

# Pure Facts

Newsletter of the Feingold® Association of the United States



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## Our body's feel-good chemical

**S**erotonin is a hormone and neurotransmitter found in the blood, brain, central nervous system, and intestine.

It plays many roles in the body, facilitating the transmission of impulses between nerve cells and the feelings of confidence and well-being. People who do not have enough serotonin may feel depressed and agitated and exhibit mood swings or anti-social behaviors, and they may suffer from phobias or display obsessive behaviors.

**Some of the serotonin in our bodies is produced in the brain, but most of it is created in the gut.**

The human body contains trillions of bacteria and fungi (microbes) with the majority of them found in the intestines. These microbes have a direct effect on the production of serotonin, which in turn impacts how we feel and behave.

Researchers are finding that gut bacteria can influence many conditions, including autism, depression, anxiety, Parkinson's disease, schizophrenia, rheumatoid arthritis, Crohn's disease, colon cancer, obesity, diabetes, ulcerative colitis, and irritable bowel syndrome.

In January, *Science Daily* reported that professor Mazmanian at Cal Tech discovered that "the gut microbiome communicates with the brain via molecules that are produced by gut bacteria and then enter the bloodstream." He was able to create autistic-like behaviors by injecting mice with a metabolite produced by gut bacteria. Earlier work from the Autism Microbe Consortium found that feeding a type of beneficial bacteria (*Bacteroides fragilis*) reduced autistic-like symptoms in mice.

Probiotics have the ability to alter the chemistry of the brain and can treat anxiety and depression, according to researchers at the University College in Cork, Ireland and McMaster University of Canada. (Proceedings of the National Academy of Sciences, 2011)

A new study published in the journal *Brain Behavior and Immunity* (Steenbergen et al., 2015) showed that probiotics could be a valuable tool in preventing and treating depression. ▪

## ADHD, autism and mental disorders linked to nutrient deficiency

**N**umerous studies have shown that our brains need various nutrients in order to function well. Among the most important ones are vitamin D3 and omega-3 essential fatty acids. They enable us to produce adequate amounts of the neurotransmitter serotonin, which in turn enables us to think and behave appropriately.

A recently published paper notes, "Many clinical disorders, such as autism spectrum disorder, ADHD, bipolar disorder, schizophrenia, and depression share as a unifying attribute low brain **serotonin**.... We link serotonin production and function to vitamin D and omega-3 fatty acids, suggesting one way these important micronutrients help the brain function and affect the way we behave."

(Rhoda Patrick, PhD, *FASEB*, 2015)



## Dementia and Alzheimers disease

"Our results confirm that vitamin D deficiency is associated with a substantially increased risk of all-cause dementia and Alzheimer disease. This adds to the ongoing debate about the role of vitamin D in nonskeletal conditions." (Littlejohns et al., 2014, published in *Neurology*)

"Epidemiological evidence strongly suggests that circulatory levels of 25-hydroxyvitamin D below 50 nmol/l are associated with cognitive impairment and the development of dementia." (John E. Morley, *Nature Reviews Neurology*, 2014)

## Depression

Low levels of vitamin D3 in adults have been shown to cause an increased risk of depression. "Are vitamin D levels linked to mental health?"

(Maddock, 2013, published in *Clinical Nutrition*, 2013) ▪

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.

## The "Hangry" (hungry/angry) Child

One of the moms on our Member's Facebook page wrote: "I'm not sure if there is a connection, but my husband and I are noticing that when our 4-year-old target goes for awhile without eating, his symptoms are very bad. This usually happens before breakfast, and once he eats, he is much better. Has anyone experienced this sort of thing?" Members responded.

**Sheila:** Absolutely! I have also noticed our days go better if breakfast has a protein.

**Mikkee:** Yes! Low blood sugar impacts behavior around here -- both for my son and me.

**Karen:** One of the main symptoms of hypoglycemia (low blood sugar) is irritability. It may help to have many small meals instead of three big ones, and to increase the protein.

**Mariela:** I let my daughter sip on her juice until breakfast is ready. It definitely helps.



**Cindi:** We eat protein at every meal and snack (think bean brownies and cookies and black bean cupcakes -- they don't have to be "healthy looking"). This really makes a difference in focus and concentration.

