

Pure Facts

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www.feingold.org

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American School Lunch Reform

Years of good intentions and bad decisions

People who undoubtedly never eat school food have rolled out a series of experiments that have been imposed on schools across the country.

The all-purpose solution: whole wheat, skim milk, and less food

In addition to the fact that many people don't like the taste of whole grain pasta, school cooks found that when it is cooked in large quantities, these pastas fall apart. This apparently was another little piece of information the Department of Agriculture failed to consider, so the agency has announced a temporary reprieve to allow the return of traditional pasta.

Students in New Mexico dumped their whole wheat tortillas in the trash, and Tennessee children were angry to see their flaky white biscuits replaced with whole-grain versions.

It's fine to try to improve school nutrition, but it can be done gently, and with respect for the tastes of the community.

While there is no question that whole grains are nourishing, a healthy diet has room for lots of variety. Italian chefs have long provided amazing food without the need for the USDA's wisdom. Years ago, Italy's beautiful film star, Sophia Loren noted, "Everything I am, I owe to spaghetti!"



Another school lunch goes into the trash

Skim milk -- good for pigs but not for children

For generations, farmers have known that feeding skim milk to pigs is a good way to fatten them. After the valuable cream was sold for making butter, the leftover skim milk was fed to the pigs.

Despite the research that shows a low-fat diet is not an effective way to prevent obesity and that good quality saturated fats are valuable, the belief persists that things like skim milk are healthy.

When the full-fat milk served in schools was replaced with 1%, dairies had to find a way to entice children to drink it, so they added synthetic flavors, colors and loads of sugar. Now, while reduced-fat chocolate milk has 3 grams less of saturated fat than whole milk, it has an added **13 grams more of sugar** in each cup!

A study published in *JAMA Pediatrics* shows why **reducing fat in the diet is not a good approach** to the problem of obesity. Pediatric endocrinologist David Ludwig and Harvard's nutrition researcher Walter Willett found that the current government guidelines to drink 3 glasses of reduced fat milk a day might not be such good advice. The fat in food provides a feeling of fullness, and it is digested more slowly, so one is less likely to feel hungry as soon.

"Three daily servings of reduced-fat milk: an evidence-based recommendation?"

JAMA Pediatrics, Sept 2013



Return to school food sanity!

Check out

www.School-Lunch.org

Another study, published in the *Archives of Disease in Childhood* in 2013, found that **children** between the ages 2 and 4 **who drank skim milk gained more weight** and had higher body mass indexes than those who drank whole or 2% milk. The study author, Mark DeBoer, is an associate professor of pediatric endocrinology at the University of Virginia School of Medicine.

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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.

School lunch, *from page 1*

One diet fits all - the "Healthy, Hunger-Free Kids Act"

One of the saddest experiments imposed on children was the limit on the amount of protein to just two ounces, regardless of whether the student was a 6-year-old or a high school athlete. The ruling also set a limit on the amount of grain allowed, which meant that sandwich options had to be removed or that a student could have only one half of a sandwich. In some schools, the pizzas made with real cheese had to be changed to use partly fake cheese to fit the regulations.

Lowering the quality of food

Calories were restricted, but 60% of them were to come from carbs, including the highly sugared cereals served in many school breakfast programs. Healthy fats were restricted, while no effort was made to remove the worst offenders like high fructose corn syrup, MSG, synthetic dyes and other additives.

Schools serving healthy food were forced to lower the nutritional value of their meals.

Finally, after many complaints from food service directors, the USDA backed down from their ill-fated experiment, easing their restrictions on grain and protein.

Is there mercury in your child's school lunch?

Dogfish (also called trash fish) is found in huge numbers off the New England coast. It is popular in Great Britain and some other countries, but not in the United States where the price fishermen get is so low it's hardly worth their effort. Promoters hope to get dogfish into cafeterias in schools and other institutions, but it is very high in mercury, containing about twice the amount found in canned tuna and is estimated to be 50 times higher than clams, shrimp, and tilapia, which are very low in mercury.

Just when you think it's safe to eat a hamburger...

