

Pure Facts

Newsletter of the Feingold® Association of the United States



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Drugs that hurt

For the majority of people with schizophrenia, the long-term use of antipsychotic drugs reduces the chance of a successful outcome.

Drug therapy has long been the cornerstone for the treatment of schizophrenia, but in light of compelling research about the limitations of antipsychotics, the director of the U.S. National Institutes of Mental Health has acknowledged their potential for preventing recovery.

In August NIMH Director Thomas Insel wrote that despite initial benefits, the drugs used to treat schizophrenia "may worsen prospects for recovery" in the long term.

These findings have implications for the treatment of ADHD and related conditions.

This reversal was prompted by the newest research on the long-term outcome of drugs and mental health from Dutch researchers, headed by Lex Wunderink. *JAMA Psychiatry* published his research on the long-term results of continual drug use versus the tapering-off and discontinuation of drugs. People who discontinued or reduced drug therapy typically experienced a worsening of symptoms in the short term, but their results after seven years were much better.

Although earlier studies cast doubt on the practice of keeping patients on a regimen of antipsychotics for a lifetime, this still came as a surprise to those who have long been critical of the NIMH and its cozy relationship with Big Pharma.



Many mental health professionals have crusaded on behalf of patients and their families, calling for them to be given an informed choice of treatment options. Another pioneer is the prize-winning reporter Robert Whitaker. His investigative research in 1998 described third world countries that had better success helping patients with schizophrenia than wealthy America. He is the author of *Mad in America: Bad Science, Bad Medicine, and the Enduring Mistreatment of the Mentally Ill*, published in 2001. His 2010 book is titled *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*.

Vaccines, autism and fever-reducing medicine

For children who are genetically vulnerable, the use of acetaminophen (Tylenol, etc.) at the time of vaccination might be a factor in the development of autism.

See the article on page six for details on brands widely used in the US but available only with a prescription in other countries.

Bruce Levine, a clinical psychologist and long-time crusader for the rights of patients, wrote, "Big Pharma has profited enormously from the current standard treatment protocol that calls for lifetime antipsychotic medication after a single psychotic episode." He points out that the drug Abilify is expected to earn \$6 billion this year -- more than Facebook and Yahoo.

"In what has become a 'psychiatric-pharmaceutical industrial complex,' giant drug companies have corrupted mental health institutions, research, and practice. Most major mental health organizations and institutions from which the general public and doctors receive information are financially interconnected with Big Pharma."

Bruce E. Levine, Ph.D.

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Drugs, from page 1

Past issues of *Pure Facts* have described criminal behavior on the part of some drug companies and some of the professionals who work with -- and profit from -- the promotion of questionable drugs. Psychiatrist Charles Nemeroff and Harvard's Joseph Biederman have received millions of dollars from drug companies, dollars which they failed to disclose. Biederman is credited with the 40-fold increase in the number of children diagnosed with bipolar disorder between 1994 and 2003 and this has led to a drastic increase in the use of antipsychotic drugs on children. One such drug, Risperdal, has been in the news due to a side effect of causing boys to grow breasts.

The "inactive" ingredients in some antipsychotic drugs contain the very additives patients should be avoiding, including: Yellow 6, Yellow 10, Blue 1, Blue 2, Red 7, Green 3, synthetic flavoring and aspartame.

Foods and Mental Health

A growing number of scientific papers show the link between diet and various mental health problems. In Spain, Almudena Sanchez-Villegas and his colleagues are studying the effects of fast foods and other foods with few nutrients on the growing number of people around the world who suffer from depression.

Natalie Parletta, an Australian Senior Research Fellow, studies the link between good nutrition and mental health, especially in at-risk populations. She has quoted Marlene Freeman, MD, Professor of Medicine at the Harvard Medical School, "It is both compelling and daunting to consider that dietary intervention...could reduce rates of psychiatric disorders."

Various individual nutrients have been studied because they have been found to reduce some psychological problems, but Doctors Bonnie Kaplan and Julia Rucklidge argue that the practice of investigating a single nutrient is short-sighted. It is certainly easier to design a study around one vitamin or mineral, but that does not reflect real-world practice, where a healthy diet provides a vast number of beneficial ingredients. This is described in their paper, "The Inane Search for Magic Bullets to Treat Mental Illness." It can be found at: tinyurl.com/nutrition4sanity



An excellent resource is Eva Edelman's book, *Natural Healing for Schizophrenia and other Common Mental Disorders*.

