

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## When it's a disorder to be a baby

The American Academy of Pediatrics does not recommend ADHD drugs for such young children.

In May, the Centers for Disease Control and Prevention (CDC) presented a report on the use of ADHD drugs in children ages 2 to 3. Based upon the data gathered in Georgia, they estimated 10,000 toddlers are being medicated with drugs like Ritalin and Adderall for what is perceived to be attention deficits. The children most vulnerable to the drugging are those on Medicaid.

Dr. Allen Frances, Professor Emeritus of the Department of Psychiatry at Duke University, is a leading critic of the growing psychiatric practice of diagnosing normal human behavioral variations as disorders. He is the author of *Saving Normal: An Insider's Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life*.

"Treating babies with stimulants is based on no research, is reckless, and takes no account of the possible harmful long-term effects of bathing baby brains with powerful neurotransmitter drugs." Dr. Frances



"Developmentally, you're supposed to be scattered and disorganized as a toddler," notes Dr. Nancy Rappaport of the Harvard Medical School.

## Easy money

Big Pharma has a huge market in pushing drugs for poor children, especially those in foster care.

Investigative reporters at the *Denver Post* have exposed the deplorable practices on the part of some drug companies, as well as the doctors who cooperate with them, to make huge profits by giving powerful drugs to foster children, with the bill being paid by Medicaid.

Antidepressants, antipsychotics and psychotropic drugs are being given to large numbers of poor children for conditions like ADHD despite the fact that they are not approved by the FDA (Food and Drug Administration) for such use. More than one million children in the United States are given such drugs, and many of them are less than 5 years old.



The journalists who exposed this practice in Colorado are Christopher Osher and Jennifer Brown. They write, "Pharmaceutical companies wooed academic leaders, ghostwrote articles, suppressed damaging health data and lavished doctors with gifts to make prescribing powerful psychotropic drugs to children a blockbuster profit center, a trail of lawsuits over the past two decades shows."

## Children covered by Medicaid

In Colorado, the number of foster children being given such drugs is 12 times as high as other children on Medicaid. Nine of the ten most prescribed drugs for these foster children are mind-altering chemicals.

Drug companies kept a close watch on which doctors wrote the most prescriptions; they were rewarded with extravagant vacations and lots of cash. These drugs are so profitable, even after many of the pharmaceutical companies were fined millions, and sometimes billions of dollars for illegal activities, their bottom line did not suffer.

*More on page 2*

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.

## Finally, we hear from the FDA!

**Vyvanse**, Shire Pharmaceutical's \$1.2 billion drug, is approved only for children age 6 and older, but an estimated 400,000 youngsters ages 5 and under in the United States are taking it each year. Now Shire plans to study the amphetamine-based Vyvanse on 4- and 5-year olds. Rather than step in and say, "Wait a minute, this is crazy!" our FDA has approved the new experiment.

The new customers should help Shire recover from their disappointment that the drug does not help alleviate depression. But they are also working to recoup lost sales by positioning it as a treatment for binge eating.

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## Is the CDC covering up harm from vaccine mercury?

A new study published in *BioMed Research International* accuses the Center for Disease Control and Prevention of misrepresenting the effects of Thimerosal, a preservative used in vaccines.



The authors write, "There are over 165 studies that have focused on Thimerosal, an organic-mercury (Hg) based compound, used as a preservative in many childhood vaccines, and found it to be harmful. Of these, 16 were conducted to specifically examine the effects of Thimerosal on human infants or children with reported outcomes of allergic reactions; acrodynia; poisoning; malformations; auto-immune reaction; Well's syndrome; developmental delay; and neurodevelopmental disorders, including tics, speech delay, language delay, attention deficit disorder, and autism.

"In contrast, the United States Centers for Disease Control and Prevention states that Thimerosal is safe and there is 'no relationship between Thimerosal-containing vaccines and autism rates in children.' This is puzzling because, in a study conducted directly by CDC epidemiologists, a 7.6-fold increased risk of autism from exposure to Thimerosal during infancy was found. The CDC's current stance that Thimerosal is safe and that there is no relationship between Thimerosal and autism is based on six specific published epidemiological studies coauthored and sponsored by the CDC."

