

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Girl power challenges the Scouts and Guides

The fact that Girl Scout cookies use synthetic additives has long been a bone of contention for Feingold families. But it's their use of GMOs that is attracting attention.

There are many aspects of the Scout's annual cookie drive that have drawn criticism over the years, including the poor quality of the ingredients used in the cookies. But the appeal of cute little girls was enough to diminish the impact of the critics. Now, with the power of social media available, some of these cute little girls are using it to hold the organizations accountable for their choices.

Alicia Serratos loved being a Brownie Scout, and her mom also

embraced scouting, serving as the leader for both Alicia's Brownie Troop and her little sister's Daisy Troop. When Alicia looked at the ingredients in the cookies, with things even this precocious 6-year-old couldn't read, and her mom saw that some of the ingredients were harmful genetically modified foods (GMOs), they both decided it was time to do something. That's what prompted them to create a petition on Change.org.

See: <http://tinyurl.com/scouts-nogmo>



The petition site contains videos of Alicia, including one where she shows how to make a natural version of the popular Thin Mint cookie.

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ADHD and drugs, two decades later

"Oops, my bad!" say some of the former drug enthusiasts.

In the 1990s, the National Institutes of Mental Health spent \$11 million taxpayer dollars to fund a study comparing the effects of stimulant drugs vs. behavior modification for children diagnosed with ADHD. Three options were explored: drugs only, behavior modification only, or a combination of the two. Following nearly 600 children for a period of 14 months, the researchers found that the most dramatic changes came from the use of both, reducing symptoms by 12 percent more than just by drugs alone. Behavior modification alone came out with the lowest score.



Some of this information is based on the article, "A.D.H.D. Experts Re-evaluate Study's Zeal for Drugs" written by Alan Schwarz, published in the *New York Times* in December.

The improved results from the combination were dismissed, and the research was interpreted to mean that drugs were the best option for children with ADHD. The study became the gold standard for educating professionals and was a bonanza for pharmaceutical companies. In 1990, about 600,000 children were taking drugs for ADHD, but the number has increased to 3,500,000 today. It was also embraced by insurance companies and school systems as a less expensive way to deal with the growing number of children unable to behave appropriately, focus and learn.

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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.

ADHD drugs, from page 1

At that time, the Feingold Diet had been in use for nearly 30 years, and studies showed a success rate of about 70%, the same as was seen for drugs. (Members of the Feingold Association enjoy a higher rate of success, but this figure has not been subjected to controlled studies.)

"The numbers [of children being diagnosed with ADHD] make it look like an epidemic. Well, it's not. It's preposterous....This is a concoction to justify the giving out of medicine at unprecedented and unjustifiable levels."

Dr. Keith Conners (one of the study participants)

Many design flaws

One of the biggest shortcomings of the study was that it only looked at the short term changes in the children. Newer research has shown that even when drugs reduce ADHD symptoms, this change is not long lasting.

There was a "one size fits all" approach. All of the nearly 600 children were treated alike, with no consideration of the possible causes for each child's ADHD symptoms.

The known adverse side effects of stimulant drugs were not considered.

And finally, other treatment options -- most notably the Feingold Diet -- were not even addressed. These experts appear to have decreed that there are only two options for treating ADHD, and even then, one of the options was dismissed.

"I hope it didn't do irreparable damage....The people who pay the price in the end is the kids. That's the biggest tragedy in all of this."

Dr. Lilly Hechtman (one of the study participants)

Maybe the researchers were not aware of the Feingold Diet?

The researchers included Dr. Keith Conners, who conducted several of the earliest studies on the Feingold Diet. Despite the fact that the research from the 1970s had many design flaws, it nevertheless yielded some very positive results. Dr. Conners first reported that his work supported the Feingold Diet, and then he said that it didn't, and then reported that it did, at which point we stopped trying to keep track.

Another researcher involved in the study was James Swanson. In 1980, he published a study on the harmful effects of synthetic dyes. It was titled, "Food Dyes Impair Performance of Hyperactive Children on a Laboratory Learning Test."

