

# Pure Facts

Newsletter of the Feingold® Association of the United States



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[www.feingold.org](http://www.feingold.org)

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## Breakfast at School

When children are fed the first meal of the day at school, does this improve their academic achievement? Does it improve behavior?



The answer may seem obvious, but most of the research done in recent years has had mixed results.

Here are a few areas where the studies are in agreement.

- \* More children will participate when the breakfast program is moved from the cafeteria to the classroom and when breakfast is served to all of the children, not just those from low-income families. This removes the stigma attached to participating.

- \* Children are less likely to complain of hunger. (You've gotta love research that shows that children who eat are not as likely to be hungry!)

- \* There was some improvement in the academic scores, especially in math.

Some of the programs have resulted in a modest improvement in student behavior, but overall, they have not found the dramatic behavioral improvements that were seen in the 5-year study of healthy food at the Appleton, Wisconsin, Alternative High School. And they have not even come close to the remarkable increase in test scores experienced by students in the Greater New York City Public Schools in the late 1970s and early 1980s. In both of these cases, the food served was changed to get rid of synthetic additives eliminated on the Feingold Diet and provide healthier meals.

Describing a 2014 paper, education researcher Conor Williams writes, "Simply put, [the researchers] Schanzenback and Maki found the first year of in-class breakfasts had no statistically significant effects on students' math and reading scores, health, or behavior. There was little change in ensuing years -- the program simply doesn't seem to be doing much to change students' trajectories."

In the many studies that investigated school breakfasts there is a glaring absence of information about what the children are actually eating and if the schools serve healthy food or the usual school fare. Fake orange "juice," Froot Loops with strawberry flavored milk and doughnuts with frosting and sprinkles are all considered to be breakfast. (It's remarkable that they are even considered to be "food!") If a child benefits from having something in his stomach, are those benefits negated by the petroleum-based chemicals traveling through his bloodstream?

To learn how you can improve the food in your child's school, visit: [www.School-Lunch.org](http://www.School-Lunch.org). ▪

It would be valuable to study the results from schools that have a healthy breakfast program.

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.

# When eating GOOD just wasn't good enough

by Judianne Wall

Would you believe that a delicious, all natural snack like a piece of fruit could cause aggression, tics, emotional meltdowns, temper tantrums, and learning problems?

If you had asked me that a few years ago, I'd have thought you had been eating fruit from the crazy tree! But I was living with a five-year-old who was all of the above. After one especially bad day as I lay on top of him, trying to stop his flailing body so he could sleep, I realized I needed help. I googled the topic, and there I met the Feingold Association, my new best friend, and a group of people I would be indebted to for the rest of my life.

Until this point, I had read all of the great parenting books. I had disciplined with love and consistency. I loved my children, played with my children and prayed for my children. But there was still so much frustration in our house -- frustration that was relieved when we changed our diet.

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There were just a few salicylate foods that sent Ben through the roof!

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By changing our diet, what I mean is that we learned the difference between real food and the chemically altered, artificially flavored/colored, and preserved foods. This real food can be found in your regular grocery store, and it can be affordable on any budget. You just have to know what to look for and what to avoid. But here's the rub -- your child may be reacting to a natural food, and you don't know it.

It is nearly impossible to delight in a child who is acting negatively, but when it is a negative reaction to food, you can fix that problem! This is where you put on your big girl pants and take action! I should know!

We've been a Feingold family for 5 years now. Ben was our "target" child. He went from uncontrollable and dangerous to calm, collected, polite and VERY in control of himself once we began the Feingold Diet.



I had learned in college that red dye could cause behavior issues, but I never heard about healthy food like fruits causing problems. But some people are just extra sensitive and unable to tolerate the naturally occurring salicylates in certain fruits and a few vegetables. It's just how some of us are made. When we eat them, our bodies react -- asthma, eczema, tics, behavior issues, sleep issues, depression, the list is extensive. So many are taking medicine for a problem that can be resolved by just eliminating the cause. Taking meds for a problem that is caused by food is like putting poison ivy cream on while you're standing in the poison ivy -- it's pointless.