*"Methodological Issues and Evidence of Malfeasance in Research Purporting to Show Thimerosal in Vaccines is Safe"* ([Hooker, et al 2014](#))

## A Feingold parent writes about Vyvanse

"I had two of my children on Vyvanse for nearly two years. It's an addictive drug that requires the dose to be upped as the body builds up a tolerance to it. It also caused nervous tics and strange grunting; they cleared their throats excessively. In addition, the kids were unable to sleep as it induced insomnia, requiring a blood pressure medicine for sleep at night. It wore off in the afternoon, requiring another dose to get through homework. The worse the kids got, the more the doctor would increase the dose. The last straw was when he prescribed an antidepressant in addition. The kids would be up at 4 or 5 in the morning, yelling and playing and going 100 miles an hour. The prescriptions were causing the kids to have manic episodes and virtually no sense of fear, so much so that it endangered our youngest's life.

"Guess what -- only two weeks into Feingold, and lo and behold the kids are way better than on meds. They are sleeping through the night and waking up at an appropriate hour. Today our family is all Feingold."

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## We have a drug, now let's create a disorder.

Alan Schwarz of the *New York Times* wrote, "...now some powerful figures in mental health are claiming to have identified a new disorder that could vastly expand the ranks of young people treated for attention problems. Called Sluggish Cognitive Tempo, or SCT, the condition is said to be characterized by lethargy, daydreaming and slow mental processing. By some researcher's estimates, it is present in perhaps two million children." Eli Lilly, the manufacturer of **Strattera**, hopes to find a new market for this ADHD drug. Among the champions of SCT is Dr. Russell Barkley, who has received large financial rewards from Lilly.

Another suggested psychiatric diagnosis is Disruptive Mood Dysregulation Disorder, previously called temper tantrums. And how about Disorder of Written Expression and Nicotine Withdrawal Disorder? For those who balk at accepting pills for their issues, they must be suffering from Noncompliance With Treatment Disorder.

Attenuated Psychosis Syndrome, along with medication for it, has been proposed for those people who do not have any mental disorder, but are thought to be at risk of developing one in the future.



## We have our little boy back!

"At 4 years old, he was not speaking, not progressing, and having major meltdowns. This quickly changed once we changed his diet." Stephanie Harvie describes her family's journey.

We found the Feingold program when my son was two. I remember inviting friends over to his birthday party and having them bring their own cupcakes. I did not understand the diet then and was not really ready to listen. However, two years later my son faced major delays, was not speaking, was not potty trained and would have unexplained meltdowns. We were at our wits end and were desperate to try anything. After I reached out to my friend, she gave me the gift of a lifetime. She shipped all of her old Feingold material to me so we could get started immediately without waiting for our own to arrive, and so we began the Feingold journey that I credit for giving us our son back.

We began the program in March 2013 and saw results almost immediately. In our year and a half on the program, we have discovered, he cannot handle any Stage 2 items and also discovered he reacts to benzoates. However, we do not mind because our journey has been incredible and we now have our real little boy.



*Before the Harvies changed their diet, he'd just spin the wheels and stare blankly at his bike.*

Within months, Stephen went from speaking one- to two-word utterances to telling us about his day and answering questions. You can never know as a mom how it feels to hear your son tell you he loves you for the first time after years of sitting in silence.

However, the changes were not just in his speech. After struggling with potty training, our son potty trained almost overnight. And overnight, this child, who would not hold a pencil or crayon, began writing his name. The unexplained meltdowns completely stopped.

Prior to Feingold he was a little guy who would sit in a fog. He would sit, spin the tires on his bike and just stare blankly at it. He did not know how to ride it. Since we have been on the Feingold Diet, the fog is gone, and I can find my son racing up and down the street riding his bike.

Stephen's teacher, who had originally recommended we medicate him for ADHD, was stunned by the changes. She no longer pushed the medication and became our biggest supporter. Her notes changed from describing our son as her "little piece of popcorn" to describing him as focused. We were blessed to have this teacher for three years, so she saw the "before" and "after." During our last IEP meeting, she was telling all the therapists how this diet REALLY worked.



Our Sunday School teachers, our neighbors, and anyone who knew him in his younger years, all saw the changes and jumped on board. Our neighbors hosted a Feingold Friendly Easter Egg hunt for our son and bought Feingold approved items for Christmas and Halloween to give to him.

