

Pure Facts

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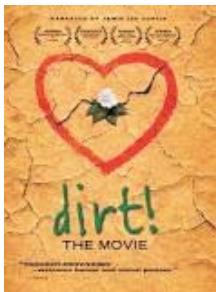
Thanksgiving -- Celebrate the Harvest

Every child who grows up in the United States learns about our first Thanksgiving when families celebrated a long-awaited year of bountiful food.

Children cut out construction paper turkeys, and we all look forward to the big meal.

But there have been drastic changes in this country -- not only in the type of food most people eat, but also in the agricultural practices that have moved further and further from the wisdom of our ancestor farmers.

The infamous "dust bowl" of the last century was the result of reckless practices, but today's massive farms are also damaging the Earth's "skin" -- the few inches of soil that grow the food we need to live.



Happily, these problems have solutions, many of which are found in the award-winning film *Dirt*, from James Colquhoun and Laurentine ten Bosch, producers of *Food Matters* and *Hungry for Change*.



Restoring the soil

If you dig down into the soil in some areas of South America, you will see that the top portion is very dark, almost black. Ancient civilizations added charcoal to the soil, dramatically increasing the productivity of their crops.

This practice, dating back thousands of years, has recently been rediscovered and offers a remarkable solution to some of the problems we face today, including depleted soil and greenhouse gases.

Called "biochar," it is made by slowly burning plant materials at very high temperature without much oxygen. This produces fuel to run the system, and the final product is charcoal, but in a form very different from what is used in outdoor grills.

Continued on page 2

ADHD/OCD Drug in the News Again

Doctors in Australia have been alerted to the potential dangers from the drug atomoxetine, better known as Strattera.

Last month, a 9-year-old Australian boy committed suicide after being placed on **Strattera**. The country's Therapeutic Goods Administration has received 28 reports of suicidal thoughts in children and teens after taking the drug; some of the children are as young as seven.

In 2011, there were an estimated 6,000 Australian children on the drug, compared to several million in the United States.

When it was approved for use in the US in 2002, Strattera was hailed as the solution for parents and doctors who were reluctant to use stimulant drugs like Ritalin and Adderall. And since it is not listed as a controlled substance, like the other drugs, it is easier to refill prescriptions.

But what is not so well-known is that drug giant Eli Lilly initially developed Strattera as an antidepressant, but when it failed to be effective for treating depression, the company looked for a different way to use it and came up with ADHD and OCD. The early trials identified many serious side effects, including mania, depression, anxiety, hallucinations, insomnia, violent behavior, and suicide.

By 2005, the risk of liver damage surfaced, and Lilly began to include warnings with the product that the drug could cause liver damage, leading to the need for a transplant, or possibly death. ♦

Meat in the USA

In the years following World War II, there was a shift in the way animals were raised. Weary of wartime food rationing, families wanted meat, and lots of it. Just as economy of scale was used in manufacturing, many of these principles were applied to farming. Instead of spending their days out of doors, grazing on grass, rooting for plants or pecking at bugs in the farmyard, cattle, pigs and chickens were housed in massive indoor facilities, crowded and confined.

Living in filth, they are susceptible to disease, and so drugs are routinely added to their feed -- largely unnatural feed that is based on corn, with added manure, urine and dead animal parts.

The US Centers for Disease Control and Prevention says antibiotics that are used for growth promotion in animals should be phased out.

Factory farming and sick consumers

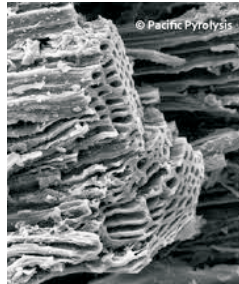
It wasn't until 1993, when E. coli sickened hundreds of people who had eaten undercooked hamburgers, that consumers began to learn about how their food was being raised.

As awareness of factory farming grew, consumers began to object to the inhumane treatment of the animals that end up on our dinner tables. Today, farmers and ranchers who raise animals in conditions that enable them to follow their natural behavior can earn the seal of Animal Welfare Approved.

