

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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The food we eat -- or refuse to eat

Restaurant chains that have long claimed they use healthy, fresh ingredients are now promising to remove at least some of the unhealthy additives from their food.

This includes Papa John's, which is reported to be spending \$100 million to take out many of the unwanted additives from the "better ingredients" used to make their "better pizza." They promise to remove corn syrup and artificial colors, plus several preservatives by the end of next year.



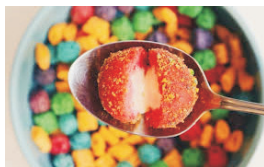
Pizza Hut and Taco Bell, both owned by YUM! Brands, are jumping on the natural bandwagon...sort of. They will be removing artificial colors and flavors by the end of this year, but only from some of their foods.

Taco Bell has a lot to change. (Chipotle refers to "85 ingredients in a single fast-food burrito served by one of our competitors.") Some of the changes Taco Bell has in store are to remove the Yellow 6 from their nacho cheese and Blue 1 from their avocado ranch dressing.



Chipotle has just launched a website that compares the ingredients in their foods with that of other chains. They point out the less healthy items in their own food, as well as those used by the other restaurants!

While these are encouraging signs, there are many things that will not change, such as Taco Bell's big money-maker, the Doritos Loco Taco. What's more, they have come out with a new monstrosity -- donut holes made with neon-colored Cap'n Crunch cereal.



So far, YUM! Brands has been silent on their other chain, KFC, with its MSG-laden chicken dishes. But it's not just the chicken that has it; monosodium glutamate is even in their rice and green beans!

Another big MSG user, Chick-fil-A, has also not addressed their excessive use of this nerve-damaging chemical.

McDonald's might claim they no longer use MSG, but like so many restaurants and food companies, that isn't actually the case since they use MSG "cousins" which go under names like "hydrolyzed proteins," "autolyzed yeast," and even "natural seasonings," which all act very much like MSG.



Pizza Hut uses MSG with a heavy hand. Even their pizza dough and sauce have been spiked with this additive that has long been used to make food taste better than it actually is.



Noodles & Company has announced they will remove the artificial colors, flavors and preservatives from their soups, sauces and dressings, but not until later this year.



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.

Women who make things happen!

Throughout the US -- and elsewhere -- women are working to bring sanity and health to a country that has lost its way in caring for our children. Here are just some of the many who help us.



Renee and her son **Trenton**, were the faces of the 2013 campaign to make the public aware of the harm from food dyes.

Linda, a mentor for new teachers, shares our information with young moms in her community.



Gayla has written a screenplay and published a book, *Seed Police*, about the dangers of genetically modified grains. She continues to represent the Association as she reaches out to others.

We thank **Dawn** who teaches parents and professionals how to help children recover from trauma. **Kelly, Georgia, Cate**, (and Feingold dad, **Kevin**) introduced us to the community of foster and adoptive parents

Susan, Beth, Tabitha, Jennifer, and **Tammy** not only have opened their homes and hearts to children who needed love, but have allowed us to use their stories.

Markey, who runs our Helpline, keeps us posted on news from the Internet.

Kim has introduced our work to her fellow occupational therapists.

Susan offers so many good ideas to Facebook members and helps newbies get started.



Candy, our social media expert, has been sharing our information with the readers of her blog, Mom's Morning Coffee.

Karen makes sure the children's activities in her community, the gymnastic team, and the school all provide natural snacks.

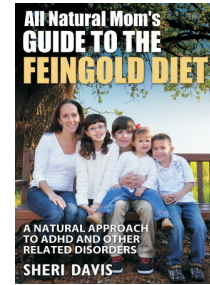


Our long-time friend and radio host, **Frankie Boyer**.

Carolyn and **Elizabeth** proofread *Pure Facts* to help us make sure our grammar is correct and our commas are all in the right places.

Greta is bringing our information and help to volunteers and families in South Africa.

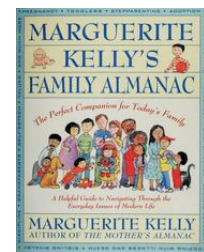
Eva, a teacher of teachers, educates them about our work.