Dr. Kaplan of the University of Calgary has conducted research on diet and behavior/mental health for many years. She is a pioneer in the use of broad spectrum nutrients to help people with many different mental health and behavior problems. One of the broad-based nutrients they have found to be especially valuable is EMPOWERplus, which is Feingold acceptable.

Note: Withdrawal from antipsychotic drugs can be very difficult and they should never be discontinued without the guidance of a trained professional.

"Nutritional Psychiatry"

While the United States struggles with a growing number of people afflicted by mental health problems, Finland is having good results, often without the need for drugs. A team of experts meets with the patient and his family to learn about the problems and see if they can all work together to find effective solutions. These options can include drugs, but are not dependent upon them. One of the features of the program, called "Open Dialogue," is the recognition that healthy diets can be used to address some of the mental health problems the professionals encounter.

Associate Professor Felice Jacka of Finland's Deakin University has formed the International Society for Nutritional Psychiatry Research (ISNPR) to bring together researchers like herself and share information. The newly-formed organization held its first meeting in June 2013 where pioneers from many disciplines came to Tokyo to meet and share research.

Dr. Jacka and her colleagues conduct research on the link between diet and depression. She notes, "A number of studies have shown pretty conclusively that if you eat a healthier diet then it reduces your risk for depression, and if you eat lots of junk then that increases your risk."

Columbia University's Assistant Professor Drew Ramsey is one of a growing number of mental health professionals who recognize the importance of good food. In a recent article journalist Nancy Melville quoted Dr. Ramsey, "...if a patient has certain nutrient deficiencies, it will be difficult for any medications to help until such deficiencies are treated." He finds, "The risk of depression increases when you eat a diet of highly processed modern food."

Additional information on food and mental health continues on page 4.

Extreme sensory issues and diet

Julia fell out of chairs, fell down, and fell off of everything...all the time!

She was a precocious child who spoke early, but often talked without making much sense. However, Julia's most dramatic characteristics were that she frequently fell -- out of chairs, and even when she was just walking -- and her sensory dial seemed to be set at zero. The many falls didn't seem to hurt her and she didn't cry after injuries that would distress most people. Her mom, Jessica, describes their astonishing experience.

Julia was diagnosed with regulatory disorder of sensory processing, also known as SPD.

They mimicked ADHD. But what led me to having Julia evaluated was her under-sensitivity. She broke her collar bone and we didn't know it for a week, and that was because my mom noticed her shoulders were uneven. The last straw was when she broke her ankle and we had no idea. She played in a soccer game and had two practices before the swelling became so severe we noticed.

She felt no pain and had no fear.

Julia talked a-mile-a-minute but never really said anything. She never expressed hunger or fullness. She would eat what we put in front of her and stop when we told her she had enough.

She was never hot or cold.

She would be sweaty but not "feel" as though she was hot. Julia was always all over the place and when standing still had ants-in-her-pants. I would tell her to go put socks on and as soon as she walked away she would forget and be onto something else.

Mind you, I had cut out food coloring when she was 2. (Jessica eliminated obvious dyes, but did not think about the dyes in things like toothpaste or vitamins, and did not remove other synthetic additives.)



Julia was now 7.

The falling was so bad, we could never sit at a table with chairs when we went to a restaurant. We always had a booth so we could put her against the wall and next to a parent. She would, literally, flop out of a chair and did this at home all the time. She also chewed on her shirt sleeves until they were in shreds. And let's not forget the wild and hyper, or as we called it "Julia's party animal" side!

I could go on, but I'll shorten it up a bit. She had auditory processing issues, muscle weakness on her right side (requiring physical therapy). Upon evaluation by a pediatric ophthalmologist she was found to have 4th nerve palsy, and two other eye muscle problems: hyperphoria and exophoria. She had visual processing problems, was accident prone, had constant diarrhea (from infancy), experienced spatial disorientation problems, had short-term memory problems, and suffered from migraines. She was a restless sleeper with lots of tossing and turning and waking up.

Also, she is dyslexic and her symptoms get worse if she is reacting [to an additive].

Simple changes brought dramatic results

I'm happy to report that -- aside from some dyslexia -- Julia no longer shows any signs of her diagnosis, which was proven through testing by her neuropsychologist, pediatric ophthalmologist, and physical therapist. They were in shock that all we did was change her diet and follow Feingold. They even told me they didn't believe in "any of the diets out there." But they did acknowledge "whatever you are doing is working. Don't stop."