"Pink slime" refers to beef scraps and connective tissue that are at risk of being contaminated with bacteria like *E. coli* and salmonella, according to the microbiologists who coined the term. It is treated with ammonia in an effort to kill pathogens. Since the chemicals used to treat it are not considered to be additives, the Federal government does not require this low-cost product to be labeled as anything different from ground meat.

Many people believed the Department of Agriculture stopped the use of pink slime in school food, but all they did was give schools the option of not using it. The USDA buys millions of pounds of pink slime for the school lunch program.

Eating more vegetables

Everyone agrees kids will benefit from eating more vegetables, but the approaches differ. A food industry group, the "Coalition for Sustainable School Meals Programs," has persuaded Congress to agree that tomato sauce on pizza is a vegetable.

But in Denver and some other cities around the United States, children are growing vegetables and watching them appear in the school cafeteria food. They are motivated to try the food they helped grow, and as a result, they have more than doubled their consumption of fruits and vegetables.

How to increase participation in school lunches

Bad tasting food leads to fewer students participating in the school lunch program, and this further stresses the school's already-tight budgets.

One way to stop the loss of revenue is for schools to require families to buy the lunches provided and to make it as hard as possible for them to send in healthier food. This can include requiring that a family provide a letter from their doctor saying that the child needs to bring his lunch, or to take the child's brown bag lunch away from him, require him to eat what the school provides, and fine his parents.

Of course, another way for schools to increase participation is to provide good-tasting, healthy food!

Transitioning to better school food

The change from factory food to real food does not need to be accomplished overnight. As Feingold parents know, you can upgrade the food you eat without having to give up your favorites and without having to deal with unfamiliar tastes. The school lunch staple, pizza, is a good example.

- * The greasy, tasteless pizza served in many schools is made up of a long list combining some food and dozens of synthetic additives.
- * Pizza can easily be made with real food, basically: flour, water, mozzarella cheese, salt, enzymes, tomato sauce, olive oil, sugar, salt, oil, yeast and spices.
- * Schools can buy natural pizza crusts and use low-cost commodity tomato sauce and real cheese.
- * Pizza can be loaded with healthy vegetables. There's more out there than just pepperoni!

From Disabled to Super-Star

Two years ago, we published the story of Eli Jackson, who suffered from extremes of both behavior problems and tics. In his first grade class, he could not read a single sentence without experiencing 5 or 6 facial or eye tics.

Ironically, his mom, Tamela, is a first grade teacher, but this did not enable her to help her son -- until she began using the Feingold Diet and removed the synthetic additives that were causing the symptoms.

Not only did the incessant tics respond to the diet, but so did Eli's many problem behaviors. He would repeat phrases over and over, mock other children, talk excessively, and jump or bounce when he was supposed to be walking.



3rd grade Awards Day

Eli was fortunate to have a wonderful support team and great friends, even as he dealt with the relentless tics. But sometimes a child would ask him, "Why do you do that with your eyes?" and he would answer, "I feel I have to and it just happens," and then they would go back to playing.

Food additives were not the only things that were setting Eli off. The weekend before he started first grade, and then again over the Christmas break, the carpeting in his classroom was cleaned. The workers used a strong-smelling cleaning compound, and unfortunately they did not even ventilate the room to allow the toxins to dissipate.



Eli and his friends at Awards Day

When it happened again in second grade and his symptoms came back in full force, Tamela was able to identify that the cleaning solution was causing Eli's Tourette symptoms to increase. She writes, "Once the principal changed to a more environmentally-friendly carpet cleaner, and we removed all of our questionable cleaning products at home, and stuck to a strict Feingold Diet, his symptoms disappeared!"

After that incident, second grade was a huge success for Eli, with the one exception being the time he drank lemonade with sodium benzoate, an additive found in bottled lemon juice. Now, two years later, his mom describes Eli's continuing success.

"I don't know how to thank you enough or to tell you how blessed we are to have found Feingold and Latitudes (www.latitudes.org). Eli was in 2nd grade when you published his story, and since then, things have only gotten better!"

"While he was in third grade -- still Stage One and totally chemically free -- he didn't have a single symptom of Tourette's. At the end of the year, he won awards for all A's and highest average in his class for Math, Science, and Social Studies."