We began the Feingold Diet because my son was out of control, but just the other day, my daughter Avery

grabbed a vegetable from the fridge and began to eat it. Within moments she began clearing her throat. Was the food caught? Did she need water? Nope! It was the naturally occurring salicylates in that specific food that were upsetting her body. Her central nervous system was in a frenzy, and it was letting us know! She was clearing her throat and coughing every 8 seconds or less. This tic lasted for about two hours. The next day she ate a different type of fruit (another salicylate) and began clearing her throat. This time, she could make it only 3-5 seconds before she coughed or cleared her throat again and again. It subsided a few hours later.



Having lived the Feingold Diet for my son for these years I knew I needed to remove all of the "salicylate" fruits from my daughter's diet. I was grateful for this information I received when I joined the Association. Does this mean she will never eat fruits and veggies again? No, it just means that certain foods need to be removed long enough for her body to refresh, regroup, cleanse itself and calm down. They can be reintroduced later, one at a time to determine which ones are the culprits.

*Continued on page 3*

## Eating Good, from page 2

When we did this with my son, there were many fruits and veggies that did not bother him at all, and he went back to eating them regularly. But there were a handful that sent him through the roof. Here are a few of his most memorable episodes:



After reintroducing a fruit, I said to him, "It's time for school" (we home school). He said "NO," picked up a container of crayons and threw them at the fridge, kicked them under the fridge and stove, went into the living room and threw one of the child-size chairs across the room, tore up paper and threw it everywhere. Then, he walked over to a tower of glass collectibles, put his hand on it (as if to throw it over) and looked at me. He ran to my bedroom, stripped the bed and shoved all the blankets at the door so it could not be opened. (I even took a picture of the damage, which was unbelievable.) Then he broke down, sobbing. The next day he was sad and apologetic. We haven't eaten that fruit again since then!

I reintroduced a different fruit. He began with a very frustrating tic, raising his eyebrows over and over. He would do it constantly, and it lasted all day long and was exhausting to him. Three days later, when the food had left his system, the tic stopped. This also happened with a vegetable we tried. This time, he would throw his head back and involuntarily smile, over and over again. It made it hard for him to talk or eat. Once the food left his system, he was fine.

Salicylates and food additives aren't the only culprits. My son was in a play space that had an automatic air freshener dispenser that sprayed every 15 minutes. After a half hour, I went in to round the kids up and leave when I saw the air freshener. As we were heading to the door, my son looked at me and said (totally unprovoked) "Don't you speak to me like that Judianne Wall" and began to punch and kick me. I had to grab him from the back to restrain him, lift him off the ground (feet still kicking) and get him, our stuff, and his little sister across the parking lot to the van. Thank God for 5-point harness car seats! I stopped by the pharmacy for Epsom salt (Epsom salt baths help calm kids). The pharmacist came over to help us, but instead of saying hello, my son took off, pushing the cart toward the pharmacist at a crazy speed. I stopped him while he was running in place, trying to run me over with the cart. By the time we got home, he was exhausted and sobbing. Air fresheners are made from the same petrochemicals used to create many food additives.



Nothing compares to seeing your child for who he really is, who he was created to be. It was as if Ben's body took a huge sigh of relief once we got him off all of these synthetic chemicals and potentially troublesome fruits and vegetables. And now, here I am, wanting nothing more than to see my daughter stop coughing and clearing her throat. But I know it's coming.

### The following day

Today I gave her a snack, a good Feingold-acceptable Stage One snack, and she ate it and never made a sound. That was a good moment! ▪

## Thank-you note from the mom of an autistic 13-year-old boy in the United Kingdom.

"I just want to say a big huge thank you to the Feingold programme which 5 weeks in has transformed my autistic son to a calm person again after months of crippling anxiety and very hyperactive, agitated, uncooperative behaviour so bad that school broke down.

"We were on the verge of a child psychiatrist prescribing Prozac for him, and I tried Feingold as a last resort, a desperate bid to help him.

"Things are not perfect yet, but very much improved and we all feel he is now in a position to start to heal himself and recover from his school-induced depression and anxiety in his own time.

"Feingold has been a revelation to me as we had always been super healthy, but I never considered his artificially colored striped toothpaste or salicylates.

"He kept saying to me he felt terrible after eating, had hot hands and hot ears, itchy all over, excessive thirst. I googled the symptoms which flagged up **aspirin/salicylate sensitivity** which then nicely led me to Feingold.