**Kim:** My target has to eat something high protein every 2-3 hours. It's not hypoglycemia or diabetes but he does crash without it. I carry sun butter packets with me everywhere just in case.

**Carrie:** We notice this too; I'm pretty sure it's low blood sugar. My husband has this too -- when he's hungry he's really grumpy!

**Beth:** My brother and I are hypoglycemic and I definitely get that "out of control" feeling when I go too long without eating and don't get enough protein.



**Larissa:** Yes, we call it the "must eat now meltdown!"

**Kari:** We've found that protein with a complex carb (not simple carb) is the best fix.

**Suzu:** Our target definitely needs protein and fat, and maybe a complex carb added for his low blood sugar level.

**Kristin:** We call it "hangry."



**Sharon:** Can you all give more examples of what to eat for the protein/carb combo?

**Sarina:** DS eats cereal for breakfast. Does milk count as protein? He really doesn't like meat so suggestions would be very helpful.

**Kim:** Straight cereal and milk would send my target into a tizzy...way too much carbs and very little protein. International Egg Whites have been wonderful for us. I can add a tasteless, natural, low cal protein to anything -- smoothies, oatmeal, and I add it to the kids' milk before it goes on their cereal. It's completely tasteless. [Editor's note: See the article on Egg Whites on page 5. 8 ounces of Egg Whites contain 26 grams of protein.]

**Sheila:** Mine likes PB toast or PB on a bagel, egg sandwich or cheese & egg burrito.

**Cindi:** Greek yogurt.

**Julie:** Cheese and veggies (carrots, cucumber, etc.), hummus dip with veggies.

**Lori:** My target is very sensitive if she doesn't eat regularly. Including some fat in the meal will help as it slows the absorption of carbohydrates.

**Susan:** Make sure there is a snack between meals.

**Nikki:** My target is 6 but he's the size of an 8- 9-year-old and he needs constant fuel. Increasing his protein helped so much!



- Dinner leftovers are great!
- Quinoa looks like a carbohydrate, but provides protein. Since it cooks in the same amount of time as white rice, you can substitute part quinoa for some of the rice.
- Egg salad can be made up in advance and be ready to go; add mayonnaise to a bowl of hard-cooked eggs and use a pastry blender to cut up the eggs while mixing in the mayonnaise.
- Check out the February issue of *Pure Facts* for information on Chocolate Covered Katie's blog and cookbook. She offers recipes for high protein meals and snacks that look like dessert! ▪



## Healing broken lives

Feingold mom Susan Crosthwait writes, "In 2013 we adopted two children, ages 6 and 7, out of the state foster care system. They were labeled level 3, meaning high-risk special needs."

**W**e had several case workers try to talk us out of caring for them, as well as several people tell us we wouldn't be able to meet their needs. We are a family that trusts in God and were mocked when we told people we knew that they could be healed.

The kids came to us with ADHD, ODD, mental handicaps and low spectrum autism. The doctors tried the kids on Celexa, Strattera, Intuniv, Ritalin, Zoloft, and Vyvanse as well as medications to lower blood pressure. But everything caused tics, insomnia and nightmares.

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We were at the end of our rope.

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Despite the medications and higher and higher doses, the ADHD was still ever present. They couldn't concentrate in school, did poorly on their work and always found themselves in arguments with staff and friends. I remember the teacher coming out of class after school one day to tell me she couldn't handle my son anymore.



**Robert and Natasha**

We felt hopeless, and everyone around them was, too. We went to several seminars on how to love and train up these two. Yet, none of it worked. Incentives and rewards were always sabotaged, negative behaviors were constantly repeated and positive attention, no matter how much was given, seemed to make the behaviors worse.

Last June my husband and I were at the end of our rope, wondering if we had made a huge mistake and foresaw a future of expensive mental treatment centers. Our lives were completely upside down. I was venting on a post-adopt group forum when a woman suggested the Feingold Diet.

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Established on the diet and going into second grade, Natasha tested at the 4th grade level in reading and comprehension as well as in math.

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We went in 100% and had a week of unforgettable detox. Two weeks in, the kids slept through the whole night for the first time ever. At four weeks in, the difference in their handwriting was remarkable. I keep thinking we have hit "baseline." [Editor's note: meaning the highest level of improvement that can be achieved] But day by day, I would ask myself, "When was the last time they did this?" "When was the last time they did that?" and I couldn't remember; things just kept getting better.