Eli has been successful in sports as well as academics. He was the quarterback for his Toy Bowl football team and pitcher for his little league baseball team.



4th grade Awards Day

"We had a little bump in fourth grade when ant killer was sprinkled on the playground, but after the two-month facial tic subsided, he was back to himself.

"Last week Eli earned all A's, the highest average award for the year in Science, and President's Education Award for high scores on state-wide testing.

"He is the starting pitcher for his Little League baseball team and we just learned that he made All-Stars.

"Today, Eli is a true leader and carries himself with complete confidence. Back when he was in first grade, unable to behave appropriately, unable to read a complete sentence without multiple tics, I could not have imagined what he would be like today!"

"I know how it is to feel hopeless and to watch your perfectly normal child spiral downward. I wish every other family that is going through this could know there are answers!"

Triclosan is a germ-killing chemical that may be doing more harm than good.

Plain soap and water have been found to be as effective as antibacterials in killing harmful germs.

First used in 1972 as a scrub for surgeons, today Triclosan is in most antibacterial soaps and hand sanitizers despite the fact that the Food and Drug Administration (FDA) never found it to be safe for these uses.

In 1972, Congress instructed the FDA to establish guidelines for the use of antibacterials in soaps, but after 40 years, the FDA has still not issued a ruling. (The agency has recently promised it will complete this work by 2016.)

During the 1990s, Triclosan was added to many consumer products, including clothing and lunchboxes, and it is now pervasive in the environment.

For many years, the FDA withheld information on Triclosan research from the public, but it has recently come to light as a result of a lawsuit Natural Resources Defense Council brought against the FDA under the Freedom of Information Act.

Research has linked Triclosan with many damaging effects, especially in animal studies. These include bone malformation, cancerous cell growth, infertility, and a reduction in muscle strength, including the ability of the heart to contract.

Because Triclosan is similar to our thyroid hormones and to PCBs, it acts as an endocrine-disrupting chemical that can mimic the body's own natural hormones. In research on humans, chemicals that are endocrine disruptors have been linked to cancer, preterm and low-weight births, reproductive abnormalities in boys and early puberty in girls.



1978 the FDA said Triclosan was "not generally recognized as safe and effective."

Critics say that by reducing the exposure children have to bacteria, their immune systems are weaker and they are more vulnerable to allergies. This could be because antibacterials kill both harmful and beneficial bacteria. A 2011 study by E. M. Clayton found that children who had greater amounts of Triclosan in their system were more likely to suffer from asthma and allergies.



Despite the fact that Triclosan has never been proven safe for use in soaps, the FDA approved it for use in Colgate's Total toothpaste in 1997. While Colgate's own studies show Triclosan is safe, critics say they did not last long enough to be able to evaluate its long-term effects. It is interesting that the Colgate Palmolive Company removed the additive from their Softsoap Liquid handsoaps and from their Palmolive antibacterial dish detergent in 2011.

When Triclosan combines with the chlorine found in tap water, it forms chloroform gas, which is a cancer-causing agent.

In 2010, Europe banned Triclosan for use in products that come in contact with food, and in 2017, Minnesota will ban the sale of products with Triclosan. But Total toothpaste will not be included in that ban since it has received FDA approval.

Competitor Proctor and Gamble has responded to growing public sentiment and now advertises their Crest toothpaste as "100% Triclosan free."

Chemicals like Triclosan that kill some pathogens lead to the development of new, stronger bacteria; this, in turn, promotes the creation of drug-resistant germs or "superbugs." Even E. coli is able to grow in cultures with high levels of Triclosan.

Antibacterial soaps and hand sanitizers in school

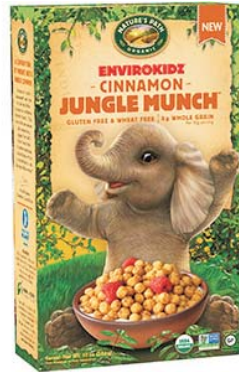
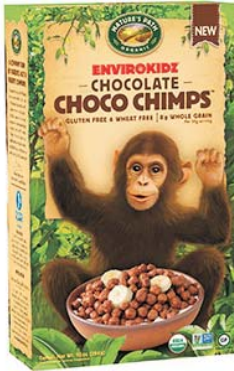
If your child's school requires they bring in a hand sanitizer, you can easily make your own Triclosan-free version. Blend 3 drops of liquid grapefruit seed extract (GSE) with each ounce of aloe vera gel. Place it in a plastic dispenser.