*Now Stephen loves to paint!*

The changes were seen not just in Stephen. Since we began the Feingold program, we have also seen changes in our daughter. She always had irrational fears, and at 10 years old, she would not even go down the slide at the playground. Now, on Feingold, she not only goes down the slides, but rides the largest roller coasters amusement parks have to offer.

Since our family began Feingold, we are so much healthier. For years, we have always battled various illnesses throughout the school year. My daughter would get the stomach flu every year, multiple times a year. However, this year we were one of few families who managed to avoid the stomach flu epidemic and we are the healthiest we have ever been.

When I think about our journey, I cannot help but shed tears of joy. My son has come such a long way in such a short time. Feingold has given us so much -- a peaceful home, a healthier lifestyle and it has given us our son back.



Feingold has changed Stephen from a child with massive meltdowns to a little boy who is now full of smiles, wants to be a helper, has such a compassionate heart and strives so hard to please those around him. Dr. Feingold and the Feingold Program have given us our precious little boy back and our entire family a better way of life.

*Stephanie Harvie*

## Hints from the Experts

Moms share their experiences in dealing with mosquito bites and swimming pool chlorine in these posts from the Feingold Members' Facebook.

**Q** My kid is super allergic to mosquito bites. I'm talking fist-size, rock-hard, painful welts. I caved and gave her an adult Claritin and within ten minutes she had a total meltdown unlike any I have seen yet, crying uncontrollably and making everything I said into a huge negative. Is there anything that works for these huge bites minus the hysterical meltdown?

✿ I put pure tea tree oil on mine; it's the only thing that works for me.

✿ I catch it early if possible and put on a small amount of tea tree oil. My son gets huge lumps, ping-pong ball size, and he is miserable for days if I don't catch them. If I treat them with the oil, they only last an hour or so.

✿ Epsom salt baths or a soaked washcloth as soon as possible seems to help the most.

✿ Aloe vera from a real plant helps us.

✿ A warm compress helps a lot.

✿ Witch hazel when first bitten helps a lot here (\$1 at Dollar Tree). We even keep a bottle of it in the car.

✿ Use a basic soap and gob it on the bite but do not rinse. It will take the itch out and help reduce swelling. My mom is very allergic to bug bites, and the soap has always worked. Witch hazel works great, too!

✿ Apply virgin organic coconut oil to the bite, or use household ammonia to calm the itch.

✿ My son gets reactions to mosquito bites just like that, and we found something that works very well. I put Epsom salt in a coffee grinder and make it into a powder like baking soda. Then I add some water to make a thick paste. I put a generous glob on the bite, tape a non-stick gauze pad on it, and then wrap it with plastic wrap. By morning, the swelling is gone. Sometimes the bite is bad enough that he needs the Epsom salt reapplied for one more day, but usually it is completely gone after the first time.

✿ My daughter got one like that a few days ago. I gave her an Epsom salt/baking soda bath, and afterward I noticed that the swelling was gone.



Make a paste with baking soda & water. Apply it to soothe those itchy bites.

Use some California Baby Citronella Bug Repellent Spray for your kids to help keep the skeeters at bay. It has a strong citronella smell but is a stage one product.



Versatile Epsom salt

**Q** How can I minimize the reactions my child has to swimming in a chlorinated pool?

✿ Shower at the pool locker room before going into the water so the skin might absorb less of the chlorine, and shower again after swimming to wash some of it off.

✿ Apply a layer of coconut oil before your child goes into the pool to reduce absorption of chlorine.

✿ Try an Epsom salt bath afterward.

✿ I have my kids shower at home, then apply organic virgin coconut oil, and then sunscreen. After swimming, I have them shower as soon as we get home. I also limit pool time to 1 to 1/2 hours.



## Water Pollution?

In 2011, food giant Kraft introduced a remarkable new product. It contains no food, offers no health benefits, is made up of toxic chemicals that are very inexpensive to produce, and commands a high price.

The product is MIO, little bottles of liquid caffeine and synthetic chemicals designed to color and flavor plain water. Consumers are encouraged to "Squirt Some" of this brew: fake colors Red 40 and Blue 1, fake flavors (both the dyes and flavors are created primarily from petroleum), citric acid, propylene glycol, malic acid, sucralose (Splenda), acesulfame potassium (another fake sweetener), potassium citrate, and potassium sorbate.