Cage-free eggs and grass-fed beef are becoming more readily available and many consumers are willing to pay for the increased costs involved. These foods are attracting not only celebrity chefs but also some of the fast food chains including Burger King, McDonald's and Wendy's.

Restoring, from page 1

Unlike briquettes, this type of charcoal has a honeycomb appearance with an enormous amount of surface area and openings that can retain nutrients and water. It also restores carbon to the soil, yielding huge benefits.



Adding biochar to soil is far more effective than composting.

Cleaning the air

Both the use of fossil fuels and the reduction of forests have overloaded the Earth's atmosphere with carbon dioxide, leading to global warming.

Soil contains more carbon than all vegetation and the atmosphere combined.

Biochar reduces greenhouse gases by trapping CO₂, thus keeping it out of the atmosphere while enriching plants. It also reduces the emission of nitrous oxide, which is even more damaging than CO₂.

Reversing soil depletion

A surprising solution is being used by farmers and ranchers; they are restoring the vitality of the land by allowing it to revert to the prairie grasses that were once native to many areas. Then, they use the land to graze large herds of livestock, in a way similar to the herds of buffalo that once covered the region.

The land and the animals work in harmony with each other. A typical operation places cattle in a small grazing area (confined by electrified wiring). The animals eat all of the vegetation, not just the favored plants. Then, they are moved to another section, leaving behind manure to help fertilize the cropped grasses, giving them time to regrow.



before and after land reclamation

The technique is being used successfully on a large scale, on mid-sized farms and even on very small farms. This approach is described in the book *Cows Save the Planet*. ♦

Better farming yields more food!

Smart farming brings enormous benefits and increases the yields by nearly 80%. In some cases, the amount of food grown doubled.

Researchers at the University of Essex in England worked with colleagues on 286 farming projects in 57 countries. The projects used environmentally sound practices, such as integrated pest control and increased carbon sequestration. Not only did the harvest improve dramatically, but the farmers accomplished this with less water than they had used with conventional techniques. The research appeared in 2006 in the journal *Environmental Science & Technology*, published by the American Chemical Society. ♦

So many reasons to be thankful

When Tabitha decided to sign up to become a foster parent she expected to be available to help an occasional child who needed a place to stay for a weekend, but it ended up being far more!

Carmen had been in foster care since she was two years old and had twelve failed placements before she arrived at Tabitha's, which is now her "forever" home.

Despite an unusual amount of patience and a great sense of humor, Tabitha often found herself in tears of frustration over the 5-year-old's volatile behavior. Endless conferences and counseling sessions had no effect, and the behavior modification techniques changed nothing.

Tabitha had heard a little about the link between food and diet but thought the only thing that would help would be "a medicine made by a big company," and that "Natural was just something people took who were not really sick in the first place or wanted to feel like they were helping." She adds, "Sad, right?"



To the parents who are new to the Feingold diet and the parents who are doubting the diet.

I've moved several different times because of my behavior. I lied and stole things before I went on the Feingold diet. I would throw fits, throw my shoes at people, and cuss when I didn't get what I wanted.

I would wish I was dead or I would threaten to run away or to get a sharp knife and kill myself.

Lots of people I've been with have tried putting me on medicine that never helped me. I would still act as bad as ever. It only made me worse.

Here are examples of my behavior after I went on the Feingold diet:

I still cry but not horribly.

I have stopped cussing.

I don't wish I was dead or threaten to kill myself.

I am a more thoughtful person.

I am able to make my Mom smile instead of making her frown.

When she Googled Carmen's symptoms, what kept coming up was "diet." But there was one post that really made an impression. The mom described symptoms that could have been Carmen and went on to say that the Feingold diet changed it all. Tabitha began the diet in June of 2012, and saw an almost immediate response.

By that time, Carmen's little brother had joined the family, and although his problems were not as severe, his response was also dramatic.

Later, three more siblings from another family would join the household. The children all have various negative reactions to additives and some issues with salicylates.

Despite many missed days of school, the children excel academically.

Today, this single mom of five considers herself one of the luckiest parents she knows. When they are out at a restaurant, the children are calm; they can sit quietly and listen. In fact, every time they go out, they can expect other diners will come over to comment on how well-behaved these children are. Of course, when one of the children is in the throes of a reaction, it's a different story. Skittles from a teacher or a reward at Sunday School will send a child off on a major 5-day reaction. Even salicylates are still an issue. But, fortunately, these episodes are rare.

