighting inflammation and the pain of arthritis. They also help rid the body of excess uric acid, which causes gout.

Note: cherries are a Stage Two fruit.

See the PIC Report from September for Traverse Bay and Fruit Advantage products made from tart cherries as well as other fruits.

Some pomegranate benefits

Ongoing research suggests additional health benefits from this ancient fruit:

- Lower blood pressure and stroke prevention
- Increase in bone density
- Prevention of type 2 diabetes /Treatment of insulin resistance
- Obesity
- Cancer prevention

Pomegranate

Pomegranate is another health superstar. Happily, the fruit appears to be well tolerated by those on Stage One.

This ancient fruit, first cultivated in Persia, has been the subject of great interest as more and more health benefits are uncovered.

The process of breaking down food to then be used for energy creates "free radicals" in the body. These free radicals can cause damage or death to cells. Most plants contain "antioxidant polyphenols," molecules that counter the damage caused by the free radicals. Pomegranates are very rich in these antioxidant polyphenols; in fact, they have been found to have three times the amount found in red wine and green tea! They reduce inflammation which is a risk factor for many diseases.



Below is a sample of some of the recent research that has been conducted on this remarkable fruit.

See page 7 for Fruit Advantage pomegranate products.

Heart disease

Studies with both animals and humans have found that pomegranate can lower risk factors for heart disease by decreasing the formation of plaque and reducing both the oxidation of LDL cholesterol and the thickness of artery walls.

Improved memory in adults

Twenty-eight subjects drank either pomegranate juice or a flavor-matched placebo for 4 weeks in a double-blind study. Those who drank the pomegranate juice showed significant improvement in memory. [Bookheimer 2013]

Protection from bacteria and viruses

Based upon laboratory research conducted on cells, pomegranates are believed to offer protection from drug-resistant bacteria, food-borne pathogens such as E. coli, and infectious disease organisms. They were also found to suppress oral bacteria. [Howell 2013]

Prostate cancer recovery

Pomegranate improved the recovery of men who had been treated for prostate cancer. Several studies have shown that the fruit not only can inhibit the growth of cancer cells but can actually kill them. ♦

Fast food as it often is...

When it comes to fast food, few products generate more passion than the barbecue wannabe, the McRib sandwich. Fans love it and critics revile it.

The McRib comes and goes without notice, causing a frenzy of activity as devotees compete to see who can eat the most.

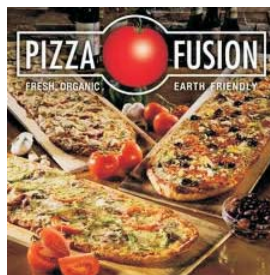
But critics point out that while it is made from pork, the consumer is not likely to know that parts generally discarded -- heart, tongue and stomach -- are ground up and used in the sandwich.

Feingold members shun the BHA in the patty, while others point out the inclusion of azodicarbonamide, a bleaching agent used in foam mats and linked to asthma. This additive is illegal in some countries.



The appearance of "ribs" is pressed into the product, but only on one side.

...and fast food as it can be



If we designed an ideal casual restaurant, it would probably look like Pizza Fusion, featuring fresh, natural, healthy food that tastes great and is suitable for special diets including Stage One, gluten-free, dairy-free and vegan.

The award-winning pizzas, sandwiches, salads, desserts and beverages are free of synthetic additives (including nitrates) and trans fats. Produce that is fresh and mostly organic is used to create their gourmet pizzas.

You can choose your own toppings, including pesto or olive oil in place of tomato-based sauces.

Every aspect of Pizza Fusion's business is built on a respect for people and the environment.

The only down side is that to date the U.S. locations are limited to FL, CO, NJ, NC and OH.

Good news and bad news about Blue Dye!

The way a food dye is ingested can make a big difference in how it affects a person. This is one of many factors that has not been addressed in the research on food dyes and behavior.

If a synthetic dye is ingested in something like cereal or a beverage, it may have a different effect than if it is used in lollipops or hard candies, where there is prolonged exposure to the tongue and tissues inside the mouth.

Recent research published in the journal *Food and Chemical Toxicity* (Hojerova 2013) evaluated two blue dyes: Brilliant Blue (known in the US as Blue #1) and Patent Blue V (not permitted in the US and some other countries).