The following year, Coca-Cola decided to cash in and introduced their Dasani Drops, boasting a similar list of foodless chemicals.

An earlier product from Kraft is Crystal Light, available in many versions. The primary one has essentially the same undesirable chemicals as MIO and Dasani.

## Nature's Flavors

We now have Stage One water flavorings!



Our Product Information Committee has researched the following NATURE'S FLAVORS Organic Stevia Spring Water Flavors and found them acceptable:

Grapefruit	Mango	Lemon-Lime
Pear	Pomegranate	
Passion Fruit	Lemon	

Acceptable Stage Two flavorings are:

Apple	Grape	Raspberry
Apricot	Mandarin Orange	Strawberry
Blueberry	Orange	
Cherry	Peach	

All of these flavorings are GF, CF, kosher and vegan.

Order from: <http://tinyurl.com/waterflavor>

## Sweet Leaf

These water flavorings are available in both small plastic containers and larger bottles.



Bring the travel-size containers with you when you eat out, and add it to your ice water. This way you and your children will always have a natural drink to enjoy!

SWEET LEAF Sweet Drops are all GF and CF. The Stage One flavors that have been researched and found to be acceptable are Watermelon, Lemon Drop, and Peppermint.

Acceptable Stage Two flavors are Valencia Orange, Berry, Grape, and Apricot Nectar.

They are sweetened with stevia and are free of sodium benzoate.

The products can be ordered online at

[www.tinyurl.com/SweetDrops](http://www.tinyurl.com/SweetDrops)

## True Refreshment

Lemon and lime based drinks

True Lemon has expanded its line of products to include a variety of lemon and lime flavorings.

All of them are GF,CF and sweetened with stevia.



Stage One TRUE LEMON Lemonade:

Original Lemonade

Stage Two TRUE LEMON Lemonade:

Lemon Peach, Lemon Raspberry

Stage Two TRUE LIME Limeade:

Black Cherry Limeade (grapes)

These products are available in many supermarkets.

## Avoid Advantame!

Did your parents ever scold you, saying, "Two wrongs don't make a right"?

**A**jinomoto, the manufacturer of both MSG (monosodium glutamate) and aspartame, has done just that, combining aspartame with the fake flavor (vanillin) to create their new monster-sweetener Advantame. Said to be 20,000 times sweeter than sugar, it joins the other artificial sweeteners saccharine (Sweet 'N Low), sucralose (Splenda), neotame (Newtame), acesulfame potassium (Sweet One) and aspartame (Equal) -- all with the blessings of the FDA. All of these sweeteners are **not included** in the Feingold Diet.

The Feingold Diet allows the traditional sweeteners like sugar, honey and molasses, as well as the zero calorie sweetener stevia.



## Splenda's unwanted effects continue to unfold

**R**esearch on the sweetener sucralose (Splenda) has shown harmful effects in both human and animal studies; the most recent found possible nervous system damage in animals. ([Wiklund 2014](#))

Earlier studies linked the sweetener to diabetes ([Pepino 2013](#)), damage to gut health ([Abou-Donia 2008](#)), migraine ([Patel 2006](#)), DNA damage ([Sasaki 2002](#)), and damage to the spleen and thymus ([Goldsmith 2000](#)), among other effects.

Inflammatory bowel disease (including ulcerative colitis and Crohn's disease) is another suspected effect of sucralose.

In 2011, the *Canadian Journal of Gastroenterology & Hepatology* noted that the incidence of IBD (inflammatory bowel disease) dramatically increased in Canada, and it now has the world's highest rate. The authors suggest that the high consumption of Splenda may be a factor. In 1991, Canada was the first country to allow it ([Qin 2011](#)).

Unlike aspartame, sucralose (Splenda) can be used in cooking, which has helped to make it the most widely used synthetic sweetener. But a review published in the *Journal of Toxicology and Environmental Health* (November 2013) found that heating sucralose results in the creation of toxic chlorinated compounds, including dioxins, chemicals that may be linked to cancer ([Schiffman 2013](#)).

