

Pure Facts

Newsletter of the Feingold® Associations of the United States



December 1991/January 1992

Vol. 15, No. 10

How Can I Gain My Child's Cooperation?

If you're typical of the parents trying out the Feingold Program you probably think, "My child will *never* cooperate."

But most children do cooperate when the Program is presented in the right way. Let's consider which approach may be best for your family, and this begins by taking a look at your own feelings. When you read over the Feingold materials, you may be thinking, "I can't believe all the disgusting things that are put in our food; what a rip-off; I'm glad there's a way to eat all the things we love without exposing the family to these additives!"

Or, you may think, "What a chore; I'll have to do extra shopping to find some of these products; a loaf of bread or a quart of ice cream may cost more; I hate to think of the kids having to give up their multi-colored candies, cereal, etc.; maybe I can just change a few of the brands and get away with it."

If you see the Program in a positive light, this attitude will be conveyed to your family. But if you consider it a deprivation, this will come across too, particularly if your children are older.

Spend some time reviewing the information and exploring your own feelings. Think about the trade-off where short-term inconvenience may lead to long-term rewards. Consider that the hardest part of the Feingold Program is likely to be the first weeks when you're getting accustomed to changing some of the brands you use. You will soon feel comfortable using the things on the *Foodlist*, and by that time you should be reaping the rewards in the form of a much-improved child and calmer family life. If you carefully follow Stage One you might see a noticeable change in just a few days, and this is all you need in order to give you the enthusiasm to continue — knowing that you're on the right track. At that point, the effort

required will seem trivial compared to the joy of seeing your child function normally. After working so hard at techniques that were unsuccessful, you may find you welcome the chance to work at something that produces results. When selecting the right brand of potato chips, or skipping the spaghetti sauce makes such a difference, it's a small price to pay.



- If she enjoys getting gum balls at the supermarket, let her buy one of the vending machine trinkets instead.
- If your family likes cookies made with M&M's in the dough, go ahead and make the recipe, using Stage One ingredients and Natural Wonders candy (found in many health food stores).
- If the lollypop from the bank is a treat, keep a natural lollypop in your purse and trade with your child.

The Very Young Child

The younger the child the more control you are likely to have over his/her food. It may mean educating your spouse, the relatives, or day care provider, but at least you won't have to deal with school lunches. The younger the child the easier and more effective the Feingold Program is likely to be.

Pre-schoolers

You may be dealing with nursery school snacks, and it will probably be best for you to provide them.

If the staff is not familiar with the Program they may have difficulty understanding why you are concerned about food. People who don't know your child as well as you do will probably look at the disruptive behaviors and assume that they are deliberate. But if you can bring about a noticeable change; if your pre-schooler goes from the terror of the sandbox to a pleasant

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Substitute, Don't Deprive

Identify the things your child may be most reluctant to give up and find alternatives.

- If he loves the toothpaste pump that extrudes red, white and blue paste (a no-no) then substitute a snazzy Ninja Turtles cup containing a new, cartoon character toothbrush and tube of Tom's toothpaste. (Be sure the toothbrush itself is not flavored.)

The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

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child, the staff will have a very strong motive to support your efforts.

"Feingold kids" are generally very bright, and once your pre-schooler feels the difference, he will probably be eager to keep himself on the diet.

Elementary School-Aged Children

The child now moves from the more casual approach of preschool to one which is structured. Your student is expected to stand in line, stay seated, pay attention, complete written work, etc. A teacher who is unfamiliar with some of the problems of ADD or chemical sensitivity may view them as defiant or lazy behaviors. Given enough frustrating experiences, a student may eventually become defiant.

Read over some of the *Pure Facts* stories of children who have been



helped by the Feingold Program, and share them with your child. This is an excellent way of explaining that abnormal additives can create problems for normal people.

You will need to enlist your child's help as she faces the temptations in store. School breaks and vacations are good times to begin the Program since you have far more control over the food consumed. If you can make this period a fairly pure test of Stage One, you might see results before the break is over. Once she experiences the difference the Program can make she will have a good reason to stick with it.

If a major junk food event is coming up talk with your child about a special toy that can be given in exchange for saying 'no' to the unapproved foods. Shortly before Halloween one mother described how she and her daughter went shopping and bought the doll her little girl had been wanting. They agreed that the doll would stay with Mom until after the trick or treating was over, and then the collected candy would be exchanged for it. This worked beautifully. The evening was exciting and fun, and the child gladly handed over the candy for her new toy.