**Here's the Crosthwait clan. Susan thought they were eating well, but after making some changes in their food, the family members are enjoying a calmer, healthier life.**



In 2013, both children had neuropsychological evaluations, which showed trauma to the brain as well as a cognitive assessment that showed low processing rates. These evaluations indicated that my youngest would need a lifetime companion, that she would never go to college or be able to live on her own.

*Continued on page 4*

## Healing, from page 3

Three months into Feingold, she was tested by the district resource team. She was going into second grade and tested in 4th grade reading and comprehension and math. Needless to say, she no longer qualified for the resource!

**Susan reports that after only a few months on Feingold, Miranda has gone from being wheel-chair-bound to a return to her active lifestyle.**



In December of 2014, both children had a DNA test called the Millennium PGT MAPP report. The test basically shows what medications the children can metabolize and rates them from low to high reaction and metabolization rates. I was astonished to see that we had not tried any of the medications on the low side -- that their bodies could metabolize -- and they had been on 8 of the medications that showed a high reaction! After the DNA test, the doctor said the only diagnosis they have is anxiety! ADHD, autism, ODD are gone!

How could a simple diet make such a profound difference for so many people? Those of us who have been working at the Feingold Association for years continue to be astonished and delighted at reports like these.

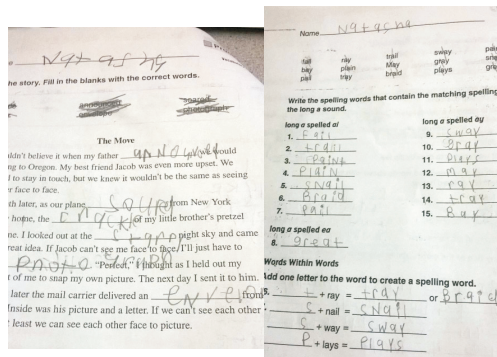
*Editor*

Both children are down to one half of a pill a day for anxiety; they are sleeping all night and doing well in school. Since the whole family went on the Feingold Diet my husband has seen wonderful changes. He is an ADHD adult who self-medicated his whole life, and he is now calmer, less angry and an unbelievably organized person.

## The health benefits our family has seen have been incredible.

In September of 2013, my oldest daughter was diagnosed with postural orthostatic tachycardia syndrome or POTS syndrome. At age 20, Miranda went from an extremely active lifestyle to a wheelchair overnight. When she saw the amazing transformation in our kids, she began asking me about the diet.

## Another benefit many children have from the Feingold Diet is improved motor control.



Natasha's handwriting was terrible for most of last year, which was second grade. The first sample here is from the beginning of the school year. Then, we decided to remove gluten and casein and the second is from about three weeks after we took gluten and casein out of our diet. We have seen improvements in so many areas; it's truly remarkable!

I started shopping with her since it wasn't something she could do on her own anymore. She has been on Feingold for just over four months, and she isn't sick anymore! The chemicals in our food can show up in so many different ways as ailments in our body. I thank God for bringing these two children to us, and for thus enabling us to find the diet and literally saving our family's health!

**After she posted her story on the Feingold members' Facebook page, Susan has received many responses, including:**

"So happy for you!!" wrote Susan S. "It really is about healing the brain by taking away the poisons."

Ashley wrote "Much like your child, my son was diagnosed with several things and it has been downgraded to anxiety and minor OCD. My husband has been on FG, too, and noticed a difference in himself and so have I. Both my son and husband used to complain about **itching** all the time, **headaches**, and my son had crazy **tantrums** for very minor things that lasted hours. Since they have been on Feingold, no more itching and no crazy tantrums."

Mary commented, "Thank you for sharing and congrats on your success! Did the doctors take this wisdom with them for recommending to others? Hah..."



## Superfoods may help a child's behavior and schoolwork

If your child is still not doing as well as you think he can, consider adding more protein and other superfoods. Those who are on meat-free diets can use these products.

Even if the food is all natural, a breakfast of pancakes, syrup and a banana is not a good choice. Such a high carb meal can mean a disappointing day at school.