"Thank you for the very important work you do."

*Katie*

(mum to 13-year-old autistic boy)

*Editor's Note:* Over the past 39 years that the Feingold Association has been helping families, we have often heard people say that they tried the Feingold Diet as a last resort, or shortly before they were going to use medication. We believe it should be the first choice, not the last resort. ▪



## Salicylates can trigger violent behavior in some people

*Richard Carlton, M.D.*

One of the ASD (Autistic Spectrum Disorder) children I've been treating is an 8-year-old girl who also has a diagnosis of PDD (Pervasive Developmental Disorder).

Emily's behaviors included biting and punching, among other terrible behaviors. As soon as Emily got off of the additives and salicylates, she became loving, thoughtful, and delightful. The mother cried in my office, saying, "This is the girl I always hoped and believed was there. She says 'I love you Mommy,' and 'Mommy, you are my world.'"

But her behavior deteriorated when the mom began giving her a new toothpaste. It was all natural, with no additives, but it contained strawberry -- a salicylate! As soon as she stopped using it, the real Emily was "back."

**Kids eat a ton of salicylates,  
especially when parents encourage healthy food.**

Emily had been gluten-free and casein-free for over a year before she was brought to see me -- but with no discernible benefit. Then, within 4 days of getting off of salicylates, she became a sweet girl, and Mom could see her dreams for Emily within grasp.

About 3/4 of a year into treatment, Emily and her mother came in for a routine follow-up appointment. Emily had had a very difficult month, and here's what happened. A month earlier, I had told the mom to start Emily on dimethylaminoethanol (DMAE) -- a source of methyl groups that helps the brain increase its synthesis of the neurotransmitter acetylcholine. However, the mom didn't realize that the brand of DMAE she purchased also contained pantothenic acid (a B vitamin, also sometimes in the form of calcium pantothenate). Both Mom and Emily had been taking it, and both of them were irritable and cranky the entire month. The mother said it felt like she was having PMS all month long.

Mom would ask Emily what was wrong, and Emily would say, really trying to cooperate, "I don't know." When the mom showed me the bottle, I saw that it had pantothenate in it. I've seen children and adults react badly to it, and I myself have reacted badly to it. Yes, it's a B vitamin and yes it's natural. But some people (especially kids) are very sensitive to everything, including nutrient supplements. Even "natural" things can cause reactions, and sometimes these are bad reactions.

While these are not the life-threatening adverse effects (such as liver failure) that we see from some medications, nevertheless, there can still be some nasty and irritable behavior.



Richard Carlton, M.D., is a psychiatrist who treats ADHD, autistic spectrum disorders, and other conditions in children, adolescents, and adults. His primary focus is nutritional, which involves first removing trigger foods and food additives; and second, recommending specific nutrients and herbs that either help neurons to make proper connections, or that reduce inflammation. Dr. Carlton has been a strong supporter of the Feingold Association since 1975. He has offices in mid-town Manhattan, N.Y., and on Long Island. ■

## Are you sure salicylates are the culprits?

Our Feingold webmaster Shula Edelkind found that salicylates were not to blame for the problems her daughter was experiencing.

She writes, "My daughter had mouth sores as a child and when we went on Stage One of the diet they went away, but came back as soon as we reintroduced tomatoes and grapes.

"Allergy tests came back negative so it apparently was not a real allergy. We assumed it was a sensitivity to the salicylate, but we finally figured out that it was not the food itself, but something *on* it. Was the culprit a pesticide, an herbicide, a fungicide? Who knows?



"When we washed the food with HOT water and soap (or a veggie wash) then she didn't get the sores. She was also okay when she ate organic fruits.

"She can tolerate ketchup or tomato sauce only if it is organic, and even today, she will get a mouth sore if she has a "regular" pizza. For her, the reaction is not immediate, but occurs two days later, every time. Had we not done Feingold, we would never have suspected the cause." ■

## Tomato-less Times

Most people find that the foods they miss the most during Stage One are the tomato-based dishes. Our resourceful Feingold cooks have come up with some excellent substitutes. We are not sure whom to credit for these recipes as they appear to have evolved with input from many of our members.