"There was lost opportunity to give kids the advantage of both (drugs and behavioral therapy) and develop more resources in schools to support the child -- that value was dismissed."

Dr. Eugene Arnold (one of the study participants)

More carefully designed studies that supported the Diet had already been published in leading medical journals beginning in 1984. Rowe and Rowe had astonishing success in their work, and in 1989 the Kaplan study showing that more than half of the children benefitted from diet was published in *Pediatrics*. Then in 1994 the very positive Boris study appeared in the *Annals of Allergy*.

The most recent study is the highly regarded McCann study from Britain, showing that a modest amount of food dye triggers ADHD symptoms in most children, including those who have never received a diagnosis. ♦

Girl Power, from page 1

The petition site describes the very busy little girl.

Alicia has been actively involved in the Girl Scout community in many areas. She has raised money for her school's organic garden, raised awareness about endangered animals, participated in many recycling projects, helped organize food and toy drives for those in need, and more.

She exemplifies what it means to be a Girl Scout. She has also researched a lot about GMOs and is concerned with the independent studies done (on mice) showing infertility and tumors and the fact that over 60 countries either label or ban GMOs. "I want GMOs out of our cookies so they will be safer for my friends and everyone to eat."

After learning about the petition Alicia Serratos directed to the U.S. Girl Scouts, ten-year-old Canadian Girl Guide Maya Fischer has created a similar one directed to the Canadian counterpart, the Girl Guides. Maya is asking the Guides to follow the same standards of behavior the organization expects of the girls.

Cookies for Feingold families?

Currently, most Girl Scout cookies contain unacceptable additives (though the new gluten-free version looks better than the rest). But it would be difficult for the Feingold Association to research the cookies since they are produced by two different companies and both the varieties and the ingredients are subject to change from one year to the next. We are hopeful that this petition, and similar ones being directed to the Scouts, will bring about a change in their cookies and their philosophy. ♦

Brice's Story

When Brice walked out of his bedroom wearing a pair of jeans and a big smile, it was one more confirmation for Jennifer that their lives had changed!

He had been with the family for only ten months, but the 4-year-old had many challenges and it now looked like sensory issues had been one of them. He previously hated to wear certain clothes. Brice had exhibited many of the symptoms on the Feingold checklist, including episodes of wild behavior and screaming tantrums. Now, less than a month after beginning the diet, it was like there was a new little boy in the house.

Many people have seen the change in Brice, and his family's experience is now helping other children.

Jennifer learned about the diet at a picnic where one of the guests brought a cooler with her own foods. Intrigued, Jennifer asked her about this and learned that her well-behaved little girl used to have behavior problems. She had severe sensory issues and would often exhibit wild, crazy behavior, but a change in their food quickly brought a welcomed change in the troubling symptoms. Jennifer had tried behavioral therapy and many other things with Brice, and while some things she did offered some improvement, none of them was really addressing the cause of the problems.

Jennifer writes, "I had a friend over for lunch today who is going to join Feingold. They have a 7-year-old adopted son who is just like our little guy was before we started. I guess he can be a pretty picky eater, because my friend was excited that he really liked everything I served for lunch!"



When she got home, Jennifer read everything she found on the Feingold web site, ordered the program, and began the next day, using what information she was able to gather.

On the member's Facebook page, Jennifer discovered a wealth of information and support.

Within a few weeks of beginning Feingold, Brice found a Chapstick tube and rubbed some on his lips. Then Jennifer recalled the awful behavior episodes that took place last winter, when she first used the product for him.

A similar memorable event was when Brice skinned his knee and someone put Neosporin on the injury. He was wild and out of control for several days. (Clearly, his sensitivities are much greater than the typical child on the Feingold Diet.)

Most Feingold families have memorable events where they witness a dramatic reaction to a product.