Another family has a system where their youngster can accumulate 'credits' for turning down unapproved foods. When he earns a certain number he gets to spend a small amount of money at one of the everything-costs-a-dollar stores found at many shopping malls. Eventually, the reward of just feeling and functioning better will be sufficient.



Junior High and High School

By the time he reaches the teen years, how many people have told your son he "could do it if he really tried"? How many years has he had of being blamed for some thing he may not have had any control over? How many solutions have been tried and failed? It's no wonder both of you are discouraged!

Imagine how you would feel if you found yourself in a graduate class of quantum physics and the authority figures kept telling you, "you're really very bright; if you can't understand this it's just because you're lazy, you're not really trying."

Imagine a job where your boss belittles you in front of your colleagues, and no matter how hard you try, your work never measures up. Then imagine you have no recourse; you cannot quit and find a different boss any more than your child could quit and find a different teacher. (And imagine what it must be like to be a teacher attempting to work with a child who wears your patience thin.)

In addition to all these negative experiences add the teen's natural desire to be just like his peers. Where is his self esteem? (*What* self esteem?)

You know your child better than anyone else. Maybe a straightforward, "let's try it" approach will work — that's fine. Some families find it works best to make a contract. The child agrees to give the program a 100% effort for a set number of weeks and see if he feels/behaves any differently. If he sticks to his part of the bargain, and there is no change, Mom agrees to stop bugging him about what he eats. Or the reward may be a tangible thing — whatever fits best with your family's attitudes.

But if you suspect your teenager will see the Feingold Program as just one more gimmick that won't work, just one more proof that he's a "misfit", then you may want to take an approach which is very different than what we generally suggest.

Ignore Your Teen

Take a closer look at the list of symptoms, especially those which apply to adults. Do you see anything that sounds like symptoms *you* may have? Do you find yourself dealing with any of these: headaches, hives, asthma, impatience, distractability, irritability, allergies, sleep disorders, or nasal congestion? Do you find you have difficulty tolerating fragrances, cigarette smoke, new carpeting or auto exhaust fumes? If any of these symptoms sound familiar you're a candidate for the Feingold Program yourself. On the other hand, if you feel great, and are into exercise and good nutrition, then you're likely to want to incorporate many Feingold ideas into your own healthy lifestyle.

Go through the *Foodlist* and identify the products your family already enjoys. Perhaps the changes won't be as great as you may have imagined. When you do the shopping, be sure that only Stage One products come into the



house. (Pack up the no-nos in a box and seal it, or give them away.) When your teen wonders what's going on you can tell him it's your own health kick — it won't be the first time your offspring suspects Mom or Dad have really 'lost it'.

Be liberal about stocking up on the snacks and treats, and this 'Feingold thing' may not seem like a bad idea after all. If your teen is a male, he will probably consume enormous amounts of this Stage One fare, and may find he likes it.

The goal is to see if you can notice any improvements even though he may not be following the program 100%. If

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your youngster is extremely sensitive, you might not see any response. While we generally discourage families from using the program less than 100%, we know that even the badly designed studies conducted back in the 1970's showed noticeable improvements in many children. If your teen does improve you have laid the ground work for his eventually making the connection. If a partial change in diet doesn't help, then your teen can't say he tried the Feingold diet, and at least you haven't soured him to the whole idea and closed the door to his considering it in the future.

Negative Vibes

Many people are aware that there is such a thing as "diet" to treat behavior or learning problems; they may even have made an attempt to use one in their homes, and found the experience very frustrating.

The problem we encounter is the assumption that there is a single diet, but this is not the case. Some books tell you to eliminate sugar; others have you do all your shopping in a health food store; some advocate adding vitamins and minerals; others remove foods such as milk and wheat and toss in some vague advice about not eating "additives". Some books tell you what menus to serve and provide recipes, while others give a listing of which additives the author considers undesirable.

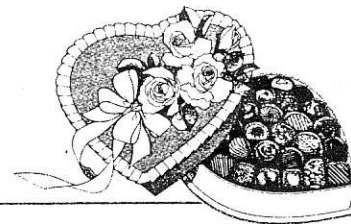
The experienced Feingold member who has successfully used our program, and investigates other options, knows each of these techniques has validity for some people. But as an initial approach to diet management, they are less comprehensive and more difficult than is necessary. It doesn't matter how good a program is if your child will not cooperate or if you cannot cope with the demands it places on you.