Sheri reaches out to help new families get established on the diet via her blog, book and media exposure.

Larisa and **Kathryn** oversee our popular members' Facebook.

Carolyn and **Kim** work to help put the Association on a strong financial footing.



Marguerite Kelly, author of *Family Almanac*, has told the readers of her syndicated column about us.

Thanks also to the wonderful women who present workshops and represent us at conferences.

During the past 4 decades, there have been more women than we could mention who have provided their love and help. They include: **Pat, Debbie, Judy, Lynn, Mary, Marilee, Diane, Barbara, Colleen, Joanne, Sharon, Vivian, Donna, Sandy, DeeAnn, Carol, Tanya, Joan, Vicki, Alice, Ruth, Sarah, Donna, Nancy, Beve**.

And of course, there's the Feingold board of directors and our hard-working staff who have no idea what a 5-day work week is!

"Why am I bad, Mommy?"

Lori Itano searched for ways to help her little boy. Here she describes the rough journey, but now seeing the wonderful child he really is has made it all worthwhile.

Brandon was born five weeks early, after a difficult pregnancy that threatened both his life and mine. Miraculously, even though he was premature, his lungs had matured, and he was able to go home after only three days!

He was breastfed for 17 months and was a very happy and charming, though energetic, child. Within a few months of weaning, however, he was no longer happy. He became easily angered and frustrated, screaming and tantruming far longer than his two older brothers ever did. When he was happy, sometimes it was almost like a "high." Yet, he could be the most compassionate and tender child, too, and he was very, very bright. Such a study in contrasts!



Just beginning the diet.

In his second year, Brandon began to pair his tantrums with hitting and/or kicking, and the tantrums became longer. A single "No, you can't do that" would result in a 45-minute raging tantrum. And yet, there were times I could see in his eyes that he was afraid, trapped in the storm of emotion.

No amount of gentleness and patience, nor any disciplinary technique on my part seemed to change things.

He was also constantly on the move and could not walk down an aisle in the grocery store without his hands out, touching every single thing he saw as we went along.



One day, a homeschooling forum featured a post on child-onset bipolar. Since I have two relatives who are bipolar, I wondered if perhaps this was what Brandon had. There were dozens of responses, but five stood out to me.

Each said their bipolar child had a great sensitivity to petroleum, which led to the manic-depressive see-saw.

But they said that on the Feingold diet, not only was the bipolar behavior gone, but several other seemingly unrelated problems with other children had disappeared as well (since Feingold recommended the whole family go on the diet).

Meanwhile, I went into research mode on Feingold and was astounded by what I discovered. I was also completely overwhelmed. At the time, I had just learned that I was expecting our fifth child, I was new to homeschooling, and I had a toddler who never slept more than 45 minutes at a stretch through the night.

Sometime in the second week on the diet, Brandon's tantrums changed, and after a half-hearted try, they would last for only a few minutes.

This is a recent picture of Brandon on a hike with his dad and three brothers. The park has lots of cliffs with no rails. Without Feingold, navigating it would have been dangerous as Brandon couldn't have listened and responded well enough to stay out of danger.

I also had a five-and-a-half year old son, Josh, with constant pain in his legs that no one could figure out. A litany of specialists and testing had found nothing that would explain my previously athletic son's slow decline over 18 months into sitting all day, every day, and crying if he had to walk in the grocery store.

"Why am I bad, Mommy?" Brandon would ask in his little 3-year-old voice, and my heart and his would be breaking.

I hemmed and hawed for several months but finally decided we just couldn't continue to live this way anymore. If there was hope that Brandon would no longer be trapped in fiery emotion, becoming more and more convinced he was inherently "bad" (in spite of never hearing those words from anyone around him!)...well, I just couldn't abandon him there.

Continued on page 4

Brandon, *from page 3*

When I occasionally had a day or two of Brandon just being a regular kid, knowing he hadn't had any exposures to anything for several days -- or he would look up at me during one of his extended screaming/crying fits and say, "Why am I bad, Mommy?" in his little 3-year-old voice, and my heart and his would be breaking -- well, I found the energy to continue.