Some Feingold moms have a unique solution -- protein-rich egg whites. The founders of Egg Whites International, Mac and JD, have a passion for their work, creating the healthiest and purest product possible. It starts with hens that are raised without cages and given GMO-free feed. The egg whites are pasteurized for safety and filtered to remove the characteristic sliminess of fresh egg whites. The finished product is a nearly white liquid that has no taste. If you mix it half and half with milk, it can be poured over cereal or used to make chocolate milk, and your children probably won't notice any difference!



**One of the best features of EggWhites is that you can easily "sneak" them into your child's diet without him detecting them.**

1-2 tablespoons is the equivalent of the amount found in one egg. One cup of gluten-free, lactose-free Egg Whites has 26 grams of protein, only 2 grams of carbohydrate and 120 calories.

You can cook with Egg Whites, using them to make omelets or French toast or any way you would use fresh egg whites, though cooking will reduce the protein by 12%.

Egg Whites is a favorite food for body-builders who consume large amounts of protein, but anyone seeking a quick, nourishing snack or meal replacement can enjoy the benefits.

Available from [www.eggwhitesint.com](http://www.eggwhitesint.com), it is frozen solid and shipped in insulated boxes, enabling the company to safely ship it from their California factory to anywhere in the US. After being opened, it can be refrigerated and kept for months. •

If you have considered juicing healthy greens but don't want to have to buy natural fruits and veggies, wash and chop them to make your own drink since it's too big a hassle, the ready-to-go Purium powders could work. The company knows the farmers who supply the food they use and how the food is raised. The finished product doesn't contain additives or fillers, so all of it is used by your body.

One Feingold family has found that the Purium products are crucial to helping their little girl who simply was not growing. Despite a good diet and healthy lifestyle, 10-year-old Savannah was only 49 inches tall. She was the size of a normal 7 ½ year-old! On a daily regimen of Power Kids and LOVE Super Meal in 8 ounces of organic unfiltered apple juice, she grew ½ inch in the first 4 weeks! Over 6 months, she grew a full 2 inches. For the first time, she grew faster than her brother! (Power Kids is a Stage Two powdered green drink that was listed in a previous *Pure Facts* issue.)

Purium was started by long-time health enthusiasts David Sandoval and Amy Venner. David previously suffered from asthma and obesity, as well as aches and pains -- and he was only in his 20s!

The products are free of artificial colors, flavors, sweeteners, binders, fillers, synthetic vitamins, GMOs, pesticides, and irradiation. They are healthy foods in concentrated versions. In addition to being Feingold acceptable, they are suitable for other diets, including vegetarian, vegan, kosher and paleo.

Purium products are quickly gaining in popularity for healthy weight loss, especially among celebrities in California. The company is helping super models stay slim without damaging their health, and it works to combat anorexia and bulimia in this industry.

The PIC Report in this issue lists both Stage One and Two options, including products that can be used for quick breakfast or meal replacements. Purium customers receive phone support to help guide them in using the various products.

Visit [www.MyPurium.com/AdditiveFree](http://www.MyPurium.com/AdditiveFree). You can use the gift card code "AdditiveFree" to receive \$50 off of your first order. •



**Now thriving, Savannah is an award-winning gymnast.**

## Do stimulant drugs help children with ADHD?

When the province of Quebec increased insurance coverage for prescription medicine, there was a sharp rise in the number of prescriptions for stimulant drugs used for ADHD. It provided an opportunity for researchers from Princeton, the University of Toronto and Cornell to see if this resulted in improved outcomes for children.

The researchers focused on improvements in academics and the emotional health of those given the drugs. They concluded, "We find little evidence of improvement in either the medium or the long run. Our results are silent on the effects on optimal use of medication for ADHD, but suggest that expanding medication in a community setting had little positive benefit and may have had harmful effects given the average way these drugs are used in the community."



Concerning the use of drugs for girls diagnosed with ADHD, the researchers found, "...the increase in stimulant use among girls with ADHD was associated with increases in unhappiness and the probability that a girl had depression, decreases in math scores, and a decline in the probability of having any postsecondary education."

"Do stimulant medications improve educational and behavioral outcomes for children with ADHD?" Janet Currie, Mark Stabile, Lauren Jones, *Journal of Health Economics*, September 2014. Also: Working Paper 19105 from the National Bureau of Economic Research, Cambridge, MA. ■

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## Fluoride and ADHD

Ongoing research continues to show that the fluoride added to drinking water puts children at risk for being diagnosed with ADHD.