As they saw the difference in Brice, other adoptive parents began seeking Jennifer's advice, and she has been asked to provide workshops for adoption support groups. She was amazed that the professionals who had been her teachers as she prepared to adopt Brice were now coming to her to learn.

But aside from a few aberrations, the family's diet is "clean," and because Brice is homeschooled, there are few opportunities for him to be exposed to synthetic additives.

Many people have noticed the changes in Brice's behavior, including his 80-year-old great-grandparents who commented on what a pleasant little boy he now is and what a pleasure it is to have him visit.



Good work, Brice!

As is often the case, the benefits are not limited to just one member of the family. Jennifer now finds that she can focus and think more clearly and accomplish much more on the Feingold Diet. She used to believe she needed the caffeine in colas to keep her alert, but she has ditched them and says she is more alert without them. ♦

Kuli Kuli, the new snack bar with a mission

The scrawny tree and the young woman -- both might change the world.

This is an account by Lisa Curtis, creator of KuliKuli bars.

When I don't finish my plate, I think of starving kids in Africa. It's not because my mother told me to; it's because I have a vivid memory of the young girls who I knew in Niger, West Africa, taking my food wrappers out of the trash and licking the slight residue that remained. They say the Peace Corps stays with you. My experience made me want to devote my life to fixing the imbalance between the hungry and the overweight. So, together with a few talented friends, I founded Kuli Kuli.

We have more than enough food to feed the world, and yet nearly a billion people go to sleep hungry every night. For many years, we attempted to solve this problem by shipping unwanted food from the land of plenty into the places of poverty. But as food aid reformers in the U.S. have argued for years, sending heavily subsidized American crops abroad is inefficient and may even be hurting more than it helps when the imported food brings down crop prices such that local farmers can't sell their harvests.

What does work is investing in farmers. I wanted to find an incentive for farmers to grow crops that nourish their communities, not just popular Fair Trade exports like coffee and chocolate, so we're starting with **moringa**.



The bars come in 3 flavors.

Moringa Oleifera is a slender tree that is often said to be one of the most nutrient-dense plants in the world for its high levels of protein, iron, calcium, vitamins, and antioxidants. It's perfect for vegetarians and rural farmers who cannot afford meat as it contains the essential amino acids methionine and cystine, which are among the hardest amino acids for the body to acquire from plant-based diets.

Moreover, moringa leaves contain vitamins A and C, more calcium than most other greens and so much iron that doctors prescribe it for anemic patients. Best of all, it grows in sandy soil with very little water, meaning that it naturally grows in places like Niger, India and Haiti. It's especially promising as a food source in the tropics because the tree is in full leaf at the end of the dry season when other foods are typically scarce.

I first came across moringa while in Niger. The Peace Corps emphasized that we should work in our villages to increase the amount of moringa that is grown and utilized, as well as eating it ourselves. It's a cause that has been taken up by the international development communities.

Kuli Kuli is building a way for consumers in the U.S. to gain access to incredibly healthy plants from around the world while supporting farmers in the developing world to grow and utilize more of these healthy foods. By carefully managing our supply chain so as to only source a portion of each harvest for consumption in the Western World and by paying Fair Trade prices, we can ensure that superfoods like moringa benefit those who need them the most.

Though we're beginning with moringa, there are whole books about the nutrient-rich plants that are just waiting to be discovered by Western consumers. As climate change makes rainfall increasingly unpredictable for low-income farmers in the developing world, indigenous superfoods will become an important tool to help communities around the world take control of their own nutrition.

We live in a world where there are a billion people who don't know where their next meal is coming from. We also live in a world where a billion people are overweight. The goal is to connect people who are looking for healthy sources of food with people who need healthy sources of food.



The bars could be the key to a better life for many.

The bars are Stage Two, gluten-free, and vegan and come in three flavors: Crunchy Almond, Black Cherry and Dark Chocolate Cherry.

They are being sold at the Whole Foods Markets in Northern California and can be ordered online through www.kulikulibar.com ♦

Eat your heart out, Kit Kat!