Editor's Note:

Sometimes professionals are so invested in a particular mindset that they are unable to see what is right before their eyes.

What is meant by a "healthy diet"?

Which foods do professionals consider the biggest culprits in triggering psychological problems? There are many candidates including trans-fats, refined flour and various types of sugars. But for patients or their families, already under stress, the idea of making major changes in the foods they eat can be daunting. In all of the pages written about reducing mental health problems by improving nutrition, there are two major omissions: additives and salicylates. A diet of less processed foods can still contain synthetic additives, and few people consider how the dyes in toothpaste, mouthwash, cosmetics and medicine can cause profound symptoms in some people.

They are even less aware that some people cannot tolerate certain natural salicylates, or cannot handle too many of them. The motivated patient who switches from a cheeseburger to a salad for lunch is unlikely to be aware of the additives in her salad dressing or the fact that tomatoes, peppers and cucumbers can cause distressing symptoms for salicylate sensitive people.

Diet has long been known to be an effective way to help people with schizophrenia

At the Feingold Association's annual conference in 1996 Dr. Robert Cade of the University of Florida's College of Medicine described his successes.

He explained how some people lack the needed enzymes to digest the proteins in dairy products and many grains (casein and gluten). And if their gut has been damaged, perhaps by exposure to antibiotics, molecules of these foods escape the digestive system and travel to the brain, where they wreak havoc.

Depending upon which part of the brain is impacted, the chemicals from the food can cause a person to see things that are not there and hear voices when there are none. He explained that the effects on the autistic person are similar to those faced by the schizophrenic, although they do not show up in the same way.

While autism and schizophrenia are very old disorders, the number of people who were affected was very small until fairly recently. Two factors that might be related are the excessive use of antibiotics which can damage the gut, and the increase in the consumption of foods devoid of important nutrients.

Food additives and drugs -- what's the difference?

Dr. Feingold understood that the main difference between a drug and a synthetic food additive is that they are called by different names. He explained that food additives can affect any system of the body, including the brain. A typical American meal has an astonishing collection of drug-like chemicals. What happens when all of these chemicals are consumed together -- chemicals shown to cause nerve damage, behavior problems, confused thinking, depression, etc?

What's for breakfast?



Physicians understand that combining drugs can be risky and the results unpredictable. But many American are swallowing a random assortment of drug-like additives with each meal.

What causes people to become violent?

When an athlete uses a drug it is headline news, but when a person goes on a shooting rampage, the public is not told if there were drugs in his system.

From what we do know, it is likely that those who open fire on innocent people were using a combination of antidepressants, ADHD drugs and possibly antipsychotics. Not only do many of these medicines have the potential to trigger delusions, hallucinations, hostility and aggression, but it is not possible to know what effect a combination of them might have.

Even if the percentage of patients who experience violent side effects is small, the millions of people now on a regimen of drugs translates to the risk of many more homicides.

The nonprofit group Ablechild has so far been unsuccessful in obtaining information on the blood work of Newtown, CT school shooter Adam Lanza, who is believed to have had Aspergers syndrome. His primary psychiatrist, Dr. Paul Fox, has been known to prescribe multiple drugs to children as young as ten years old. One such child, being treated for Aspergers syndrome, was given a combination of: Celexa, Remeron, Effexor, Wellbutrin, Neurontin, Buspar, Zyprexa and Adderall.

Drugs once reserved for severe mental illness are now being promoted and used to treat relatively minor problems.

Ablechild.com reports that Dr. Fox has surrendered his license, destroyed his patient records and moved to New Zealand, thus making it even more difficult to learn if Lanza's violent behavior was related to the side effects of prescribed drugs. Sadly, his mother, who could have provided these details, was his first victim.

Sports drinks without junk

"Golazo" is the word soccer fans shout when an amazing goal is scored.

There are two lines of **Stage Two Golazo** beverages. The canned version is an energy drink designed for adults, but with half the calories and sugar found in typical energy drinks. It includes caffeine from guarana, and minor carbonation.

The bottled drink suitable for children (and adults) is the hydrating sports drink which is free of both caffeine and carbonation.

Sweetened with cane sugar and stevia, they are natural, low sodium, GMO free and they are even gluten-free. There's a lot to like about these drinks.



Golazo is designed to appeal to three key consumer groups.