If your doctor is not enthusiastic about the Feingold Program, he may

believe that it is a blend of some of the other approaches named above. Or, he may have read Dr. Feingold's book, *Why Your Child is Hyperactive* and believe the diet is still restrictive. He may not realize the wealth of information and help which has been developed in the 18 years since it was first published.

Share some of your Feingold information with him, and refer to the November 1991 *Pure Facts* for suggestions on gaining his cooperation.

We have successfully helped the majority of families who have used our program. Parents and professionals in the United States and in countries around the world continue to volunteer their time and effort for only one reason. It works.



Dear Pure Facts

Please find my subscription renewal and a contribution. I would like to take this opportunity to thank you for sending the newsletter; it is a great support to me.

I now have about 15 families I am advising about the diet, but the whole legal aspect of food research is still a problem. Because there are many natural and organic products available now in Israel, I can work around the problem.

Looking forward to the coming *Pure Facts*.

Sincerely,

Orit Roitman

Tivon, Israel

We're International!

Our information is sent to Feingold families throughout the world. At the present time we have members or colleagues in the following countries:

Australia
Belize
Bermuda
Canada
Ecuador
France
Great Britain
Indonesia
Israel
Japan
Mexico
New Zealand
Norway
Sweden
Switzerland



Candy!

Gaining your child's cooperation is an essential part of the Feingold Program, and this often translates to: candy.

If your kids are accustomed to having some of the sweet stuff, this is no time to take it away. If they haven't had much of it, you will still need to know what's available for those times when it's hard to avoid.

(For the occasional child who is extremely sensitive to sweets, you'll have to get a lot more creative about treats. For the rest of us, avoid giving the child candy on an empty stomach.)

Some of you are aware of our member who began a candy making business as a result of her wish to provide treats for her Feingold son. Nancy Kemble has moved her shop, The Squirrel's Nest, to its new location in Middletown, Delaware. She has expanded her products to include commercially manufactured candies, and all of them can be ordered by mail.

Now is a good time to get acquainted with what Nancy has available so that you'll be ready when Valentine's Day and Easter arrive. There are even treats made for St. Patrick's Day celebrations.

In addition to natural chocolate molded candies and lollypops, The Squirrel's Nest carries: Natural Wonders, Texas Praline, Pecan Logs, Pecan Crisps, Natural Dum Dum Lollys, Rock Candy, Panda Licorice and Raspberry bars, Shortbread, Gourmet Hot Cocoa Mix, tins of Hard Candies, French Mints, Chocolate Covered Pretzels, Date Pecan Squares and gift boxed Delux Assortment candies.

Nancy can work around certain restrictions, such as providing candies made with carob instead of chocolate, and sugar in place of corn syrup. She welcomes your inquiries and is willing to try to provide related hard-to-find items. If you're having trouble locating an approved brand of gum or chocolate chips, let Nancy know.

For a price list and order form, write to: *The Squirrel's Nest, 1 North Broad Street, Middletown, DE 19709.*

"Family Almanac" Highlights Feingold Assistance

In mid-November, Marguerite Kelly's syndicated column, Family Almanac, carried an article about a child with many behavioral and learning problems. One of the resources Mrs. Kelly suggested was the Feingold Association.

The column ran in papers in Maine, New York, Washington DC, North Carolina, Florida, California and Washington state. The response has been overwhelming. We have heard from parents who have gone from doctor to doctor, from school to school, seeking help and frequently finding themselves blamed for the problems they have so desperately sought to resolve.

Profound thanks to Marguerite Kelly. And to all our new members who now have a no-risk option to try, we say "Welcome, we understand what you are going through." We hope many of your answers will be found here; what you will not find in the Feingold Association is blame.

In addition to hyperactivity and ADD the column addressed Tourette syndrome and obsessive compulsive disorder (OCD). Some of the parents who contacted us have children suffering from these problems. We have limited information on them and would be grateful for any input our members have. If you are using the Feingold Program with a child who has Tourette or OCD, please let us know if you find it has or has not helped.