This line of luscious chocolate covered wafer bars will make you forget about the other guys!

Check out your *Foodlist* for all of the varieties of Q-bel Wafer Bars that have been researched and are Feingold acceptable. Pictured here is the Silky Dark Chocolate Wafer Bar. These Stage One yummys are sold at many natural food stores as well as regional supermarkets around the country.

Visit www.qbelfoods.com to locate the stores, or order them online from Amazon.com



Q-bel even has a minty wafer for those who miss the Girl Scout Thin Mints. ♦

Coughs, Fevers, Sniffles and Sneezes

Feingold families have non-drug Stage One options available!

Similasan homeopathic products are valuable to have on hand and are easy to take, especially by children.

Kids Cough & Fever Relief -- This is designed for when your child has a dry, tickling cough, fever, hoarse throat or nasal congestion.

Kids Cold & Mucus Relief -- This relieves symptoms that accompany the common cold, such as sneezing, runny nose, head and chest congestion, cough, and fever. It also helps a child get rid of mucus.



These gluten-free, dairy-free products are sold retail in major drug stores and discount stores and can be ordered online. Visit www.similasanusa.com for US sources. ♦

Valentine affection confections

Both Stage One and Stage Two yummys are available from the Squirrel's Nest Candy Shop.

Jelly beans, pink watermelon lollies and gummies as well as chocolates of all kinds are available from the Squirrel's Nest, but **only until February 3** so get your order in early. Visit www.squirrels-nest.com ♦



Heavenly Cupcakes

If your travels take you to southeastern Virginia, plan on treating yourself.

Hampton, VA is located East of Richmond, en route to Norfolk and Virginia Beach. And Hampton's Coliseum Mall is located right off of Interstate 64. Here's where you will find Ethereal Cupcakes and Coffee Shoppe. Ethereal is a good description of their amazing cupcakes, made with the same ingredients found in Feingold kitchens.



While the cupcakes are all made from scratch using natural ingredients, some of the specialty flavors use brand name products like Heath Bars and Oreo cookies, so check them out on the web site or talk with the staff to learn the details.

There is a huge assortment of more than a hundred flavors that rotate. This includes Red Velvet without fake dyes and vegan and gluten-free options, as well as flavors infused with alcohol (Appletini, Mai Tai, Strawberry Daiquiri, Pina Colada, and even one called Beer & Pretzels).

Cupcakes also come in these imaginative flavors: Apple Pie, Fluffernutter, White Chocolate Pomegranate, Sweet Potato with Marshmallow Frosting, Lava Cake, Strawberry Lemonade, and a tribute to Elvis: vanilla banana with peanut butter frosting. And unlike the Girl Scouts cookies, the Mint Chocolate cupcakes are natural.

See: www.etherealcupcakesandcoffeeshoppe.com ♦

Post Joins the No-GMO Club

With their announcement that they will produce a non-GMO Grape Nuts cereal, this major manufacturer follows General Mills, which recently changed their original Cheerios to be free of genetically modified ingredients.



Grape nuts original cereal has now been verified as GMO-free, according to the company's Brand Director. Post is also taking a look at their other cereals as they consider expanding the non-GMO options. In addition, Post (unlike General Mills) is using third-party verification to ensure that their ingredients are truly free of GMOs.

Sadly, Post recently changed the formula for the iconic Grape Nuts to include a MSG-type additive.

The Post line of products was created by Charles William Post, who grew up in Springfield, Illinois, and was a neighbor of Abe Lincoln.

As an inventor, salesman and entrepreneur, his hectic schedule took its toll on his health. This led him to seek out solutions, and he developed an understanding of the importance of a healthy diet. Post's first product was Postum Cereal Beverage, developed as an alternative to coffee because he believed that caffeine was unhealthy.

At a time when "Robber Barons" ruthlessly used their wealth and power with no regard for the welfare of their workers, the public or the environment, Post stood out as a remarkable exception.

His employees were well paid, offered comfortable housing and worked in clean, safe factories. Post could even be found in overalls, helping out with the production.