Scottish-born CEO Richard Tate designed the name and flavor choices to appeal to the Latino population. Like Tate, many are huge soccer fans and represent a growing percent of the US population.

The Spanish influence is seen in the chosen flavors: Jamaica, Mango-Limon, Limonade, and Mandarina.

Another market segment Golazo addresses is the consumer who wants his food and beverages to be made with natural ingredients. But the major targeted audience is the soccer fan (and the "soccer moms").

Currently, Golazo is sold retail in AK, WA, OR, CA, ID, AZ and NV. It can also be purchased online from Amazon.com

Shouldn't sports drinks be healthy?

Last year Pepsi announced they were removing brominated vegetable oil (BVO) from Gatorade. The public became aware of the down side of this additive after a Mississippi teenager, Sarah Kavanagh, created a petition calling for its removal. First developed as a flame-retardant, BVO is used as an emulsifier (to keep ingredients from separating) in various beverages that include Mountain Dew, Squirt, Fanta Orange, Sunkist Pineapple and Fresca Original Citrus.

Bromines prevent the body from absorbing iodine, and this can cause damage to many organs, not just the thyroid. Bromine is a central nervous system depressant and people who consume excess amounts of it can experience psychological symptoms including paranoia and other psychotic reactions.

Pepsi has found a substitute for BVO in their Gatorade but still uses it in Mountain Dew. The chemical was not used in their G2 natural version of Gatorade that was discontinued in the fall. (See the article below.)

Gatorade is sold in 80 countries around the world, with the ingredients customized to meet the taste preferences and the laws of various areas. Since bromated vegetable oil is banned in Europe, India and Japan, their versions are free of it.

The 16-year-old who pressured Pepsi into removing the BVO might be enjoying the product without flame retardants, but she is putting her health at risk by consuming synthetic dyes and flavorings, high fructose corn syrup and sodium benzoate.



Pepsi is in the news again

Consumers want the giant corporation to bring back their natural drink and get rid of the 4-MeI.

In 2010 the Pepsi-Cola company created a natural version of Gatorade, called G2. The product had a very limited distribution and was not widely advertised. Then in November of last year the company discontinued the product claiming it was not popular with athletes. But it was popular with consumers like Dr. Missi Nadeau whose son does not consume synthetic dyes. Missi has created a petition calling for Pepsi to bring back their natural drink. You can sign it by going to:

tinyurl.com/bring-G2back

Some versions of caramel coloring contain the potentially cancer-causing chemical 4-methylimidazole (4-MeI). In January *Consumer's Reports* tested MeI levels in soft drinks and found that Malted Goya and Pepsi beverages had the highest levels, especially those versions sold in New York State. (The Coca-Cola products they tested showed very low levels.) PepsiCo defended the presence of 4-MeI, saying that most people consume less than 1/3 of a can of diet soda a day!

The FDA remains unconcerned about the issue.

The times they are 'a changing'

Food companies and restaurants like to claim that they are responsive to the wishes of their consumers, but when they do respond, they deny it was because of the consumers. One exception is Subway.

Subway - In a swift response to a petition initiated by Food Babe Vani Hari, the mega-chain is removing the chemical azodicarbonamide from its breads. This additive is found in many restaurant breads, but bread is a big part of Subway's food and Subway is a huge chain, so this is an important development.

Kraft - After an earlier Food Babe petition, the food giant said they would remove Yellow 5 and Yellow 6 from a few of their many mac & cheese mixes -- not the biggest selling one, however.

Now Kraft has said they will remove one of the preservatives from their "Singles" cheese slices. Actually one could debate if the product should be considered cheese. It previously was called "pasteurized process cheese food," but when FDA inspectors found that Kraft had been adding the low-cost MPC or "milk protein concentrate" in violation of the agency's regulations, the company had a problem. Rather than remove the MPC, Kraft changed the name to "processed prepared cheese product," which does not have any pesky FDA regulations.

Most of the milk protein concentrate used in American products is imported, putting some US dairy farmers out of business. MPC can come from any animal including water buffalo and yaks. The milk is finely filtered, removing all of the liquid, as well as beneficial minerals. It is an effective thickening agent and can also be added to yogurt to give the impression that it is rich and creamy.

Chick-fil-A- In 2013 the chain announced they would be removing a few additives from a few of their menu items (again, thanks to Food Babe!). The high fructose corn syrup and dyes will be removed from their sauces and salad dressings and the chicken soup will no longer have yellow dye.