The researchers found that prolonged exposure on the tongue resulted in the dye seeping into the bloodstream, whereas dye in food that is swallowed is more likely to be destroyed by the gastrointestinal system. (In the same way, dye absorbed into the skin -- as in face painting -- presents problems.)

When the dyes seep into the bloodstream they inhibit the cells from functioning normally.

In some of the early research, children ingested dye in a capsule so the dye bypassed the mouth entirely.



Feingold moms know that dyes in toothpaste can be a big problem, even though the child may spit most of it out.

There are now two natural blue dyes available to food manufacturers. In response to a 2012 petition to the Food and Drug Administration by Mars, the makers of M&Ms, the agency has given its approval to a dye made from spirulina, a form of algae. At this time, it is approved only for use in candy and gum. Manufacturers received the go-ahead to begin using it as of September 13.

Mars would not provide details about their plans for the new dye. They currently sell naturally colored M&M candies in Europe.

The spirulina extract is a suitable alternative to Blue 1 and will expand the color options because mixing it with yellow will produce a vibrant, natural green.

A natural blue dye, which has been available since 2009, is made from watermelon and a fruit known as "huito." The shade of this natural dye is close to that of the synthetic blue No. 2 (also known as "indigotine"). ♦

Happy Family Foods

Happy Baby, which began with a line of highly nutritious frozen baby food, has rapidly expanded and now provides food for all ages, so they have changed their company's name to Happy Family.

The frozen products have been reformulated into shelf-stable pouches that are ideal for traveling. An extensive line of healthy treats now includes many items such as smoothies that are popular with adults. Sunny Buddies are great to put in school lunches; they are a sunflower butter and jam snack that complies with the no-peanut rules found in many schools. The Happy Family products are free of the common allergens and do not contain added sugars or starch fillers.

Founder Shazi Visram's vision was to "create healthy, nutritious food options in an effort to completely change the way children are fed in this country." The products use ingredients shown to be superfoods.



These include coconut milk, quinoa, chia with antioxidants and omega-3, and amaranth. Then, the health value is further enhanced by the addition of DHA, magnesium, pre- and probiotics, and vitamin D3.

The products begin with the highest quality natural and organic foods (never using GMOs) and packaging that is safe and eco-friendly. The ingredients are sourced from farms using sustainable practices and providing fair wages for the workers, as well as educational opportunities for their children. A portion of the proceeds from sales supports feeding programs for undernourished children in other countries.

Since she began the company in 2006, Shazi has been recognized as one of the country's leading young entrepreneurs. *Forbes* magazine calls Happy Family one of America's most promising companies. It has recently been incorporated into the companies owned by Danone, which enables the brand to be sold in far more stores. But the mission remains the same; Happy Family is still led by Shazi, and she continues to follow her vision.

Their website www.happyfamilybrands.com has a wealth of information, including recipes that will help you incorporate more veggies into your family's meals.

See the PIC report on page 7 for more information. ♦

Holiday Goodie Baskets!

This year we have many options, including ordering the baskets early.

Baskets can be customized to be given for Christmas, Fall, and Hanukkah. They can be created especially for a boy or a girl.

Feingolders who have additional dietary preferences can have a basket filled with their favorites. These options are: Stage One, Stage Two, Corn Syrup Free, Gluten Free, and Dairy Free.

What you will receive in a Stage One basket:

Candy Cane
 Christmas Chocolate Balls
 Christmas Minikins
 Sundrops
 Gum
 Sugar Free Milk Chocolate
 Bug Bites
 Chocolate Snowflake Lolly
 Licorice
 Candy Bar
 Chocolate Covered Mint
 Peanut Butter Kisses
 Chocolate Coated Seeds
 Brownie
 Gluten Free Cookie
 Decorating Sprinkles
 Cheddar Popcorn
 Mini Microwave Popcorn
 Candy Bar
 Chocolate Crinkle Cookie
 Mints
 Taffy
 Chocolate Sprinkles
 Gummies
 Wafer Candy Bar
 Jelly Beans
 Caramel Lollies
 Lime or Lemon Tarts
 5 Coupons

What you will receive in a Stage Two basket:

Candy Cane
 Christmas Chocolate Balls
 Christmas Minikins
 Sundrops
 Gum
 Sugar Free Milk Chocolate
 Bug Bites
 Chocolate Snowflake Lolly
 Licorice
 Candy Bar
 Chocolate Covered Mint
 Peanut Butter Kisses
 Chocolate Coated Seeds
 Brownie
 Chocolate Chip Cookie
 Decorating Sprinkles
 Cheddar Popcorn
 Mini Microwave Popcorn
 Gluten Free Cookie
 Chocolate Crinkle Cookie
 Mints
 Taffy
 Chocolate Sprinkles
 Granola Bar
 Wafer Candy Bar
 Jelly Beans
 Lollies
 Lemon or Lime Tarts
 5 Coupons



Note: These are the donations received so far. There will be more so check future announcements. Special order baskets (free of gluten, corn syrup or dairy) can be modified to meet your needs.

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

AMY'S KITCHEN* Gluten Free Pound Cake (GF), Gluten Free Sandwich Rounds (GF,CF); Hot Cereal Bowls (CF): Steel Cut Oats, Cream of Rice (GF), Multigrain

BETTER OATS Oat Revolution: Classic, Thick and Hardy Classic; Organic Raw Pure and Simple Bare

BLUE ICE Fermented Cod Liver Oil Non-Gelatin Capsules (GF,CF)

CALIFORNIA BABY* Sunscreen: (GF,CF) SPF 18 No Fragrance (SB), SPF 30+ No Fragrance Stick^

EARTH MAMA ANGEL BABY*^ Natural and Non Scents Shampoo and Body Wash (GF,CF)

FARINA Original Creamy Hot Wheat Cereal

FRUIT ADVANTAGE (GF,CF) Pomegranate Juice Concentrate; Pomegranate 200mg Supplement

HAPPY BABY* (GF,CF) 1 Starting Solids: Banana, Green Beans, Mango, Mixed Carrots, Sweet Potato, Pears, Peas and Mint, Winter Squash; 2 Simple Combos (GF,CF): Spinach, Mango and Pear, Banana and Kiwi, Broccoli, Pears and Peas; 2 Homestyle Meals (GF,CF): Pumpkin and White Bean, Sweet Peas, Green Beans and Spinach, Carrot Sweet Potato, Brown Rice, Basmati Rice, Coconut and Carrot; 3 Hearty Meals (GF,CF): Chick Chick, Gobble Gobble, Beef Stew, Super Salmon, Cluck Cluck

HAPPY BELLIES*(CF): Baby Cereal: Oatmeal, Brown Rice (GF), Multi Grain

HAPPY MUNCHIES* (GF) Baked Organic Cheese and Grain Snacks: Organic Broccoli Kale and Cheddar, Organic Cheddar Cheese and Carrot

HAPPY TOT* Super Toddler Bars (GF,CF): Honey Grain Sunbutter, Chocolate Sunbutter, Turkey Vegetable and Brown Rice Toddler Meal Bowls; Organic Fruit and Vegetable Mixes (GF,CF): Pumpkin Sweet Potato and Pear, Spinach Mango and Pear, Green Beans Pear and Pea

HAPPY YOGIES* Yogurt and Fruit Snacks (GF): Banana Mango

KINNIKINNICK (GF,CF): Chocolate Cookie Crumbs, Montanas Chocolate Chip Cookies

NOI SIRIUS* Pure Icelandic Chocolate (GF): 33% Milk, 45% Semi Sweet, 70% Extra Bitter, 56% Bitter Sweet

Stage Two

HAPPY BABY* (GF,CF) 1 Starting Solids: Apple, Peach; 2 Simple Combos (GF,CF): Apple and Cherry, Apricot and Sweet Potato, Banana, Beet and Blueberry; 2 Homestyle Meals (GF,CF): Brown Rice Pudding (apples); Greek Yogurt (GF, oranges): Zucchini Pear and Kale, Apple Strawberry and Beet, Banana and Pumpkin; 3 Hearty Meals (GF,CF): Amaranth Ratatouille (tomatoes, red bell peppers), Mama Grain (apples, peaches)

HAPPY CREAMIES* (GF,CF): Veggie and Fruit Snacks (white grape juice): Apple Spinach Pea and Kiwi, Strawberry Raspberry and Carrot (apples), Carrot Mango and Orange

HAPPY MORNING* Breakfast Smoothie (GF, pectin from oranges, white grape juice): Super Cinnamon (raisins), Super Banana (apples)