### *Stage One UnTomato Sauce*

6 Carrots, peeled and chopped  
1 Small Beet, peeled and chopped  
3 Celery Ribs, chopped  
1 Large Onion, chopped  
1 Bay Leaf  
1 1/2 cups Water  
Italian Seasonings  
Salt  
1 Tablespoon White Vinegar

Place the first six ingredients in a covered pot and bring to a boil; then, reduce heat and simmer until veggies are tender.

Remove the bay leaf, put the cooked veggies in a food processor and pulse until smooth.

Put the contents in a saucepan, along with a generous amount of Italian seasonings and salt.

Allow the mixture to simmer until it is the desired thickness. Add the vinegar to the finished sauce.

### *No Beets UnTomato Sauce*

2 15 oz. cans Carrots, drained  
3/4 cup Chicken or Vegetable Broth  
3/4 cup Pomegranate Juice  
2 Tablespoons Lemon Juice  
1 teaspoon Salt  
1/2 teaspoon Oregano  
1/2 teaspoon Garlic Powder or 1 Clove Garlic  
1 teaspoon Basil  
1/2 teaspoon Sugar

Place all of the ingredients in a blender or food processor and puree until smooth.

Use immediately or refrigerate to further blend the flavors.

### *UnTomato Sauce Variations*

One mom made these changes to the recipe in the *Feingold Handbook*.

- Thicken the sauce and use for Chili Dogs.
- Add brown sugar for a Barbecue-type sauce.
- "I've also made UnTomato sauce using a 17 oz can of Sweet Potatoes instead of carrots, and 1 cup Pomegranate Juice instead of beets, 2 Tablespoons Brown Sugar, 1 cup of Chicken Broth instead of water."



## Nomato Sauce for Stage One Italian Dishes

**D**oting grandmother Norine originally created Nomato sauce for her allergic granddaughter, Hannah. For details, visit [www.nomato.com](http://www.nomato.com).

The basic Nomato sauce is made from organic carrots, water, beets, organic onions, lemon juice, kosher salt, garlic, basil, oregano and ascorbic acid.



The Nomato Ketchup and Barbecue sauces are free of tomatoes, but both are **Stage Two** products. The Ketchup has cider vinegar and the Barbecue Sauce includes both cider vinegar and cayenne pepper.

The products are available online, and Nomato Ketchup is now carried in the mid-Atlantic Whole Foods Markets. ▪

## Can't handle wheat?

The March issue of *Pure Facts* discussed the fact that many people have difficulty tolerating wheat, and some also don't do well with other grains. One reason may be that these crops have been hybridized to contain high amounts of gluten. Another factor was identified in a study published last year in the *Journal of Interdisciplinary Toxicology* (Samsel and Seneff Vol. 6(4):159-184).

**G**lyphosate, the active ingredient in Monsanto's herbicide RoundUp, may be responsible for many of the health problems people are reporting when they eat modern wheat, according to researchers Samsel and Seneff (whose study is mentioned above). These health issues include celiac disease, gluten intolerance and irritable bowel syndrome. Other effects that have been suggested include: obesity, diabetes, depression, heart disease, cancer, infertility, multiple sclerosis and Alzheimer's disease.

While short-term animal studies on glyphosate do not show negative effects, critics say the damage is slow but insidious and that it is especially harmful to the beneficial bacteria in the intestine. This leads to "holes" in the intestinal wall and the beginning of autoimmune disorders. MIT researcher Dr. Seneff has predicted that this damage to the gut bacteria will lead to a continuing increase in the number of children with autism.

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A good resource for information and recipes using einkorn wheat can be found at [www.einkorn.com](http://www.einkorn.com).

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Glyphosate is not only used for weed control but it is sprayed on wheat crops to help dry out the grain before it is harvested, enabling the farmer to harvest more of the crop. It kills the wheat plant, releasing the kernels. Sadly, wheat is not the only crop treated in this way. RoundUp can also be used on lentils, peas and dried beans.



One Feingold mom wrote, "I believe our family has a sensitivity to gluten, but einkorn wheat doesn't appear to bother us. None of us has celiac disease, just a sensitivity. We have found that we do well with this wheat, which is organic and not sprayed with Monsanto's RoundUp, as is the case with most of the wheat grown in the US, Canada and England."

Some Americans say that they are able to tolerate the wheat in foods they eat in other countries but not in the United States. Dr. Seneff notes that Americans have ten times as much glyphosate in their bodies compared to Europeans, where this chemical is not as widely used.