(*Caution:* full strength GSE is very acidic so be careful to avoid getting it on your skin.)

New Breakfast Options...

Nature's Path has introduced two new Envirokidz cereals, Chocolate Choco Chimps and Cinnamon Jungle Munch!

Like all of the Envirokidz products, both of these Stage One cereals are organic, non-GMO, vegetarian and gluten-free.



...and Snacks too!

Three of these Envirokidz snacks are Stage One. They are: Peanut Choco Crispy Rice Bars, Chocolate Crispy Rice Bars and Peanut Butter Crispy Rice Bars. The Berry Blast Crispy Rice Bars are Stage Two (raspberries, blueberries).



Envirokidz donates a portion of their sales to help endangered species.

Back-to-school sandwiches have new variety with these delicious jams.

New Stage One choices

BRASWELL'S (GF,CF) Their Key Lime Marmalade and Rhubarb Ginger Preserves have just been researched and accepted for use on Stage One.

PUBLIX (GF,CF) This popular Southern supermarket chain offers Stage One Pineapple Preserves

All of these products have a trace amount of orange in the pectin.



Popcorn -- healthier than we thought!

This snack favorite is very high in polyphenols, the antioxidant chemicals in plants that help protect our cells from damage caused by free radicals. The amount found in popcorn is about 300 mg for a serving, compared to just 114 mg in a serving of sweet corn and about 160 mg for a typical serving of fruits and vegetables. (The vitamins are diluted by the food's water content).

It turns out that the hulls in the popped corn (those pesky little things) are loaded with polyphenols. The unanswered question is if the antioxidants in them are released and can be used by the body. At the very least, they are a good source of fiber.

One serving of popcorn provides more than 70 percent of the daily requirement for whole grains. But sadly, most of the corn available in the US is genetically modified, so stick with organic corn to avoid the risks from eating GMOs.

Melted butter is a popular garnish and adds nutrients as long as it is real butter, not the fake version with dyes and diacetyl, the damaging chemical used in some "butter" popcorn. Another excellent option is organic/virgin coconut oil with sea salt and grated Parmesan cheese.



Quinn Microwave Popcorn

Kristy Lewis was home on maternity leave with her baby, Quinn, when she began the journey to create a different kind of microwave popcorn. She writes, "We are not activists. We don't eat the right food all the time. We are, however, blown away by all the crap that gets thrown into the food we buy."

Determined that theirs would be a totally different kind of company, Kristy and husband Coulter created the industry's only microwaveable bags free of harmful chemicals. Their organic corn comes from farmers they know by name, the cheese is from milk that is free of bovine growth hormones, the maple flavor is the real thing from Vermont and the expeller-pressed oils they use are high in omega-3s.

Check the PIC report for the flavor options and www.quinnpopcorn.com for purchasing information.

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist*.

Products with this symbol ^ are also available in Canada.

To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

Stage One

BRASWELL'S (GF,CF) Key Lime Marmalade, Rhubarb Ginger Preserves (trace salicylate in pectin)

CUP4CUP^ (GF,CF): Gluten Free Flour, Chocolate

Brownie Mix, Pizza Crust Mix, Pancake and Waffle Mix

KAT'S CAKES (available in Ft. Leavenworth, KS)

Chocolate Celebration Cake and Cupcakes, Yummy

Yellow Cake, Wonderful White Cake, Vanilla

Buttercream Icing (GF), Chocolate Buttercream Icing (GF)

KIRKMAN Chewable Calcium with D3 (CS, GF,CF)

LADY JANE GOURMET SEED COMPANY* (Region 4)

(GF,CF): Raw Hemp Hearts, Toasted Hemp Seeds w/ Sea

Salt, Vegan Flap Jack Mix, Fabulous Flap Jack Mix,

Hempagizer Protein Blast; Bar Mix (GF): Hempelicious

Honey Nut, GalaxSEED Energy (CF)