HAPPY MUNCHIES* (GF,CF): Veggie Fruit Crisps (apples): Strawberry Carrot, Banana Beet and Blueberry (peaches), Spinach and Apple (oranges); Rice Cakes (apples): Apple, Carrot, Blueberry Best

HAPPY PUFFS* (GF,CF, apples): Purple Carrot and Blueberry, Apple, Greens, Banana, Sweet Potato, Strawberry

HAPPY SQUEEZE* Strawberry Kiwi and Beet Fruit and Veggie Twist (GF,CF), Greek Yogurt (GF, apples, pectin from oranges): Peachy Keen, Super Strawberry, Razzleberry; Super (GF,CF): Pomegranate Blueberry and Apple, Kiwi Banana and Apple, Acai Grape and Apple; Cocoa (GF,CF): Orange Mango, Strawberry; TREAT (GF,CF, white grape juice): Chocolate Pear, Caramel Apple; FRUIT & VEGGIE TWIST (GF,CF): Apple Mango and Kale, Blueberry Apple and Purple Carrot (white grape juice), Strawberry Kiwi and Beet

HAPPY TIMES* (CF): Carrot and Apple Bits Dried Fruit, Mixed Fruit Yogis Freeze Dried Organic Bits (GF, blackberries, blueberries, strawberries), Sunny Buddies Sunflower Butter and Jam Snacks (apples, blueberries, raspberries, strawberries), Veggie Pals Carrot Orange Apple Chews (GF), Caramel Yogurt and Apple Bits

HAPPY TOT* Super Toddler Bars (GF,CF): Mixed Berry Crunch (apples, blueberries, cranberries, raspberries), Apple and Kale Crisp; Coconut Milk (GF,CF, apples, blueberries, raspberries, strawberries); Toddler Meal Bowls (tomatoes): Chicken Quinoa and Vegetables, Vegetable Ravioli, Super Beefy Pasta; Organic Fruit and Vegetable Mixes (GF,CF): Broccoli Spinach Pea and Apple, Blueberry Pear and Beet, Sweet Potato Apple Carrot and Cinnamon, Banana Peach and Mango, Banana Peach Coconut and Prune, Apple and Butternut Squash

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.

A Feingold Hallowe'en

There are many ways to turn this annual food additive nightmare into a success!

Some suggestions from moms

Beth reports, "My son just informed me that he doesn't think he will go trick-or-treating this year. He said that they can't eat the candy anyway so why go? Of course his friend said he could give him his candy.

[This is the best part.]

"My son said, 'Yuck - you want to eat candy covered in petroleum?' and went on to enlighten him about Feingold! By the end of the conversation the friend said he didn't think he wanted to go trick or treating anymore either. Love it!"



Stacy writes, "My kids have done Hallowe'en for Hunger the past few years. Several days before Hallowe'en they send out a flyer to 'warn' the neighbors they will be trick or treating for nonperishable foods for our food bank. Every year they have done an amazing job and helped fill the food bank." ♦

Candy for Trick or Treaters



No artificial colors, flavors, preservatives, GMOs, high fructose corn syrup, or hydrogenated oils in these.

Finally, we have the option of giving out individually wrapped, natural, readily available candy. Unreal candy has large bags with wrapped snack-size candies, as well as the original single serving sizes.

They are sold at Target, CVS and various stores around the US, as well as online. Visit <http://getunreal.com> to learn how to find the candy in your area. ♦

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.

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A mom writes, "Since school started this year D. is having horrible reactions that occur nightly even though we are very careful to follow the diet.

"They do math on white boards with stinky markers and use highlighters a lot. Can those things cause severe hostility and inability to focus? It's almost as bad as a Red 40 reaction. He couldn't focus enough last night to write ten sentences. He kept holding his head and screaming, and then

White boards and stinky markers



couldn't sleep. This morning he was filled with rage. I want so badly to help him." ♦

Yes, you're right about the stinky markers! Most pens used on white boards contain xylene and toluene -- powerful chemicals that are made from petroleum!

Crayola makes small white boards and markers that appear to be less offensive. The smell is a good tip-off. The stronger the smell, the greater the likelihood that the product will cause problems.

If he has an IEP it would be good to see if you can have this added. ♦