Concern for the welfare of others was a guiding principle for his daughter, Marjorie Merriweather Post, who had been educated and groomed to take on the reins of the company. She did this in 1914, at a time when women were still not allowed the vote.

While FAUS applauds this move by the Post company, we have to wonder what C.W., the man who scorned the consumption of coffee, would have thought about GMOs being used in any of his products. ♦



GMO Fish!

59 retailers have lined up to reject GMO seafood.

The "Campaign for Genetically Engineered-Free Seafood" has already received commitments to reject GE seafood. These chains include Target, Giant Eagle, Meijer, Trader Joe's, Aldi, Whole Foods, Marsh and Hi-Vee.

Many health activists also reject seafood that is farm-raised for several reasons. If the food comes from third world countries there is a risk that it was raised in water polluted with industrial waste products. Then, there's the issue of the fish food used, which does not have the healthy essential fatty acids that come from a diet of sea creatures. A good option is wild Alaskan salmon which is rich in healthy fats. ♦

GMOs in Baby Formula

Activists are targeting the major formula manufacturers, calling for a change from the use of genetically modified corn, sugar beets and soy.



The companies are Abbott Laboratories (Similac), Mead Johnson (Enfamil) and Nestle (Gerber Good Start). These products comprise 98% of formula sales in the United States. Each of the companies contributed heavily to the efforts to defeat the recent referendums calling for the mandatory labeling of GMOs.

Several non-profit groups are bringing pressure on the companies to use non-GMO ingredients. One such group, AsYouSow, called on Abbott shareholders to vote for the removal of these foods until they can be proven safe for consumption. It was no surprise that the recommendation was rejected, but the campaign got the attention of the company executives who have offered to meet with the activists.

GMOinside.org has created an online letter to the 3 CEOs, calling for the removal of the unwanted ingredients. You can access it at: <http://tinyurl.com/GMOBabies> ♦

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

365 EVERYDAY Banana Chips (GF,CF)
FULL CIRCLE Organic Toasted Oats Cereal (GF)
GOOD FOOD MADE SIMPLE Original Steel Cut Oatmeal (GF,CF)
KING'S CUPBOARD* Mint Chocolate Chunk Hot Chocolate Mix (GF,CF), Dark Chocolate Hot Chocolate Mix (GF,CF); Triple Chocolate Frosting (GF), Organic Hot Fudge Sauce (GF), Organic Double Chocolate Brownie Mix; Mousse Mix (GF): Dark Chocolate (CF), Milk Chocolate; Chocolate Sauce (GF): Sugar Free Dark, Bittersweet, Crème de Menthe, Milk; Caramel Sauce (GF): Cream (CS), Organic Cream, Himalayan Salt (CS,CF), Pear Cinnamon (CS)
LAMAGNA (GF): Original Ricotta Cheese, Part Skim Ricotta Cheese
LITTLE REMEDIES (GF,CF): Saline Spray Drops, Honey Elixir (SB), Saline Mist
NATURAL BY NATURE (GF): Organic Ricotta Cheese
ORGANIC PRAIRIE* Organic Uncured Beef Hot Dogs (GF,CF)
ORGANIC VALLEY* (GF): Organic Whole Milk Ricotta Cheese
PRIMAL PIT PASTE (available in Florida – www.primalpitpaste.com) (GF,CF): Natural Deodorant Strong Unscented, Natural Deodorant Regular Unscented, Natural Deodorant Stick Unscented
SIMILASAN^ (GF,CF): Kids Cough and Fever Relief, Kids Cold and Mucus Relief
THREE SISTERS Plain Grain Multigrain Organic Hot Cereals
TROPICAL TRADITIONS (GF, CF): Organic Coconut Oil Lip Moisturizer: Cinnamon Peppermint, Unscented; Unscented Organic Coconut Oil Bar Soap, Unscented Organic Coconut Oil Liquid Soap
WHO KNEW SMART COOKIES (CF,CS): Soft and Chewy Chocolate Chips, Chocolate Sandwich Creme, 2 X Stuffed, Original Chocolate Chip, Vanilla Sandwich Creme