Two of my children, Josh and Daniel, suffered from severe leg pains which disappeared once we went on the diet.

The greatest surprise was watching Josh walk into the kitchen a week later and announce his leg pains were gone. Another week and his previous athletic abilities returned!

Not only that, but my sleepless toddler, who previously insisted on being carried almost all day, got down off my hip and began to play! It turns out Daniel had leg pains too, but couldn't tell me. In retrospect, those two had had by far the worst cases of Epstein-Barr virus about 18 months earlier, and I read that Epstein-Barr exposure can cause a sensitivity to salicylates for several years, and this would typically manifest as joint and sometimes muscle pain. Too bad the pediatric rheumatologist at the children's hospital he went to wouldn't believe us, nor would any other doctors we talked to. I wish more people knew!

He became consistently pleasant, and his sunny smile came back again!

Sometime in the second week, Brandon's tantrums changed. At 3 ½, he was habituated to throwing storming tantrums when he didn't get his way. But all of the fire went out, and after a halfhearted try lasting only a few minutes, he'd recover and move on. Truly, it was a miracle.

Although he remained active, he was no longer hyper and could pay attention, for the most part, as needed.

We talked about why we had changed the way we eat, introducing fun new food and explaining how petroleum was not good for our bodies and how it affected Brandon's behavior. I wanted to make sure Brandon understood his behavior was not his fault -- that he was not a bad kid, but that he had a strong reaction to petroleum that was not in his control. He slowly began to believe it, and all of my kids became great Feingold ambassadors as they saw the amazing changes in our family.

Brandon has been able to function and blossom in ways that he never could have achieved without Feingold. Yes, there have been other wrinkles -- such as finding out sugar caused Brandon to have blurred or sometimes double vision while doing close work, and taking sugar out of our diets completely caused him to suddenly make huge gains in reading. But overall, we credit Feingold for our successes.

A chemical that causes bacteria to become resistant to antibiotics.

The overuse of antibiotics has led to a decline in their effectiveness. Now, we see that weed killers can have a similar outcome.

Genetics professor Jack Heinemann from the University of Canterbury in New Zealand and colleagues have investigated the effects of 3 herbicides, including Monsanto's Roundup. But they have examined them in a way that is different from previous studies. Generally, research conducted on an herbicide like Roundup focuses on its ability to kill outright, but these researchers studied how herbicides changed the way bacteria respond to antibiotics. They found that the chemical does not kill the bacteria but results in the formation of a more powerful version.



The chemical in question is called **glyphosate**, the active ingredient in Roundup. It is currently used on about 94% of the soybeans and 89% of the corn grown in the United States. Glyphosate, along with two other widely-used herbicides (2,4-D and dicamba), change the way bacteria respond to antibiotics, further reducing the effectiveness of these medicines.

Dow Chemical's 2,4-D has also been found to cause damage to hormones and neurotransmitters.

The study was published in the journal of the American Society of Microbiology. [*mBio*, March 2015]

Getting ready for school

Contact FAUS to order a packet of materials to give to your child's teacher. This will help him/her understand how to help your child and support his diet.



And don't forget to supply a stash of natural goodies the teacher can keep on hand for those times when there is an unscheduled party.

Loss in Sales

Big Food is finding that it's not only the consumer who is losing interest in brands that once dominated the super-market aisles, but stores are responding to a drop in sales by demoting them. The prime shelf space Target once gave to products from Kraft, General Mills and Campbell will be given to healthier, better-selling foods.

In the past ten years, the sale of children's cereals (i.e., junk) has fallen over 10%, and canned soup is down 13%. Between 2013 and 2014, Kraft's profits plummeted 62%.



Mmm, mmm, organic

Campbell's hopes to stay in the game with their new line of organic soups. There are six versions, and five of them are gluten-free.