NATURE'S PATH^ Honey Oat Crunch Flax Plus Crunchy

Granola Bars, Maple Cinnamon Waffles (GF,CF), Granola

Bars (CF): Chococonut, Peanut Choco; Crunch Granola

Bars (CF): Macaroon, Peanut Choco; Hot Oatmeal (CF):

Original, Pure Oats Brown Sugar Maple, Maple Nut,

Hemp Plus, Flax Plus, Pure Oats Homestyle;

NEW YORK DATE BAR* (Region 1) (GF,CF): Cashew, Pecan

NUTRIGOLD (GF,CF): St. Johns Wort GOLD, Pharma

Thistle GOLD, Hawthorn GOLD, Ginkgo Biloba GOLD,

Vitamin B 23 GOLD, Whole Food Biotin GOLD, Maca

GOLD, Probiotics GOLD, DHA GOLD, Magnesium GOLD,

B Complex GOLD, Double Strength Omega 3 GOLD, Krill

GOLD, Astaxanthin GOLD, Triglyceride Omega 3 GOLD,

Triple Strength Omega 3 GOLD, Vitamin K2 GOLD

PUBLIX Pineapple Preserves (trace salicylate in pectin – oranges) (GF,CF)

PURPLE PRAIRIE BOTANICALS (GF,CF)

(www.purpleprairie.com) Moisturizing Lip Balm: Anise, Banana, Minnesota Mint, Spearmint; Tinted

Moisturizing Lip Balm: Minted Cinnamon, Spearmint

Shimmer; Organic Olive Oil Lotion: Patchouli Vanilla,

Peppermint Tea Tree, Prairie Baby; Prairie Baby Face

and Body Bar, Body Butter, SUN STUFF Moisturizing

Mineral Lotion, SUN STICK Moisturizing Mineral Stick,

SUN STUFF Moisturizing Mineral Lip Balm

PIC Alert

VERMONT Natural Whole Wheat Bread has had its name changed to Natural Soft Whole Wheat Bread. Both this bread and Natural Soft White Bread no longer contain cider vinegar so please move them to the Stage One section located at BREADS / Breads of your *Foodlist*. These breads are available only in regions 1, 2 and 3 in the U.S .

IAN'S Mac & No Cheese now contains paprika and tomatoes. Please move this from the Stage One section of your *Foodlist* to Stage Two located at: PASTA, PASTA MIXES AND PASTA MEALS / Pastas and Pasta Mixes / Macaroni and Cheese.

WELLSHIRE Deli & Pre-Sliced: Old Fashion Deli Style Uncured Beef Bologna now contains green tea, so please move this to the Stage Two section of your *Foodlist*. You will find this product under MEAT / Luncheon Meats / Bologna. The name has also changed to: All Natural Old Fashioned Deli Style Uncured Beef Bologna.

Stage One Natural Fragrances

PURPLE PRAIRIE BOTANICALS (GF,CF)

(www.purpleprairie.com) Organic Olive Oil

Lotion: Lavender, Lemon and Shea, Peaceful Prairie;