Things other youngsters take for granted, especially a stable, loving family, are treasured by them. Thanksgiving will be a very special time for this family. ♦

When Tabitha told Carmen about a mom on Facebook who was reluctant to try the diet, the 9-year-old wrote a note to her. Portions are reprinted above.

FAUS mom petitions Mars Candy Company to ditch the dyes!

Working with the nonprofit Center for Science in the Public Interest (CSPI), FAUS mom Renee Shuttars has initiated an online petition to call for naturally colored M&Ms.

In her letter to Mars CEO Paul Michaels, Renee wrote, "I'm a mom to two kids, and we like having some sweets around the house like most people do. Several years ago our little Trenton (now 9 years old) was having some behavioral problems. He was having trouble in school, at hockey practice, and at home with things as basic as falling asleep."

Just two days after going on the Feingold Diet, there was a dramatic improvement. Renee writes, "Trent changed from a child who would have a meltdown if he didn't get his way during playtime to a calm student who could share and do his schoolwork."

She continues, "I was present at a 2011 hearing where even the Food and Drug Administration acknowledged that 'Exposure to food and food components, including artificial colors and preservatives may be associated with adverse behaviors in children.'"

These hearings were the result of efforts by CSPI, which has been working to force our government agencies to follow their stated missions that include protecting Americans from harmful chemicals. ♦



Trent shows how he feels about fake dyes; he enjoys candies that are similar but use natural colors, like Sundrops and Unreal candy-coated chocolates.

Earlier Quote from Mars UK

"We know that artificial colours are of concern to consumers, which is why, in 2006, Mars began a programme to remove them from our products...In November 2007, Starburst Chews became free from all artificial colors...in December 2007, Skittles were made free from all the artificial colours highlighted in a landmark study by Southampton University....we have already removed four colours...from Peanut and Choco M&M's, and are in the process of removing the final one so they will be free from these artificials during 2008."

Mars UK

Sign the petition by going to

www.change.org/MMSDyes

What's going on?

When Mars UK was faced with the options of switching to natural dyes or having to add warning labels to their candies, they expressed an interest in customer preference, shown in the above quote. Well, Mr. Michaels (Mars CEO), in the first few days of the petition, you have heard about the preference of more than 60,000 customers in the US. Are you really interested in what we want, and aren't dollars as important to you as Euros? ♦

Another mom fights for our kids

Robyn O'Brien saw the drastic effects food can have for a sensitive child!

Like Renee, Robyn understands that these unnecessary chemicals hurt all kids. In the October 18 blog, *Inspired Bites*, she described the efforts to get Mars to take out the dyes in the candy they sell in the United States, just as they have done for those candies they sell in Europe. (As of 2009, most of the foods sold in Europe were required to carry warning labels if they used the dyes found to be the most harmful.)

When they removed the dyes from their candies, Mars office in the United Kingdom issued the statement (on the left), which Robyn printed in her article. Robyn is the author of *The Unhealthy Truth*. ♦

In response to the petition, a Mars spokeswoman expressed concern that one of the natural red colorings that could be used is derived from beetles and might cause allergic reactions in some people. However, there are many other sources of red dye beside this one (known as carmine or cochineal). Fruits, vegetables and even hibiscus flowers are being used to make natural red dyes. One more thing, why are you worried about a potential allergic reaction in the United States but not concerned that this dye could cause allergic reactions in your European customers? ♦

Oooh! Stage One Candy Canes!

It's been several years since we have enjoyed natural candy canes, but now Spangler offers Sweet Nature red and white canes! They will be included in our Holiday Goodie Baskets and can also be ordered from the Squirrel's Nest Candy Shop. ♦

www.squirrels-nest.com



Hot Cereal for Breakfast

Cold mornings call for tummy warmers! See the PIC report on page 7 for new Stage One options.