In February, research from York University in Toronto, Canada was published showing the link between fluoridated water and ADHD in the United States. Those states with fluoridated water had significantly higher rates of ADHD than the ones without fluoridation. The authors reported that "...each 1% increase in artificial fluoridation prevalence in 1992 was associated with approximately 67,000 to 131,000 additional ADHD diagnoses from 2003 to 2011." Two examples are Delaware and Iowa; both have heavily fluoridated water supplies and high rates of ADHD. (*Environmental Health* 2015, Ashley Malin and Christine Till)

Earlier studies have shown that children who consume high levels of fluoride in drinking water have lower IQ scores than those who are not exposed to the chemical.

Fluoride has also been found to cause thyroid damage, especially when the diet is deficient in iodine.

"...the United States, which fluoridates over 70% of its water supplies, has more people drinking fluoridated water than the rest of the world combined. Most developed nations, including... 97% of western Europe, do not fluoridate their water."  
(*Fluoride Action Network*)



### Fewer cavities?

Dental health has consistently improved over the past generation, both in countries and communities that do and do not use water fluoridation.

Last year, Professor Phillippe Grandjean of the Harvard School of Public Health co-authored a study published in *The Lancet* showing that fluoride is a neurotoxin. He cautions that, like mercury and lead, fluoride can damage a developing brain. What's more, fluoridated water increases the risk of lead poisoning. Journalist William Jasper describes two ways this can occur: "1) fluoride, particularly in the form of fluorosilicic acid, which is the type used in 90 percent of American water supplies, tends to leach lead from pipes, and 2) fluoride tends to increase the absorption of lead into the blood."

The form of fluoride used in most public water supplies is different from fluoride that occurs naturally. It is a by-product of fertilizer production. According to the Fluoride Action Network, these chemicals are not treated to purify them and remove toxins like arsenic before they are added to the public water supply. ■

## 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

AMERICAN FLATBREAD^ Cheese & Herb  
BEANFIELDS^ Rice Chips (GF,CF): Salt N Pepper,  
Sea Salt, Unsalted  
BETTER THAN BOUILLON^ (CS, MSG/HVP,  
GF, CF): Organic Chicken Base, Organic Beef Base  
CALIFORNIA OLIVE RANCH^ (GF,CF) Olive Oil:  
Every CA EVOO, Roasted Garlic, Millers  
Blend EVOO, Mild & Buttery EVOO, Rich & Robust  
EVOO, Arbosana EVOO, Arbequina EVOO,  
ENJOY LIFE FOODS^ \* Dark Chocolate  
Morsels (GF,CF)  
FRANZ (GF,CF): 7 Grain Bread, Mountain White,  
Great Seed, Hamburger Rolls  
GARLIC GOLD\* (GF,CF) Garlic Gold Olive Oil,  
Garlic Gold Nuggets, Garlic Gold Nuggets in Olive Oil  
JARROW FORMULAS\* D3 5,000 IU (GF,CF)  
LUGOL'S Iodine Solution (GF,CF)  
NOW Organic Golden Flax Seed (GF,CF)  
NUTS.COM (GF,CF): Pitted Dates, Organic  
Pitted Dates, English Walnuts Raw w/ no Shell,  
Pine Nuts  
OCHO\* Peppermint Organic Candy Bar (GF, CF)  
PURIUM HEALTH PRODUCTS Activated Barley (CF),  
Bee Energetic (GF,CF), Cracked Cell Chlorella (GF,CF),  
Creamy Vanilla Meal Option, Ionic Elements (GF,CF),  
Joint Flex (GF,CF), Line Erasing Serum (GF,CF),  
Master Amino Acid Pattern (GF,CF),  
More Greens (GF,CF), Organic Barley Green  
Juice (GF,CF), Organic Best of Greens (GF,CF),  
Organic Kamut Blend (GF,CF), Poly C Serum (GF,CF),  
Power Shake Original Flavor (CF), Renewal Hair  
Skin & Nails (GF,CF), Revive it All (GF,CF),  
Rice Bran Solubles (GF,CF), Super Xanthin (GF,CF),