MSG May Have a Rival

As Americans gradually give up the habit of smoking, researchers are finding new ways to use tobacco.

A New Jersey research firm, DNA Plant Technology has received a patent on a variety of tobacco plant that produces a chemical called sclareol. One of the uses for sclareol is a flavor enhancer — the function of MSG.

Sclareol may also be used in after-shave lotions and colognes.

A California firm is investigating proteins taken from tobacco for possible use in anti-cancer drugs. Talk about irony!

MSG Gets a "Taste" of Notoriety

The processed food industry's bad dream became a reality on November 3rd with the airing of the 60 Minutes show on MSG.

Every time a new chemical crisis makes the headlines — be it sulfites, alar, or monosodium glutamate (MSG) — the public gains a better appreciation of the work of the Feingold Association.

The show brought out the many devious ways this additive can be disguised in foods, demonstrating how complex food processing and labeling can be. (Although MSG is not routinely eliminated on the Feingold Program, some members cannot tolerate it, and others simply choose to avoid it.)

The issue made the front page of the *Wall Street Journal* for October 17, with the headline, "Food Industry Awaits With Queasy Stomach A '60 Minutes' Show." The article noted, "Monosodium glutamate, a flavor enhancer better known as MSG, is used in everything from chicken chow mein to corn chips. A '60 Minutes' attack on MSG would be felt throughout the \$280 billion-a-year food industry."

The Grocery Manufacturers of America expressed the industry concern that "It isn't just an ingredient that's going to be questioned, it's a substantial part of our food supply."

Industry Lobbies Gear Up

In response to the anticipated negative publicity a "crisis management team" was assembled to: attempt to get CBS executives to cancel the segment, generate favorable publicity for MSG, monitor the movements of the 60 Minutes crew to determine who they were interviewing, and prepare overnight letters to be sent to food editors around the country.

The MSG cause was also taken up by another industry ally, the International Food Information Council. It published a pro-MSG booklet called "What You Should Know About MSG", sent press releases to 2,000 publications, and prepared video news releases to be transmitted to TV stations through out the country.

High Cost of Flavor

Two doctors who have been most vocal in their opposition to MSG are John Olney and George Schwartz. Dr.

Olney, a professor of psychiatry and neuropathology at Washington University medical school in St. Louis, calls MSG a "potential poison" which is "especially poisonous to the immature nervous system."

Dr. Schwartz, along with his wife Kathleen, established the consumer group, NO-MSG. The organization provides the following information about uncovering MSG.

Sure sources of MSG

Monosodium Glutamate
"Accent"
Hydrolyzed Vegetable Protein
Hydrolyzed Plant Protein
Autolyzed Yeast
Sodium Caseinate
Calcium Caseinate

Possible sources of MSG

Broth
Natural Flavors/Flavoring
Malt Flavoring
High Flavored Yeast
Soybean Extract
Seasonings
Textured Soy Protein
Yeast Extract

To receive more information from NO-MSG call (505) 982- 9373.

FDA Changes its Mind

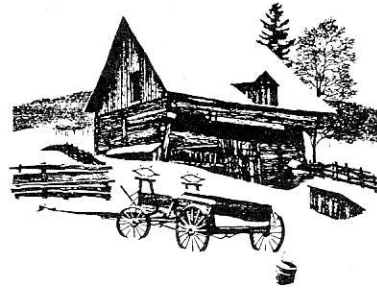
The Food and Drug Administration had previously said it would not require the presence of MSG to be noted on ingredient labels when it was found in other additives such as hydrolyzed protein. (See *Pure Facts*, May, 1990.) On the 60 Minutes broadcast, however, the FDA Deputy Commissioner who was interviewed announced that the agency had reversed its decision.

This news is especially welcomed by chemically-sensitive people who see a continual increase in the use of these MSG-containing additives. Many brands of canned tuna now list hydrolyzed protein, and it is even being added to fresh and frozen unbasted turkeys!

Pure Facts

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Published by the Feingold Association
 of the United States, P.O. Box 6550,
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Feingold T-Shirts and Sweatshirts!

The fronts have our favorite Feingold bloopers:

The FindGold Fingold Goldfind Feinberg

Fine Gold Goldfinger Fangled Fengold

Feingold® Association of the United States!

and the backs have our logo:



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 Wheaton, IL 60187

Orders must be received by **February 1.**
 You will receive your shirts by April 1.