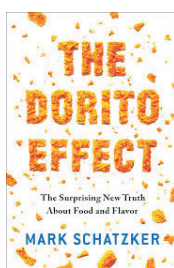
While it's a welcome change, it doesn't look like Campbell has changed very much. The soups are still loaded with salt, and their Organic Garden Vegetable with Herbs has an MSG cousin -- yeast extract flavoring. The fact that it's organic is of little comfort!

Sadly, many organic soups use MSG-type additives, so check those labels.

Healthy Food vs Unhealthy Food – a different perspective

Humans evolved to seek out flavorful foods because we instinctively knew something that tasted good was full of nutrients. But that has all changed in recent decades.

The selective breeding of plants and animals has focused on attributes like appearance, size, faster growth, resistance to pests, and the ability to withstand shipping without damage. But taste and the nutritional value of the food were attributes that were not considered. So we have tomatoes that are beautiful, flawless globes with little nutrient value and no taste. The roasted chicken that once graced the Sunday dinner table tasted like a chicken, not like what Julia Child called "the stuffing inside a teddy bear."



At the same time food was losing its flavor, chemists were creating artificial versions of them. And consumers -- naturally programmed to seek out flavor -- were finding it inside a bag of Doritos. But the crisp snack does not provide the same satisfaction as a meal of real food, according to Mark Schatzker, author of *The Dorito Effect*. So the hapless eater continues snacking.

This behavior is even harder to change because food manufacturers use liberal amounts of "flavor enhancers" -- notably monosodium glutamate. The notorious MSG not only gives the sensation of flavor but stimulates the appetite. The junky food in most restaurant chains and on supermarket shelves is basically a blend of water, tasteless foods, cheap fats, cheap sugars, MSG and huge amounts of sodium, all spiked with synthetic chemical flavorings.

Interestingly, a solution Schatzker proposes is to use the same type of technology that brought us to this sad state but to focus on breeding plants and animals that provide the nutrients our bodies crave.

Harmful artificial flavorings

A coalition of health organizations, led by the Natural Resources Defense Council, has petitioned the Food and Drug Administration to ban eight synthetic flavorings that have been found to cause cancer in animals.

While tests have not been conducted to determine that they cause cancer in humans, they are illegal under the Delaney Clause. Human testing would be difficult and expensive and would have little practical value since few people eat only one additive at a time, and there is no way to predict the effects of a combination of them or to account for individual differences in sensitivity.

Some of the flavorings:

benzophenone,
4-allylveratrole, 7-methyl-3-methylene-1,6-octadiene,
diphenylketone,
p-meth-4(8)-en-3-one,
ethyl acetate,
trans,trans-2,4-hexadienal

Oh my!

"Consumers are vulnerable, the government isn't doing its job, and the food industry is calling the shots," charges Erik Olson, director of the Health Program at the Natural Resources Defense Council. "The FDA should start with obeying the law by banning these synthetic flavorings known to cause cancer in animals rather than just continuing to let the food industry have its way."

An ADHD drug gone amok

It sounds like a badly-written science fiction tale, but the reports of an ADHD drug causing gynecomastia -- boys developing breasts -- are real.

Risperdal has been a huge money-maker for Johnson & Johnson (J&J). It is sold through Janssen Pharmaceuticals, a subsidiary of J&J. Risperdal was originally developed as an anti-psychotic for treating schizophrenia, bipolar symptoms and autism, but it is now being given to children with ADHD, anxiety, insomnia and depression. It is also being prescribed for children and teens with behavior problems such as aggression and self-injury.

J&J is facing hundreds of personal injury law suits from families of boys who have taken the drug. Risperdal (generic version is risperidone) and a related drug from J&J, Invega (paliperidone), stimulate the pituitary gland to produce an excess of the hormone prolactin; this can also result in pituitary tumors.

The breast increase (known as gynecomastia) comes from the growth of breast tissue, not from fat tissue, as the company has claimed. Even boys who were not overweight had tissue growth so extreme they had to have it surgically removed. Many other drugs can cause gynecomastia (see the *Physician's Desk Reference* for details). In addition to the growth of breast tissue, such drugs can also stimulate milk production.

Other side effects can include weight gain, diabetes and tardive dyskinesia (involuntary movement of muscles and limbs).