ColoradoMoms.com's Emily Vanek saves money by making her own instant packets. Combine ½ cup quick cooking oats and a tablespoon or two of sugar in a small Zip Loc bag. Add dried fruit if you like. To prepare, empty into a bowl, add ¾ cup water and microwave on high 1 minute. ♦

Tricks and Treats but not just on Halloween Many companies promise treats but play tricks on us instead!

Food Channel Baker Duff Goldman has come out with his own line of cake mixes. Any fan of TV baking shows will not be surprised to learn that the mixes contain synthetic dyes. But Duff ramps up the petroleum factor in his Tie Dye version, with swirls of garish colors, coated with neon yellow frosting and colored fondant circles. ♦



Can gum improve your health? Emergency room doctor Terry O'Neil believes he has found a solution in his "Immuno Herbal Immunity Gum."

It might have herbs and even offer some immunity, but here's what also comes with this product: **artificial flavors, aspartame, acesulfame potassium** (another fake sweetener), **sucralose** (Splenda), and **BHA!** ♦

Sweet potatoes and Thanksgiving go together

The humble sweet potato, so popular this season, is a great source of vitamin A, beta carotene and fiber. But despite the fact that it is naturally sweet, it is routinely subjected to added sugars, maple syrup and a top coat of gooey marshmallows. General Mills takes the insult one step further with their Betty Crocker Sweet Potato Mix.



Sweet potatoes aren't even the major ingredient; white potatoes are. Following that are several sugars, margarine, soybean oil, corn starch, two yellow dyes, artificial flavors and two different flours, sulfites and a few miscellaneous non-food additives.

Online reviews have brought some positive comments and a lot of negatives like these: "funky texture," "bad aftertaste," "a pot of orange glop" and "gross."

Thankfully, it's easy to boil and mash real sweet potatoes with a little added juice and heat the casserole in the oven -- yum! ♦

PUR Gum is a Natural!

Pomegranate and Wintergreen are Stage One!



PUR Gum founder Jay Klein knows that you don't have to risk your health to enjoy chewing gum. He created a gum that is sweetened with xylitol from non-GMO corn, with no fake sweeteners, flavorings or BHA -- the preservative often found in gum bases.

Look for it at natural food stores, in the health food sections of many supermarkets and at Meijer's. You can also order the gums online from Amazon.com. ♦

Meat or Not Meat?

When a vegetarian chooses to not eat meat, it's a conscious choice. But for many others, what they believed is simply meat turns out to be a lot more.

Feingold members who seek out meat alternatives find that many of the substitutes are unacceptable because they are loaded with monosodium glutamate (MSG), the notorious "flavor enhancer" with a long list of serious health risks. But now, for those on **Stage Two**, there are some delicious options that are Feingold accepted as well as MSG-free, gluten-free and soy-free.

Neat is made from pecans, garbanzo beans, and cornmeal. It has received rave reviews from both vegetarians and meat-lovers.

The three flavors are their Original Mix, Italian Mix, and Mexican mix. (See the PIC report on page 7.) They can be ordered via Amazon.com. Visit www.eatneat.com. ♦



On the menu - reheated burgers & pink slime



School cafeteria hamburgers might not be vegetarian but are likely to contain very little actual meat. In Fairfax County, Virginia, one of the wealthiest in the nation, the public schools rank 11th largest in size. (This gives a school system a big advantage in buying power.) But the burgers served in the county's public schools are typical of the dreadful food served to so many children.

In 2012, it became public that Fairfax burgers contained pink slime. The bad publicity, along with pressure from worried parents, forced the county's food service director to switch to real beef patties. It was announced with great fanfare. But this fall, the real burger was replaced with a food-like pattie nearly identical to the earlier version. *Pure Facts* does not have a list of the 2012 ingredients, but this is the 2011 listing, which contained less than 1/3 actual beef, including the pink slime.

Ground beef, water, textured vegetable protein product (soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)), vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), hydrolyzed soy protein, sugar, dextrose, beef flavor (salt, natural flavor (beef fat/powder, fish gelatin, autolyzed yeast extract, soy sauce powder (soy wheat protein, maltodextrin, salt), and trisodium phosphate), tomato powder, autolyzed yeast extract, modified food starch, disodium phosphate, citric acid, flavor, vinegar powder (maltodextrin, modified food starch, vinegar solids), disodium inosinate & guanylate, propylene glycol.