Past Issues of Pure Facts are Available

During the past year, major articles which have appeared in *Pure Facts* include:

Dec 1990/Jan 1991

- The Kellogg Report
- Measuring brain activity
- Yellow dye/health problems
- Saving schools \$62,000
- What's wrong with our schools?
- Organic news

Feb 1991

- New book on ADHD
- Studies on aspirin and food additives
- Recipe page: Cookies & desserts
- Painting inside your house
- Lemon rinds

Mar 1991

- Getting the support you need
- Integrated pest management
- Color Johnny hyperactive/ADD
- Easter without jelly beans

Apr 1991

- April fool foods
- Sodium benzoate in orange juice
- Sweet dreams for Katie
- New Zealand Feingold Association

May 1991

- Summertime!
- FAUS's 15th birthday
- Problems caused by fragrances
- Police brutality

June 1991

- Disney World
- Fast Food guide
- Industry sponsored study in Iowa
- Anesthesia

Jul/Aug 1991

- Dyes in medicines
- Finding suitable medications
- Recipe page: Summer picnic
- Beyond Feingold

Sep 1991

- Ritalin & ADD support groups
- Problems with stimulant medication
- Jams & jellies
- Members "adopt" families

Oct 1991

- Food labeling improvements
- Enuresis - staying dry
- Sugar alternative
- MSG the elusive additive
- Pillsbury biscuits

Nov 1991

- Why doesn't my doctor support me?
- Wheat allergy
- Confronting yeast
- Thanksgiving tips

Copies of these issues are available from FAUS. Please include your name and full address, plus 50 cents for each newsletter requested. Mail to FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

Feingold



News

Published by the Feingold® Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS

December, 1991 / January, 1992

Welcome, New Members!

Thanks to several newspaper articles, families in states from Maine to Florida, as well as California and Washington learned that there is a way to help their children.

The largest response came from the Washington, DC area after Marguerite Kelly's column, *Family Almanac*, appeared in the November 14 issue of the *Washington Post*, followed a few days later by a full page feature by Alexandra Stoddard in the *Potomac News*.

The stories we have heard are heart-breaking. Families facing both emotional and financial bankruptcy as they search for help and are unable to find anything that really works. Some of these youngsters are now teenagers, and they are, in the words of one father "in deep trouble."

There is no way they can get back the years which have been lost, but they are ready to find that extra strength to try one more way, and we will do all we can to make this one work.

Great News

Families with very young children sometimes report they see wonderful things happening after only a few days. One mom who received the new member packet on Friday was able to start her family right away. When her 4 year old returned to school on Monday, his teacher observed that the other children were already beginning to interact with him. His aggressive behavior had caused them to steer clear of him.

Another mom with four small boys called back in just a few days and said, "I can't believe the change; it's like there are totally different children in my house. The two oldest are playing together. They have *never* played together!"

When a child is older, it might take longer to experience a noticeable change, but this is likely to be because it's not as easy to control the child's diet.

One new member commented on her adjustment to the Feingold Program: "The first day it seemed so hard! Then it just sort of 'clicked in' — like you said it would."

Funds

This has been a difficult year all around! So many families have asked us for help, but are unable to afford the full cost of membership. Facing a financial crisis, FAUS asked members to help us by "adopting a family". Your response was wonderful and you have helped both the Association and countless troubled families!

We expect to be raising the cost for new membership in January. The proposed figure is \$45, although this will still be short of actual expenses. The renewal will remain the same, probably for all of 1992. FAUS will continue to offer help to families unable to afford the full fee, and will honor any old membership application cards.

We know that this sum is absurdly small compared to the fees generally charged to parents of ADD and ADHD children and to chemically-sensitive adults. As one of our new members put it, "you'd spend more than that for a video game!"

Give Stage One a Good Trial

Don't be in a hurry to introduce the salicylates, or to eat out, or to try out new products. The beginning of the program is the important test period when you will be learning about your child's sensitivities, and the purer the test, the more accurate information you will gain. Then if you see your child having a reaction later on, you will probably be able to identify the cause.

As long as your child is satisfied with things, don't push the catsup or fast food. After you have experienced the joy of peace and calm for a few weeks, you'll be ready to venture out onto Stage Two. On the other hand, if you prefer not to rock the boat, there's nothing wrong with staying with the huge selection of nourishing Stage One foods.