### **There is good news about these heavily-treated and GMO crops.**

Farmers around the world are seeing that the economic benefits they were promised are not being realized. Not only are they spending more money on increasingly powerful chemicals to deal with the weeds that have become resistant to the current herbicides, but they are earning much less for their crops than their organic farming neighbors.

## What is Einkorn Wheat?

Einkorn wheat is very different from modern wheat in many respects. It is believed to be the first grain humans found growing wild and planted at the dawn of agriculture.

Unlike modern wheat, it is low in gluten, so it is likely to be better tolerated. But einkorn wheat yields only 20% of the grain of today's plants, and it is difficult to harvest and mill; this explains why it is more expensive. On the positive side, it is rich in nutrients and flavor.

The Jovial Food Company worked to bring einkorn back from near extinction and now is the largest grower of this grain in the world.

Jovial's einkorn wheat is Feingold-accepted, as are their cookies made from einkorn wheat and another line of cookies that is gluten-free. All of them are organic. Check your *Foodlist* for details.



## Banana Flour?

Here's another gluten-free option. Flour made from dried unripe bananas can replace all or part of conventional flours in many recipes. Like einkorn wheat, WEDO banana flour is a single ingredient product that qualifies as an "any" food. It is sold in several hundred stores in the US as well as on Amazon.com. ■



## 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

BIRDIE AND BILL'S SODA^ (GF,CF): Banana's Foster, Cola, Cream, Ginger Ale, Pomegranate, Lemon Lime, Root Beer

BOAR'S HEAD (GF,CF): Smoked Honey Coat Ham Water Added (CS,N,SM), Smoked Virginia Ham Water Added Whole and Half (CS,N,SF,SM), Black Forest Beechwood Smoked Half Ham with Natural Juices (CS,N,SF,SM)

GRASS RUN FARMS Smoked Beef Snack Stick (GF,CF): Smoky Sweet (SM)

JESSICA'S NATURAL FOODS Organic Vanilla Syrup (GF,CF)

KIMMIE CANDY (GF): Natural Pistachios, Natural River Rocks, Natural Date Me's

LUKE'S ORGANIC \* (GF,CF): Brown Rice Chips, Ancient Grain Chips, Cha Cha Cha Chips, Kale Chips, Protein Chips, Superfood Chips; Crackers (GF,CF): Sea Salt, Bean & Seed, Chia Seed, Black Pepper, Multi Seed

NATURE'S FLAVORS Organic Spring Water Flavor Sweetened with Stevia (GF,CF): Lemon NF4651, Pear NF4654, Passion Fruit NF4659, Lemon Lime NF4660, Grapefruit NF4677, Mango 4678, Pomegranate NF4866

PONOMAS UNIVERSAL PECTIN (GF,CF, trace salicylate in pectin from orange)

STACYS ORGANIC TORTILLAS (CF): Whole Wheat, Unbleached

TILLAMOOK Ice Cream (CS,GF): French Vanilla, Mint Chocolate Chip, Old Fashioned Vanilla; Vanilla Bean Ice Cream Bar (CS,GF): Old Fashioned Vanilla, Salted Caramel Swirl

TRU POP^ Popcorn Kernels (GF,CF): Itsy Bitsy Mini, Movie Pop Movie Theater, Mushroom, Organic, Popping Sorghum, Tender Pop Hullless

## PIC Alert

Shasta Lemon Lime Soda now contains sucralose (SPLENDA), which is an artificial sweetener. Please remove this product from your *Foodlist*.

### Stage One, continued

WELLSHIRE (GF): Fully Cooked Chicken Uncured Bacon (CF,SM), Fully Cooked Uncured Bacon Slices (CF,SM), Fully Cooked Black Forest Bacon (CF,SM)

### Stage Two

BOAR'S HEAD (GF,CF): Cap Off Top Round Pastrami (N,SF, cloves, red peppers), Virginia Ham Water Added Whole and Half (CS,N,SF,SM, cloves, paprika, wine), Ring Bologna (CS,N,SF,SM, paprika)

BRASWELL'S^ Red Pepper Jelly (GF,CF, apples, chili peppers, cider vinegar, red peppers, trace amount of orange pectin)