J&J ignored FDA warnings

A news release issued by the U.S. Department of Justice noted, "Janssen instructed its sales representatives to call on child psychiatrists, as well as mental health facilities that primarily treated children, and to market Risperdal as safe and effective for symptoms of various childhood disorders, such as attention deficit hyperactivity disorder, oppositional defiant disorder, obsessive-compulsive disorder and autism." At that time, Risperdal was not approved for use in children for any purpose, and the FDA repeatedly warned the company against promoting it for them.

The Justice Department also described the company's actions in editing the studies that showed the harmful side effects of the drugs. Former FDA Commissioner David Kessler testified that J&J "knew by 2001 that Risperdal could cause abnormal breast development in boys."

The Justice Department document also described kickbacks and "speaker fees" given to doctors who prescribed the drugs. Among those profiting from J&J is Harvard's Joseph Biederman, who was disciplined by his employer, Massachusetts General Hospital, for failing to report more than \$4 million received from drug companies.

Increased risk of death in the elderly

In 2013, the US Department of Justice won a criminal and civil lawsuit against J&J, forcing the company to pay \$2.2 billion in penalties. The charges included promoting the drugs for uses that had not been approved and giving kickbacks to doctors who prescribed them and nursing homes that used them.

In a Pennsylvania criminal lawsuit, J&J and its subsidiary Janssen Pharmaceuticals pleaded guilty to misbranding Risperdal and promoting it for nursing home patients where it has a greater risk of strokes and death. Texas, Montana, Kentucky, Arkansas and Pennsylvania have also sued J&J for millions of dollars.

Risperdal has a long list of potential side effects:



- Anxiety
- Blurred vision
- Mental impairment
- Parkinson's symptoms
- Nausea, vomiting
- Indigestion, heartburn
- Abnormal muscle movements
- Bladder control problems
- Constipation
- Increased appetite, weight gain
- Low blood pressure
- Inability to focus
- Increased breast size in males (gynecomastia)
- Discharge of milk from breast (both males and females)
- Heart pounding
- High blood sugar
- Difficulty breathing
- Diarrhea
- Joint and muscle pain
- Stomach cramps
- Uncoordination
- Abnormal facial movements
- Blocked bowels
- Blood clot in lung
- Coma
- Death in elderly
- Decrease in white blood cells
- Diabetes
- Giant hives
- Lack of blood supply to the brain
- Life threatening allergic reaction
- Seizures
- Stroke
- Hair loss
- Urinary tract infection

PIC Report

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

Products with this symbol ^ are available in Canada. To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

Stage One

AFM SAFE CHOICE Head & Body Shampoo

Free of fragrance - can be used as a bubble bath, available via mail order

BIOTTA Beet Juice (GF,CF)

BOARS HEAD Fresh Mozzarella Ball (GF)

BOARS HEAD Pork Breakfast Sausage 8-1 Natural

Casing (CS,GF,CF), Pork Breakfast Sausage

12-1 Natural Casing (CS,GF,CF),

Sweet Italian Sausage (GF,CF)

BRANCH BASICS Branch Basics Soap (GF,CF)

Order from branchbasics.com

EASIYO (www.nzng.com) (GF): Natural Yogurt Mix,

Lowfat Greek Style Yogurt Mix, Greek Style Yogurt Mix

Manufactured by New Zealand Natural Goods;

sold in the U.S. via their offices in Los Angeles

FLEISCHMANNS^ Pizza Crust Yeast (GF,CF)

HONEST TEA Honest Mango Lemonade (GF,CF)

Sweetened with organic cane sugar

NAMASTE FOODS^ Italian Coating Mix (GF,CF)

NAPA VALLEY NATURALS ^ Organic Extra Virgin

Olive Oil (GF,CF)

NOW^ Roasted and Salted Macadamia Nuts (GF,CF)

ORGANIC VALLEY Organic Mexican Blend

Shredded Cheese (GF)

THOUSAND HILLS CATTLE COMPANY

(available in MN, IA, IL, MI, IN, NC, WI, ND, SD, TX):

Original Beef Sticks (GF,CF)

This company provides grass-fed beef, humanely raised by 100 independent farmers. It can be found in many Super Target stores around the country.