Bar: Lavender All Purpose Therapy, Tea Tree

Antiseptic Facial, Rosemary Mint Conditioning

Shampoo, Cedar Wood and Tea Tree Conditioning

Shampoo, Deep Down Clean Gardeners with Carrot

Oil, Eucalyptus Lemon Deodorizing Hand and Body,

Minnesota Mint Energizing Body, Owens Oatmeal

Exfoliating Body, Peppermint Oatmeal Exfoliating

Body, Shea Butter and Oatmeal Face and Body,

Frankincense and Myrrh Face Body, Probiotic Hand

Sanitizing, Patchouli Rose Harmonizing Body,

Peaceful Prairie Nourishing Body, Lemongrass

Oatmeal Purifying Body, Sandalwood Sage Soothing

Body, Patchouli Vanilla Soothing Body, Gardeners

with Carrot Oil; Natures Vapors All Purpose Medicated

Salve, BUG STUFF Deet Free Lotion, BUG SPRAY

Deet Free, Deodorant, Lavender Mist Clarifying Facial

Toner

TROPICAL TRADITIONS

(www.tropicaltraditions.com): Aluminum-Free

Virgin Coconut Oil Deodorant (GF, CF): Classic,

Lavender, Frankincense

Stage Two

LAKEWOOD (GF,CF): Organic Fresh Pressed: Herbal Aloe (cherries, grapes, green tea), Mangosteen (acerola cherry, apples, blueberries, cherries, cranberries, grapes, grapeseed, rosehips); Organic Pure Juice: Pure Prune, Aloe 2.0 Hibiscus Berry (acerola cherry, apples, blueberries, grapes, grapeseed, raspberries, rose hips, strawberries); Organic: Pure Fruit Cranberry Lemonade (acerola cherry, grapes, grapeseed, rose hips), Black Dragon (acai berries, acerola cherry, apples, black currants, blackberries, cranberries, elderberries, rose hips, black cherry), Fruit and Garden Blue Balance (acerola cherry, apples, blackberries, blueberries, cranberries, grapes, rosehips), Fruit and Garden Green and Red Fusion (acerola cherry, bell peppers, cayenne pepper, cherries, grapes, jalapeno, tomatoes), Fruit and Garden Purple Harmony (acerola cherry, apples, blackberries, blueberries, cherries, grapes), Fruit and Garden Red Pomegranate (acerola cherries, apples, blackberries, cranberries, grapes, red pepper, tomatoes), Fruit and Garden Summer Gold (acerola cherry, apples, cherries, grapes, orange peel, peaches), Pure Fruit Fruit Punch (acerola cherry, apples, cherries, grapes, grapeseed, orange, peaches, rose hips, strawberries), Organic Fresh Blends Lemon Ginger Echinacea (acerola cherry, apples, rosehips, white grape juice), Pure Fruit Lemonade (acerola cherry, grapes, rosehips), Fresh Blends Mango (grapes), Fresh Blends Mangosteen (acerola cherry, apples, blueberries, cherries, cranberries, grapes, grapeseed, rosehips), Fresh Blends Orange and Carrot, Fresh Blends Orange and Mango, Fresh Blends Papaya (apples), Fresh Blends Pineapple Coconut (acerola cherry, white grape juice), Pure Fruit Pomegranate Lemonade (acerola cherry, grapes, grapeseed, rosehips), Fresh Blends Super Veggie (cayenne pepper, jalapeno, tomatoes), Black Cherry Concentrate, Cranberry Concentrate, Pomegranate Concentrate; Organic Smart and Healthy (GF, CF, acerola cherry, apples, grapes): Black Cherry Blend (rosehips), Pomegranate Blend (blackberries, blueberries, cherries, grapeseed, rosehips), Pomegranate with Acai (blackberries, cherries, grapeseed, rosehips), Pomegranate and Blueberry (blackberries, cherries, grapeseed) Pomegranate with Cranberry (blackberries, cherries,

LAKEWOOD, Continued

grapeseed), Tart Cherry Blend (grapeseed, rosehips); Organic Light (GF,CF, acerola cherry, rosehips); Cranberry (apples, blueberries, cherries, grapes, grapeseed), Lemonade (white grape juice), Pomegranate Lemonade (grapes), Pomegranate (apples, blackberries, cranberries, grapes, grapeseed); Premium (GF,CF): Fresh Pressed Pure Black Cherry, Fresh Blends Carrot Orange (acerola cherry, grapeseed, rose hips, white grape juice), Fresh Blends Cranberry (acerola cherry, apples, grapes)

NANY'S^ (GF,CF): Seabuckthorn Berry and Mango Spread, Onion Confit with Seabuckthorn Berry, Onion Confit with Port Wine, Onion Confit with Sparkling Apple Must; Natural Spread: Raspberry Peach, Seabuckthorn Berry Pear, Blackberry Pear, Blueberry Tangerine