PIC Alert

Nature's Gate Creme de Mint and Anise Toothpastes both have cranberry in them now, so you should move them to the Stage Two section of your *Foodlist*. They are currently found under STAGE ONE PERSONAL CARE Dental Care - Toothpaste

Stage Two

HORMEL NATURAL CHOICE Beef Smoked Sausage (SM,GF,CF, cherries)
KING'S CUPBOARD* Mocha Chocolate Chunk Hot Chocolate Mix (GF,CF, coffee); Chocolate Sauce (GF): Raspberry, Three Chilies (cayenne pepper, chipotle, cayenne pepper), Espresso (coffee); Caramel Sauce (GF): Three Chilies (CS, cayenne pepper, chipotle, cayenne pepper)
KULI KULI* (available in CA and mail order) Moringa Superfood (GF,CF): Black Cherry (almonds), Crunchy Almond, Dark Chocolate (almonds, cherries)
MEDLEYS Original Zesty Mix (CS, GF,CF, chili powder, paprika)
REJUVA MINERALS Foundation Powder (blueberries, grapes, raspberries): Soft Beige, Golden Amber
WAY BETTER SNACKS^ Simply So Sweet Chili Tortilla Chips (GF,CF, cider vinegar, paprika, red peppers)

Stage One Fragrance

TROPICAL TRADITIONS (GF, CF): Lavender Organic Unscented Coconut Oil Liquid Soap

Stage Two Fragrance

CALIFORNIA BABY* Wash Up Handwash: (GF,CF,SB, fir) Eucalyptus Ease
KISS MY FACE^ Fragrance Free Moisture Shave (GF,CF, oranges)
LEMONGRASS SPA PRODUCTS (GF,CF, grapeseed extract): Hairy Spray, Deep Conditioner with Shea, Botanical Shampoo for Normal Hair, Botanical Conditioner for Normal Hair
PRIMAL PIT PASTE (GF,CF): Natural Deodorant Regular: Primal Spice (cloves, orange oil); Natural Deodorant Kids: Orange Creamsicle; Natural Deodorant Stick: Primal Spice (cloves, orange oil), Orange Creamsicle

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.

Our Holiday Baskets were a big hit!

Our holiday fund raiser goodie baskets were loaded with Feingold yummys! Grateful thanks to all of you who ordered them and to the companies who made them possible.

Amy's
Andean Dream
Angel Mints
Applegate
Attune Foods
BFresh Gum
Barbara's Bakery
Berlin Natural Bakery
Dietz & Watson
Edward & Sons
Endangered Species Chocolate
Enjoy Life
Gilbert's Goodies
Glee Gum
Goody Good Stuff
Home Free
India Tree
Indie Candy
Jelly Belly
Jolly Time
Kimmie Candy Company
Kinnikinnick Foods



Lucy's
Matt's Cookies
Nature's One
Pamela's
Qbel
RJ's Licorice
Sjaak's Organic Chocolates
Spangler Candy
St. Claire's Organics
the Squirrel's Nest
Surf Sweets
Utz
Wellshire
Wolfgang
YC Chocolate

We also thank those companies who worked with us to make their treats affordable:

Bellows House Brownies
Pearson's Peppermint Patties
Sunspire Sundrops
Thompson Chocolates
Unreal Candy
Yummy Suckers

Valentine Colors for those who are on Stage One!

At one time, those who needed to avoid salicylates had very limited options for pink or red fruit punch and frostings. But today, we have a wealth of natural colors that can be ordered online, as well as naturally red pomegranate juice. While the juice tends to darken when it is cooked, it's perfect for use in frostings and beverages. You will probably want to sweeten the drinks since it is tart. ♦

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.

www.feingold.org

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Good news about vanilla!

McCormick's Pure Vanilla Extract no longer contains corn syrup. ♦