The underlined words indicate MSG hidden under other names. In addition to nerve cell damage, research has shown MSG promotes obesity. And what's with the fish gelatin? ♦

Does your child's school serve foodless food? Want to change it? Visit www.School-Lunch.org to learn how!

Is it really chicken?

Jackson, MS, has the sad distinction of being the obesity capital of the United States.

Researchers from the University of Mississippi Medical Center bought chicken nuggets from two (undisclosed) national chain restaurants and analyzed the contents. They found that nearly half of the ingredients were fat, blood vessels, nerves, cartilage and bone. Their research, titled *The Autopsy of Chicken Nuggets Reads "Chicken Little,"* was published in the September issue of the *American Journal of Medicine*.

Why settle for fried fat when you can enjoy these Scrumptious Greek/Italian Nuggets?

Cut boneless chicken breast into nuggets or strips.

Sprinkle lightly with salt.

Coat liberally with unflavored Greek yogurt.

Bread each piece with a blend of panko crumbs, shredded Parmesan cheese and Italian seasonings.

Skillet fry in coconut oil.

Cook until the meat is no longer pink inside. ♦



Salty, tangy, and yummy, they are made with real food!

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

CARLSON^* Norwegian Salmon Oil (MSG/HVP, GF,CF)
COUNTRY CHOICE ORGANICS^ Multi Grain Hot Cereal (CF)

ENJOY LIFE FOODS* (GF,CF) Baked Chewy Bars:
Cocoa Loco

I LOVE OATS Instant Oatmeal

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

MALT-O-MEAL Original Hot Wheat Cereal

MOM'S BEST NATURALS Multigrain Hot Cereals

NATURA FOODS^ Pearl Delight

ORGANIC PRAIRIE Prairie Classic Original Beef Jerky (GF,CF)

PUR GUM^* (GF,CF): Pomegranate, Wintergreen

QUE PASA (GF,CF) Tortilla: Organic Blue Chips, Tortilla Chips

TASTE OF GLUTEN FREE^* (GF,CF) Cookie Mix:
Chocolate Chip, Shortbread

Stage Two

AMY'S KITCHEN* Gluten Free Shortbread Cookies (GF):
Almond, Chocolate Chip (almonds), Classic (almonds);
Cake (GF,CF, apple cider vinegar): Chocolate, Organic
Chocolate, Organic Orange; Gluten Free Brownies (GF,
apples), Light In Sodium Tomato Basil Organic Pasta Sauce
(GF,CF), Light In Sodium Mattar Paneer Indian Meal
(GF, chili peppers, paprika, tomatoes), Tofu Mexican
Scramble Breakfast Entrée (GF,CF, bell peppers, chili
peppers, tomatoes); Burritos (bell peppers): Light in Sodium
Bean and Cheese, Gluten Free Non Dairy (GF,CF);
Wraps (CF): Indian Samosa (jalapeno, tomatoes), Indian
Spinach Tofu (jalapeno), Gluten Free Indian Aloo Mattar
(GF, chili peppers, jalapeno, paprika, tomatoes), Teriyaki
(bell peppers, chili peppers), Gluten Free Teriyaki (GF, bell
peppers, chili peppers), Gluten Free Tofo Scramble (GF,
chili peppers, tomatoes); Pocket Sandwich (CF, tomatoes):
Tofu Scramble (bell peppers, jalapenos)

ANDY'S DANDY Creamy Candy Bar no longer contains almonds and can be moved to the Stage One section of your *Foodlist & Shopping Guide*. This is located in the Candy and Gum section under chocolate

Stage Two, continued

BIG BANG NATURALS Sports Drinks (available on Long Island, NY) (GF,CF,CS): Blue Barracuda (blueberries, raspberries), Orange Animal (tangerines), Fruit Punch U Out (oranges)

CROFTERS FOOD* Pomegranate Premium Spread (GF,CF, apples)

ENJOY LIFE FOODS* (GF,CF) Baked Chewy Bars: Mixed Berry (cranberries, raisins, strawberries), Caramel Apple (raisins), Sunbutter Crunch (raisins)