## Synbio Vanilla

The "brave new world" of experimental food is coming to a supermarket near you.



"Synbio," short for synthetic biology, is the name for a novel way to use genetic engineering to create unique substances, including a test tube vanilla flavoring.

**C**urrently, genetic engineering uses genes from one substance and inserts them into another species. But Synbio uses computers to generate a new genetic code and then inserts it into yeast or algae. The inserted DNA directs the yeast or algae to create the new substance.

The science began with the goal of creating biofuel out of unwanted plant materials like crop waste, but the profit from new energy sources is small, while the payback for creating synthetic ingredients like fragrances and flavorings to replace the expensive natural versions is huge.



The industry is working to have the product labeled as "natural," with no way for a consumer to know if the flavor in their vanilla ice cream came from vanilla beans raised in the rainforests of Madagascar or from a vat of computer-instructed yeast. If the manufacturers are successful, the market for real vanilla could be fatally damaged. Not only would this be devastating for farmers who make their living growing and curing the seed pods, but it could lead to further destruction of the world's rainforests. The fact that the fragile vanilla plants are grown in rainforests offers a degree of protection for these threatened eco-systems.

Our Product Information Committee is now asking companies to indicate if Synbio vanilla is in their product.



The nonprofit Friends of the Earth has initiated a petition to major ice cream manufacturers, asking them to not use Synbio vanilla.

To sign it, go to: <http://tinyurl.com/NO-Synbio>

## PIC Report

The following products have been researched or re-researched and may be added to or changed in the *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

All of these brands of vegetable shortening are manufactured by one company. All are GF,CF.

1st STREET SMART & FINAL (Region 6)	PIGGLY WIGGLY (4 & 5) ROUNDY'S (Region 4)
BEST CHOICE	SHUR FINE
BEST YET	SHUR FINE WESTERN
BROOKSHIRES (Region 5)	FAMILY (Region 7)
CENTRALLA (Region 4)	SOUTHERN HOME (Region 3)
ESSENTIAL EVERY DAY	SPRINGFIELD
FOOD CLUB	STATER BROS (Region 6)
HILL COUNTRY (Region 4)	SUNNY SELECT (Region 6)
HYTOP	WESTERN FAMILY (Region 7)
HY-VEE (Region 4)	WINCO FOODS (6 & 7)
IGA	WINN DIXIE (Region 3)
LAURA LYNN (Region 2)	
MEIJER (Region 4)	
OUR FAMILY	

COLOR GARDEN ([www.colorgarden.net/store](http://www.colorgarden.net/store))

Pure and Natural Food Color (GF,CF): Yellow, Blue, Orange, Red, Purple, Brown

CULINARY ANCIENT GRAINS Organic Butter Parmesan (CS, MSG/HVP, GF)

DANG FOODS\* (GF,CF) Coconut Chips: Original, Toasted Caramel Sea Salt

FARMER'S CRATE\* (Region 1) (GF,CF): Pineapple Thins, Mango Thins

NUTRI GOLD (GF,CF): Bacopa GOLD, Triphala GOLD, Amla GOLD, Chia Seeds GOLD, 7 Keto GOLD, Organic Extra Virgin Cold Pressed Coconut Oil, Arjuna GOLD, Fenugreek GOLD, 5HTP GOLD, Glucomannan GOLD, Guggul GOLD, Biotin GOLD, Chromium GOLD

OATS PLUS CHAI\* (GF,CF): Banana and Mango

PACIFIC\* Organic Turkey Gravy, Organic French Onion Soup, Organic Pumpkin Puree (GF,CF)

WELLSHIRE Uncured Turkey Ham Steak (SM, GF,CF)

WHOLLY WHOLESOME Rolled Pie Dough (CF)

### PIC Alert

PURE AND GENTLE Unscented Glycerin Facial Bar Soap contains almond oil now and needs to be moved from Stage One to Stage Two of the PERSONAL CARE / Bath Care / Soap section in your *Foodlist*.

ANNIE'S HOMEGROWN Oatmeal Cookie Chewy Gluten Free Granola Bar now contains raisins and needs to be moved to the Stage Two section of your *Foodlist*. You will find this product in the SNACK FOODS / Cereal Snacks, Nutrition Bars section.