FAMOUS DAVE'S Natural Sweet BBQ Sauce (SM,GF,CF, bell peppers, chili peppers, cloves, paprika, red peppers, tomatoes)

GLEE GUM Glee Gum Pops (GF,CF, apples, oranges, strawberries)

GRASS RUN FARMS Smoked Beef Snack Stick (GF,CF): Original (red peppers), Jalapeno (red peppers) [www.grassrunfarms.com](http://www.grassrunfarms.com)

JESSICA'S NATURAL FOODS Organic Strawberry Syrup (GF,CF) [www.jessicasnaturalfoods.com](http://www.jessicasnaturalfoods.com)

KIMMIE CANDY (GF): Natural Xpressos (coffee) [www.kimmiecandy.com](http://www.kimmiecandy.com)

MY SUPER COOKIES\* Honey Heroes (CF, berries, cherries), Chocolate Heroes (CF, berries, cherries), Blueberry Vanilla Heroes (CF, berries, cherries) [www.mysuperfoodscompany.com](http://www.mysuperfoodscompany.com)

STUR (GF,CF) Liquid Water Enhancer: Fruit Punch (cherries, oranges), Orange Mango, Pomegranate Cranberry, Strawberry Watermelon, Lemon Tea [www.sturdrinks.com](http://www.sturdrinks.com)

WELLSHIRE (GF): Fully Cooked Uncured Turkey Bacon (paprika)

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.

## "Oops," says government panel

After 40 years of being told to drastically reduce dietary cholesterol, Americans have now been told that it was bad advice. Most of the cholesterol in our bodies is actually created *by* our bodies and does not come from our food. What's more, people who have very low cholesterol levels are at risk for many health and behavior problems including Alzheimer's disease, depression, heart attacks, respiratory disease, stroke and violent behavior. [For details on the research, visit The Alliance for Natural Health USA at [www.anh-usa.org](http://www.anh-usa.org).]

The new information comes from the *Scientific Report of the 2015 Dietary Guidelines Advisory Committee*, a panel created by the U.S. Department of Health and Human Services and the Department of Agriculture.

But the change from a diet with animal fats to one with plant-based fats has been going on for a long time. It began in 1911 when two brothers-in-law from Cincinnati left their professions as candle-maker and soap-maker to create a new product made from the oil of cotton seeds. It was a low-cost oil used primarily to grease machinery. Their innovative marketing campaigns successfully convinced the "modern" homemaker to switch to their snow-white, odorless Crisco. And so began several generations of Americans ingesting unhealthy trans-fats.

The vegetable oil industry's war on butter in the 1960s further compromised the health of American consumers who were now putting skim milk and margarine in their shopping carts while their healthier French cousins dined on cream and butter.



## Money-maker for Big Pharma too

The pharmaceutical industry has enjoyed a big share of the low-fat pie by promoting cholesterol-lowering drugs -- not just for those who genuinely need to reduce their serum cholesterol, but as a preventive measure for entire populations, including children. One of the more worrisome side effects of statins is the increased risk of developing diabetes. [*British Medical Journal* July 17, 2014, *Current Diabetes Reports* Jun 2013, *JAMA* June 2011] ▪

## Common Core battle heats up

The March issue of *Pure Facts* discussed the problems that may come about as a result of the Common Core educational program adopted by most states. Not only does this plan push kindergarten students to engage in academic work long before they are developmentally ready, it also mandates very challenging tests for students of all ages.

Critics contend that not only are the tests set up to fail the majority of the children, but that schools are spending large amounts of money and excessive class time simply getting students ready to take the computerized tests. Parents and students in areas around the country are protesting by forming "Opt Out" groups and refusing to go along with

the tests. And teachers in some states are risking their jobs to protest what they believe is harmful for their students.

The response from officials in different states has varied from acceptance of parental wishes to threats that students will not be promoted or allowed to graduate.

This groundswell of opposition has attracted the attention of lawmakers in some states, and they are writing bills to protect the rights of students and parents. An Ohio bill has unanimously passed the state legislature and also contains a provision preventing the states from releasing personal data on students to outside sources (businesses) without parental permission. ▪

## Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Carolyn Allen

Markey Dokken

Shula Edelkind

Cindy Harrell

Elizabeth Kellum

*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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