Even if your youngster is sensitive to salicylates, this sensitivity will probably diminish as he remains on the Program.

Needless to say, the same advice applies to adults using the Program for themselves!

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Meetings?

New members have asked about introductory meetings or workshops. We do not have meetings on a regular basis, but are glad to speak with interested groups. If you want to arrange for your school, church, or civic group to host a Feingold speaker, we will supply a volunteer.

New Program Assistant

Welcome on board to Lisa Tantillo. Lisa and her family live in Burke, VA. Her number is (703) 440-0942.

What is a Program Assistant? (formerly called "Diet Assistant")

A Program Assistant is a member who has had successful experience using the Feingold Program for at least six months, and is willing to help new families in her area find products and generally get started on the Program.

If you fit this description and would like to volunteer, please contact FAUS at (703) 768-3287. You can leave a message on the answering tape. (Note: This is a great way to meet other Feingold families who may have kids the same age as yours.)

Grateful thanks to the Lagarde and Lukes families for the Potomac News story about them.

Enclosed with this newsletter is a form letter ready for you to complete and send to the *Washington Post*. The sad fact is that when a journalist writes something favorable about the Feingold Program they generally receive a considerable amount of "flack" from the Establishment. Your letter to the *Post*, describing your feelings, could make a big difference in the paper's decision to address the problems we face.

Starting Out

As you begin the Program there may be products which are unfamiliar, or items you have difficulty locating. Here's where a well-stocked "health food store" can be so helpful.

First of all, the staff will understand the value of avoiding certain additives, and while they may not be familiar with the concept of salicylate sensitivity, they will be knowledgeable about food allergies, which isn't so different.

Here is the place to find the many of the natural versions of cereals, cookies, vitamins, candy and gum. If you're just beginning and are on Stage One, read the labels carefully to avoid salicylates.

Check your yellow pages for shops near you. Lucky Rockville members have two terrific choices: **B. Gordon** and **Fresh Fields**. Both are near White Flint Mall.

Going Shopping

Looking for a good Stage One treat? **Snapple Root Beer** is a nice variation from 7 UP. It's *heavenly* poured over vanilla ice cream! Snapple has been spotted at Shopper's Food Warehouse and Sutton Place Gourmet. Be sure you get regular Snapple, not diet.

Shopper's also carries **Sunbelt snacks** and **Ninja Turtle natural vanilla cookies**.

Giant offers many Feingold-ok foods including their house brand of **cane and maple syrup** and **canned pears** in pear juice. They have **Guittard Chocolate Chips** while Safeway carries **Mrs. Field's natural Chocolate Chips**, — recently added to our list.

Drug Emporium carries **FeverAll Sprinkle Caps**. This is a non-aspirin pain reliever (similar to Tylenol) which is ideal for young children. Break open the capsule and sprinkle the powder inside on a spoonful of your child's favorite drink, or mix it in with some food. The finely ground particles have no detectable texture or taste.

Have any of you found pharmacies which carry **Rhinosyn** cough and cold products? Your pharmacist can order it from Great Southern Laboratories in Houston, TX. Phone (713) 530-3077.

Remember: the only vinegar we recommend you use on Stage One is **Heinz white vinegar**. Apparently, vinegar can be made from all sorts of odd things, and Heinz is the only one we feel certain is made from real food.

Unexplained Reaction?

A number of years ago a Feingold mom noticed that her son had a reaction after he ate the "pinned" meat available at Giant. What was even more puzzling was that this did not happen every time he ate it. ["Pinned" refers to the process of running a piece of beef through a mechanical device which contains many small, sharp blades. These make cuts into the meat to tenderize it.]

We were puzzled about this entire thing. Some detective work uncovered what appears to be the reason. After the butcher finishes using the equipment he thoroughly washes it with cleaning solutions and rinses it with scalding water. Then, a sanitizing solution is sprayed on it. The following day, the first batches of beef which are run through the machinery may pick up traces of the sanitizing chemicals. When the meat this mom bought was among the first to be pinned, it caused a reaction. If the meat was in a batch that was pinned later, the sanitizing chemicals would no longer be on the blades. Giant recently announced that all its beef is now being pinned, not just the "lean" beef.

The Feingold® Associations do not endorse, approve 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.