Now the chain says they will be shopping for chicken raised without antibiotics but it will only come at some time in the next five years.

With a reputation built upon the image of healthy food and a conscientious company ethic, the news that their food is filled with synthetic chemicals is especially troublesome for Chick-fil-A. But what has not been discussed is the fact that the chain uses the neurotoxin MSG (monosodium glutamate) in many of their menu items. MSG is believed to have addictive qualities. Loyal customers who joke they are "addicted to the food" might actually be right.

Autism, Tylenol and Vaccines

It might not be the vaccines that are the biggest culprit, according to some researchers.

Cuba, a country with 11,000,000 people has a very low rate of autism -- only 185 reported cases. But the incidence of autism in the United States is 298 times that of Cuba, according to a paper by William Shaw, PhD of the Great Plains Laboratory in Lenexa, KS.



Despite its economic woes, Cuba provides basic health care services to the population, including vaccines, which are compulsory. More than 99% of Cuban children have received the vaccine for measles.

Another difference between the vaccine policies in the US and Cuba is that there is little use of acetaminophen (Tylenol) in that country. It's available only by prescription and is not given in conjunction with vaccines. But in the US not only is acetaminophen routinely given along with vaccines, but many pediatricians tell parents to begin giving the medicine to their children 5 days before the scheduled shots. Additionally, women in the US are likely to believe that medicines with acetaminophen are safe to use during pregnancy.

Medicines with Acetaminophen

Actifed	Midol
Alka-Seltzer Plus	Nyquil
Liquid Gels	Panadol
Anacin	Paracetamol (in the UK)
Capacol	Robitussin
Contac	St. Joseph Aspirin-Free
Coricidin	Singlet
Datril	Sinutab
Dayquil	Sudafed
Dimetapp	Theraflu
Dristan	Triaminic
Excedrin	Tylenol
Feverall	Vanquish
Formula 44	Vicks
Goody's Powder	Zicam
Liquiprin	also store brands

For more information on the way acetaminophen interacts with vaccines see:

tinyurl.com/adn-shaw

tinyurl.com/good2009

tinyurl.com/Becker2010

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*. Products with this symbol ^ are available in Canada. To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

Stage One

365 EVERYDAY (Whole Foods Markets) Salmon (GF,CF):

Wild Alaska Skinless Boneless Pink, Wild Alaska Pink,
Wild Alaska Red Sockeye

AGAINST THE GRAIN Pesto Pizza (GF)

ANNIE'S HOMEGROWN* Organic Granola Bars (CF):

Chocolate Chip Chewy, Double Chocolate Chip
Chewy Gluten Free (GF), Peanut Butter Chewy,
Oatmeal Chocolate Chewy Gluten Free (GF)

CHOFFY (www.drinkchoffy.com) Brewed Chocolate

(GF,CF): Ivory Coast, IC Dark, La Espanola

CHOSEN FOODS Avocado Oil (GF,CF)

FARMLAND (available in AR, IA, KS, MN, MO, NE, TX)

All Natural Uncured Bacon (GF,CF)

GARDEN OF EATIN* Restaurant Style Tortilla Chips

(GF,CF)

GOBIO^ (Loblaws) Organic Yeast Free Vegetable

Bouillon Cubes (GF,CF)

JESSICA'S NATURAL FOODS* Granola (GF,CF):

Motor City Crunch, Chocolate Chip, Vanilla Maple

LADIBUGS^ (GF,CF) Pesticide Free Head Lice

Treatment Mousse

LITTLE REMEDIES Decongest Nose Drops (GF,CF)

MI RANCO (CF): Organic Taco Sliders (GF);

Tortillas: Organic (CS,GF), Artisan Flour (CS),

Ancient Grain (CS)

PB THINS*^ PB Thins (CF)

SNAPS (GF,CF) Simply Sea Salt Bagel Chips

UNCLE JERRY'S PENNSYLVANIA DUTCH

PRETZELS Unbleached White Flour (CF): Specials,

Specials Extra Salty, Specials Low Salt, Extra Dark,

Extra Dark Low Salt, Lites, Lites Low Salt, Oat Bran,

Oat Bran Low Salt; 100% Whole Wheat Flour (CF):

Sesame Low Salt, Whole Wheat, Whole Wheat

Low Salt

WILD ROOTS^ Ancient Grain Pancakes and Waffles

Product Alert

SJAAK'S ORGANIC CHOCOLATES 70% Extra Dark Chocolate, Milk Chocolate with Creamy Caramel, Dark Chocolate with Creamy Caramel all now contain almond milk and need to be removed from the Stage One to the Stage Two Mail Order section of your *Foodlist*.