PIC Alert

CLEURE Nail Polish - All colors now contain artificial dyes, so they need to be removed from your *Foodlist*. They are located in the Stage One PERSONAL CARE, Cosmetics - *Makeup* section of your *Foodlist*.

Dietz & Watson Cranberry Honey Mustard contains artificial color now so please remove it from your *Foodlist*. It is located in the Stage Two section of Condiments / Mustard.

Stage Two

BARLEANS Omega Swirl Fish Oil^ (oranges, GF,CF)

BOARS HEAD Hot Sausage (paprika, red peppers, (GF, CF)

GRILLMAN'S (cherries, chili peppers, SM, GF, CF)

JEFF NATURALS Sun Ripened Dried

Tomatoes (GF,CF)

KALONA SUPERNATURAL Organic Strawberry

Cream Top Yogurt (GF)

SKINNY CRISPS^ (almonds, GF): Say Cheese

(paprika), Plain Jain (CF), Brownie Crisps (CS),

White Sesame (CF), Whole Shebang (CF),

Seeded (CF), Toasty Onion (CF),

Cinnamon Crisps (CF)

SWAGGERTY (GF,CF, red peppers): All Natural

Sausage Roll, All Natural 18 Sausage Patties,

All Natural 24 Sausage Links, All Natural Sausage

Patties 8 oz & 16 oz, All Natural Sausage Links

10 and 20

TRUE CITRUS True Lemon Citrus Orchard (GF,CF):

Sunshine Strawberry Medley (apples),

Crisp Apple Medley, Summer Berry Medley

(apples)

These powdered water flavorings are made from the whole fruit and are sweetened with stevia.

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.

Is Sodium Benzoate on the way out?

Several options have been proposed over the years as a safer replacement for the preservative sodium benzoate, including potassium benzoate and a blend of herbs called Herbal-Active.

Now a Canadian company, Biosecur Lab, has created an antimicrobial preservative made from what the developers call a "citrus extract." They have named it Foodgard and believe it can not only replace sodium benzoate but will be more effective. It is expected to be listed on labels as a "Natural Citrus Extract." Citrus peels, seeds and the edible pulp offer many health benefits, so Feingold volunteers are hopeful that this product will truly replace sodium benzoate and will be well tolerated by our sensitive members.

What is Sodium Benzoate?

Sodium benzoate (or benzoic acid) is a preservative that prevents the growth of yeasts, bacteria and mold. It is frequently used in acidic foods and can be found in some soft drinks (especially lemon/lime flavors), some salad dressings and fruit-based products and is often used in lemon juice, pickles and soy sauce. It is also used in some dental products, cosmetics, medicines and nutritional supplements and beverages -- including those labeled as "natural."

Benzoic acid occurs naturally in some foods, but in very small amounts that don't bother most people. For those who have trouble tolerating even this naturally occurring chemical, the *Feingold Handbook* provides information and guidance.



Problems with this additive

Sodium benzoate has been linked with many problems, including ADHD [Beezhold 2012, McCann 2007]. When it combines with ascorbic acid or vitamin C, they can form the potent cancer-causing agent benzene. A study published in *Neurosciences* in 2014 [Noorafshan et al.] showed that sodium benzoate induced anxiety and motor impairment in rats.

The additive is thought to deprive cells of oxygen, setting off many adverse health effects. It has been linked to asthma and hives as well as leukemia and other blood cancers.

Celebration powder carries risk

Feingold members know to stay away from exposure to the dyed substance sometimes referred to as "celebration powder."

It originated as an Indian ceremony to welcome the end of winter and start of spring but has gained popularity in other countries, including the United States, as a party celebration.



Tragically, such an event that took place recently at a water park in Taiwan resulted in a flaming inferno as the powder spontaneously ignited, seriously injuring over 500 people.

Various festivals, club activities and sporting events now include spraying colored powder over the attendees for its dramatic effect.

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.

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