HAPPY TOT* Super Toddler Bars (GF,CF): Mixed Greek Yogurt (GF): Pomegranate Apple and Beet (oranges), Orange Apple and Sweet Potato, Kale Spinach and Apple (orange); Plus (GF,CF): Blueberry Apple and Purple Carrot, Kale Apple and Mango, Strawberry Kiwi Beet and Pear; Coconut Milk (GF,CF): Orange Mango Puree, Strawberry Puree

HAPPY YOGIES* Yogurt and Fruit Snacks (GF):
Strawberry, Mixed Berry (blueberries, cherries, raspberries, strawberries)

KATHY'S KITCHEN (available in IL, MI, MO) Zucchini Relish (GF,CF)

KICKIN PICKLES Pickles (GF,CF, bell peppers, chili peppers, cucumbers, paprika, red peppers): Mild Sugar and Spice, Hot Sugar and Spice; Gourmet Pickle Relish (GF,CF, bell peppers, chili peppers, cucumbers, paprika, red peppers): Mild, Hot

KICKIN SALSA (GF,CF, chili peppers, jalapenos, tomatoes): Hot (paprika, habanero, serrano peppers), Mild

KINNIKINNICK Soft Blueberry Bagels (GF,CF)

NATURA FOODS^ Apple Delight, Peach Delight, Plum Delight

NEAT (Available in PA) (GF,CF, paprika): Italian Mix (red peppers), Original Mix, Mexican Mix (chili peppers)

PUR GUM^* (GF,CF): Spearmint (white tea extract), Peppermint (white tea extract)

SURF SWEETS* Holiday Gummy Mix (GF,CF, grapes, oranges, raspberries)

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.

Healing communities with good food

Editorial Notes

Recently, I watched a TV show called "Secret Millionaire." In the show, a wealthy couple traveled to Oakridge, Oregon, a small town located near Eugene.

Since the two lumber mills closed, the town has been in desperate straits. Services that used to be provided are barely being covered by volunteers. The schools have laid off teachers and support personnel and are only open 4 days a week. They have a program where children can take home a small paper sack with a little donated food to help them get through the weekend. The volunteer's dream is to have a little more money so they can afford to put a can of ravioli in each of the bags. (No comment!) There's more, but you get the idea.

As the viewer can predict, the couple gave generous checks so the town can continue a bit longer, but it is not a solution.

I live close to Jamestown, Virginia, where our nation began. The main attraction for those brave people who traveled to the new world, and for the countless generations that followed them west, was land. Their hard work transformed the landscape into lush farms.

I often think of Joel Salatin's dad who took the scrubbiest land in Swoope, VA and made it the rich, fertile farm known the world over as Polyface Farm*. Sally Fallon Morell of the Weston A. Price Foundation is following in this tradition with P.A. Bowen Farmstead* in Southern Maryland. In fact, Sally and Joel have already inspired thousands of others to start homesteads or small farms around the US and across the globe.

Farms like these not only supply good, healthy food for their families

Our Holiday Goodie Baskets are Back!



These baskets have more goodies than ever, and you can have them customized to fit special dietary limitations.

For details and to order go to: <http://www.fgshop.org>



and for many of their neighbors, but accomplish it with less cost and effort than comparable farms, and unlike most such farms, theirs are profitable.

So what if there was some way to reach the people in hard-hit communities like Oakridge, and show them how they can ensure that their families are well fed and at the same time have a surplus of food to sell to their neighbors? And what if other communities could be helped to bring back the heritage of our great-grandparents and learn to be self-sufficient? There are communities like this throughout the country, and just imagine the impact it could have on reforming agriculture if small, prosperous farms began to develop all over the nation.

The greatest resources Oakridge has are its beautiful countryside and its people who work hard and care about each other. This sounds like an ideal combination for a community that can create its own wealth. ♦

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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* See the April 2012 issue of *Pure Facts* for details on the innovative farming methods at the Polyface and P.A. Bowen farms.

Your editor is an odd bird to be talking about farming practices, as I can't even successfully grow a tomato plant. But happily, others can, and I have a deep respect for them.

Jane