### Stage One, Continued

#### PURIUM, Continued

Super Life Formula (GF,CF), Vir-U-Sure (GF,CF)  
RULDOPH'S Original Pork Rinds (GF,CF)  
SUGAVIDA Organic Palmyra Nectar Powder (GF,CF)  
THE BETTER CHIP\*(GF,CF) Tortilla Chips:  
Beets and Sea Salt, Spinach and Kale Salt,  
Fresh Corn and Sea Salt  
TILLAMOOK Ice Cream (CS,GF): Vanilla  
Chocolate Chip, Vanilla Bean, Rocky Road,  
Chocolate Chip Cookie Dough, Caramel Toffee  
Crunch, Dutch Chocolate, Fireside Smores,  
Oregon Hazelnut & Salted Caramel, Udderly  
Chocolate, Caramel Butter Pecan  
TRUJOY SWEETS^ Peppermint Choco Chews  
(GF,CF)

### Stage One Fragrance

DR. BRONNER'S MAGIC SOAP^ Patchouli  
Lime Lotion

### Stage Two

BEANFIELDS^ Nacho Rice Chips (MSG/HVP,  
GF,CF)  
FRANZ Cinnamon Raisin Bread (GF,CF)  
NATURA FOODS^ Apple Delight (GF,CF)  
PURIUM HEALTH PRODUCTS Apothe cherry (GF,CF),  
Bio Fruit (GF,CF, acerola cherry, apples, apricots,  
cherries, grapes, oranges, prunes, tangerines),  
Carob Mint Spirulina (GF,CF, acerola cherry),  
Control Whole Food Meal Chocolate (CF, acerola cherry),  
Daily Fiber Blend (CF, apples), Herbal Fiber Cleanse  
(GF,CF, apples, raspberries), Immuno Max (GF, tea),  
LOVE Super Meal (GF,CF, acerola cherries, apples),  
Power of 10 Veggies (GF,CF, apples, raspberries),  
Power Shake Apple Berry (CF, raspberries), Scoop  
of Greens (CF, apples), Super Meal Vanilla LOVE  
Chai (GF,CF, acerola cherries, apples)  
TRUJOY SWEETS^ (GF,CF, grapes, oranges):  
Watermelon Rings, Peach Rings

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 new role for Amy's Kitchen

California Foodies eagerly await the opening of the first restaurant, which is scheduled for May.



Amy's Kitchen products have been Feingold favorites for many years, and their canned soups are among the few that are actually free of MSG and the many MSG clones.

Over the years, Amy's Kitchen has expanded their list of organic, GMO-free vegetarian foods to include frozen entrees, pizza, ice cream and candy, along with their soups. The restaurant will continue this healthy tradition in their burgers, pizza, burritos and salads. They will also offer fries, ice cream and shakes. The menu will include gluten-free and vegan options.

**The food will be vegetarian but is designed to appeal to all tastes.**

The location in Rohnert Park, north of San Francisco, will compete with nearby burger places, and like them, Amy's will offer drive-through service. If the chain's flagship restaurant is successful, they plan to expand to other locations "hungry" for food like this! ▪

## Fixing up the house

Spring is a good time for Feingold families to paint inside the home, redecorate or add new carpeting since you will be able to open the windows and air out the house. Although paints have been reformulated and greatly improved, our very sensitive members are still urged to avoid not only fresh paint, but any materials that give off a noticeable smell. This is the tip-off that synthetic chemicals are "gassing out."

**If you can smell it, avoid it.**

The group of chemicals called volatile organic compounds or VOCs are strong-smelling substances that become a gas at room temperature. They include formaldehyde, toluene, benzene, acetaldehyde and perchloroethylene (the chemical used in dry cleaning).

At one time paints contained lead and mercury in the pigments (coloring), as well as cadmium, chromium, ammonia and formaldehyde. But over the years, paint companies have found ways to reduce or eliminate the VOCs, and major brands now offer low- or zero-VOC options.



Carpeting and padding may be made with VOCs; these chemicals can also be used as stain-protectors or flame retardants. The smells from them dissipate in a few days and are tolerated by most people once the smell is gone. In addition to opening the windows, a fan can help get rid of fumes.

If you notice a strong smell coming from pressed wood furniture or particle board paneling, it is due to the release of VOCs.

Fabrics can be treated with formaldehyde, so it is recommended that they be washed before wearing, though this might be difficult when it comes to bedding and drapes. If you have items that must be dry-cleaned, it's ideal to let them air out, perhaps in a garage, before bringing them into the house. ▪

## 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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