NATURE'S PATH*^ Waffles (GF,CF, grapes): Chia Plus, Homestyle, Pumpkin Spices, Ancient Grains; Apple Pie Crunchy Granola Bar (CF); Hot Oatmeal (CF): Pure Oats Spiced Apple, Multigrain Raisin Spice, Apple Cinnamon, Optimum Blueberry Cinnamon; Cereal (CF): Optimum Blueberry Cinnamon, Pumpkin Raisin Crunch, Red Berry Crunch (raspberries, strawberries), Mesa Sunrise with Raisins (GF), Qia Vanilla Cranberry (GF), Qia Cinnamon Raisin (GF); Love Crunch Granola (CF): Dark Chocolate and Red Berries (raspberries, strawberries), Ginger Bread (clove), Carrot Cake (clove, raisins), Apple Crumble; Granola (CF): High Fiber Cinnamon and Raisin, Ancient Grains (almonds), Ginger Zing (clove)

NUTRIGOLD (GF,CF): Resveratrol GOLD (grapes), Healthy Weight Loss GOLD (cherries, coffee, green tea), Green Tea GOLD, Green Coffee GOLD, Mens Multi GOLD (Indian gooseberry), Prenatal Multi GOLD (Indian gooseberry), Womens Multi GOLD (Indian gooseberry), Omega 3, 6, 7, 9 GOLD (cranberries), Healthy Glucose GOLD (bitter melon)

PURPLE PRAIRIE BOTANICALS (GF,CF) Moisturizing Lip Balm: Orange Smoothie, Sweet Cherry

TRUE ORANGE^ Crystallized Orange Mango (GF,CF), Orange Ginger Spice Blend (CS, GF, CF)

YUMMY EARTH^ (GF,CF, aronia berries, apples, blueberries, grapes, peaches, raspberries, strawberries) Gummy Bears, Gummy Worms

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.

Soy formula and seizures

There is an association between the use of soy formula and the incidence of seizures in autistic children.

Cara Westmark of the University of Wisconsin's Department of Neurology was conducting a study on mice, using a drug that might inhibit seizures. She decided to switch the animals from a diet based on soy to one based on dairy. As a result, the rate of seizures dropped by more than half. This led her to investigate the possible link between seizures and soy in autistic children, who are more prone to seizures than other children.

Studying the medical records of 1,949 autistic children, she found that 4.2% of those who had been fed a soy-based formula experienced seizures, compared to only 1.6% of the children who had been on milk-based formula.

This follows earlier work by Dr. Westmark showing that soy-based diets lead to greater seizure activity in vulnerable populations that include those with Down syndrome, Fragile X, autism and Alzheimer's disease. The paper, titled **Soy-Based Diet Exacerbates Seizures in Mouse Models on Neurological Diseases**, was published in the *Journal of Alzheimer's Disease*, Volume 33, Number 3, 2013.

tinyurl.com/Westmark2013



This abnormal brain activity (a seizure) is believed to be the result of the high level of the estrogen-like chemicals found in soy. The article on Triclosan (on page 4) describes how the antibacterial can act as an endocrine disruptor and result in many health problems. An infant's diet based on soy may have similar effects.

Most of the soy grown in the United States is genetically modified.

Soy consumption during pregnancy could be another risk factor for the developing infant. Dr. Westmark notes, "High exposure to estrogenic compounds during fetal and early childhood development through soy-based food products could disrupt the function of the natural steroid hormones and contribute to the high incidence of seizures associated with many childhood neurological disorders including autism and Fragile X Syndrome."

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 *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.

www.feingold.org

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Tics have many possible causes

Every new chemical that enters our food supply and our environment brings with it the potential for disrupting any of the systems of the body.

There are many things that can bring on tics, and it varies with the individual. Synthetic additives in food and the environment are very common triggers, while gluten bothers some people. Parents using the Feingold Diet often report salicylates are big offenders and that their child does well if he stays on Stage One.

Tics can take many forms, and vary greatly with the individual. It may be a constant sniffle, or throat clearing. For others it is excessive eye blinking, shoulder shrugging or hand shaking. Many children chew on their clothes when they are reacting to a chemical, and some have an obsessive need to smell things.

The person who has tics is likely to have other related problems like ADHD, extreme anxiety, or OCD (obsessive-compulsive disorder). The nervous system is vulnerable to many things and the drugs often given for these conditions can have unwanted side effects, including the symptoms of Tourette syndrome.