BADGER Rub: Sore Muscle needs to be moved to the Stage Two section of your Foodlist because it contains cayenne and rose hips. You can find this product under Miscellaneous Medications in your *Foodlist*.

NANCY'S Strawberry Fruit on Top Lowfat Yogurt contains strawberries so please move to the Stage Two section of your *Foodlist*.

KINNIKINNICK Montanas Chocolate Chip Cookies have grapes in the fruit concentrate so please move this to the Stage Two section of your *Foodlist*. This is located in the COOKIES AND MIXES section.

Stage Two

ANNIE'S HOMEGROWN Organic Granola Bars (CF):

PB and J Chewy (cranberries, strawberries), Berry Berry
Chewy (blueberries, cranberries)

GLEE GUM Sugar Free Gum: Wild Watermelon (GF,CF,
tomatoes)

JESSICA'S NATURAL FOODS* Granola (GF,CF): Gluten
Free Pecan Almond, Almond Cherry, Cherry Berry
(blueberries, cranberries)

SWERVE^ Sweetener (GF,CF,CS, tangerines, oranges)

THAT'S IT^ Apples + Banana, Apple + Blueberry,
Apple + Mango

Stage Two Natural Fragrance

MELANSOL (GF,CF, green tea): Natural Sunburn Relief
Gel, Natural Baby Moisturizer, Natural Baby
Sunscreen SPF30 (almond oil), Natural Sunscreen
SPF 30 (almond oil), Natural Sunscreen SPF 10
(almond oil), Natural Sunscreen SPF 20 (almond oil),
Natural Moisturizer (almond oil)

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

A better way than drugs?

Real help is available for people suffering from schizophrenia and the answers might be very simple.

Researchers in the United Kingdom measured the levels of vitamin D3 in people with first episodes of psychosis, and compared them to controls of the same age. They found that those experiencing psychosis were three times as likely to have severe vitamin D deficiency as the control subjects. One possible factor could be that patients with schizophrenia may withdraw from normal activities and spend more time indoors where they are not exposed to sunlight (which enables our bodies to create the vitamin). However, animal studies support the model of low vitamin D as a cause, not an effect of the disorder. [[Lally, 2013](#) in *Schizophrenia Research*]

There is a growing body of research linking D3 deficiency with schizophrenia and depression. A 2013 paper reports, "Increasingly vitamin D deficiency is being associated with a number of psychiatric conditions....such as autistic spectrum disorder and schizophrenia...." ([Eyles, Burne, McGrath](#), *Frontiers of Neuroendocrinology* Jan 2013)

These researchers, based at the University of Queensland in Australia, have shown that low prenatal vitamin D is associated with an increased risk of schizophrenia in the child. For babies born to mothers with very low vitamin D, their risk of later developing schizophrenia was about twice as great as babies born to mothers with adequate D, according to Dr. John McGrath of the Queensland Brain Institute.

Some of their newer work can be found in *Behavioral Brain Research*, 2013 and *American Journal of Clinical Nutrition* 2013.



Pregnancy difficulties and vitamin D

The *British Medical Journal* calls this a public health concern.

Low birth weight, gestational diabetes and risk of infection are among the potential problems for mothers who have insufficient amounts of the vitamin. [[Aghajafari et al, 2013](#), in the *British Medical Journal*]

Researchers at Canada's University of Calgary conducted an analysis of 31 studies published between 1980 and 2012. They found that the results are of concern because so many women do not have adequate amounts of vitamin D, particularly those who are vegetarian, who cover their skin, who have limited sun exposure, or whose darker skin reduces the amount of sunlight their skin absorbs.

Another study shows that mothers who took vitamin D during their pregnancy had children with greater muscle mass and stronger grips by the time they were four years old. The researchers at the University of Southampton believe that this is an indication of stronger adults and that the benefits of ample vitamin D before birth could carry into older years. This research by [Harvey et. al \(2014\)](#) appears in the *Journal of Clinical Endocrinology and Metabolism*.

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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*This year Easter falls on
April 20
so you'll have lots of time to
find natural Easter treats!*