IAN'S All Natural Chicken Nugget Kids Meal no longer contains apples or berries, so you can move this to the Stage One section of your *Foodlist*. It is located under MEAT & POULTRY / Chicken / Chicken Nuggets and Patties.

### Stage Two

CHIA POD\* (GF,CF): Coffee Bean, Dark Cacao (almond paste), Lemon and Date, Strawberry (aronia berries), Blueberry

CHIA POD OATS\* (GF,CF): Mixed Berry (blackberries, blueberries, raspberries, strawberries), Apple Spice, Blueberry

CULINARY ANCIENT GRAINS (CS, MSG/HVP, GF, bell peppers) Organic: Spicy Curry (chili peppers, red peppers), Sea Salt & Herb, Spanish Style (paprika, red peppers)

LAKEWOOD (GF,CF): Organic Fresh Pressed Juice: Acai Amazon Berry (acai berries, acerola cherry, apples, black berries, blueberries, cherries, grapes, rose hips), Banana Strawberry (oranges), Blueberry Blend (apples, grapes), Cherry Coconut (grapes), Coconut (acerola cherry, white grape juice), Cranberry Blend (apples, grapes), Aloe Plus Cherry

OATS PLUS CHAI\* (GF,CF): Blueberry and Lemon, Mixed Berry (blackberries, blueberries, raspberries, strawberries), Apple Spice

PACIFIC\* Organic Jellied Cranberry Sauce (GF,CF), Organic Whole Berry Cranberry Sauce (GF,CF), All Natural Pasta O's (tomatoes), Organic Cream of Tomato Lite in Sodium Soup (GF), Cashew Carrot Ginger Lite in Sodium Soup (chili peppers, paprika)

PJ'S All Natural Beef Steak Tenders (CS, SM, GF, CF, acerola cherry): Original, Cracked Pepper, Teriyaki (MSG/HVP)

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.

## Seed Police

By Gayla Prewitt



Feingold mom and journalist, Gayla Prewitt, has written a mystery thriller with a message.

Approximately 38% of the world's commercial seeds are owned by two U.S. companies, Monsanto (23%) and DuPont (15%).

Gayla has projected her story to a time when it would be illegal for citizens to have and use their own seeds, and the health-destroying seeds owned by large cartels would be the only source of our food.

It is available from Amazon.com via the Feingold Association bookstore at [tinyurl.com/SeedPoliceBook](http://tinyurl.com/SeedPoliceBook).



## Panera Plans for 2016

The huge fast-casual dining chain announced this summer that they would ditch many of their synthetic additives by 2016.

This includes: nitrites in the Smoked Turkey, sodium benzoate in Hummus, and these additives now found in their Summer Corn Chowder: monosodium glutamate (listed as autolyzed yeast extract), artificial flavors and corn syrup.

## Mystery Brews

Vani Hari (a.k.a. "Food Babe") has initiated a petition aimed at the two largest beer manufacturers in the United States -- Anheuser-Busch and MillerCoors.

She is not asking them to change their ingredients, just to post them online so consumers will be able to see what it is they are drinking.

For centuries, Germany held a tight lid on the ingredients allowed in beer: water, hops and barley; later, yeast was permitted as well.



But in the United States, what is called "beer" may contain a dizzying array of odd ingredients and unpronounceable chemicals.

The patchwork quilt known as food regulations has assigned control of alcoholic beverages to the Treasury Department, rather than the Food and Drug Administration. As lax as the FDA is in overseeing ingredients, they are excellent compared to the Treasury Department's Bureau of Alcohol, Tobacco, Firearms and Explosives.

A day after it appeared, the petition had collected over 40,000 signatures, which convinced beer giant Anheuser-Busch to announce that they would publish their ingredients online. MillerCoors initially refused to disclose their ingredients but did a fast turn-around once they saw the announcement from the competition.

But the beer wars are far from over. The information disclosed so far is limited to only a few of the many

## 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, *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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brands each company produces, and there are some huge omissions in the information from MillerCoors. For example, the company lists "corn" as an ingredient, rather than corn syrup, so it's clear that despite their claims that they will provide transparency, the pressure on Big Beer needs to continue.

## To Sign the Petition

Visit [foodbabe.com/beer](http://foodbabe.com/beer)