

Pure Facts

Newsletter of the Feingold® Associations of the United States



October, 1994

Vol. 18, No. 8

Using diet and other techniques to help autistic children

C. A. Kotsanis, M.D., addressed members and guests at the FAUS national conference in Fort Worth this past June. He described the exciting work he has been conducting to help autistic children. Dr. Kotsanis believes that autism is a form of a learning disorder, and differs from ADD (attention deficit disorder) primarily in degree.

Of all the children he works with, Dr. Kotsanis considers autistic youngsters to be the most difficult, but he reports excellent results over the past several years with a multi-faceted treatment program combining allergy, nutrition and auditory training.

Allergy - This is defined as a "hyperactivity of the immune system". Your immune system evaluates every substance which comes into your body;

this includes pollen, foods, synthetic chemicals, etc. Those things perceived as harmful are attacked by the white blood cells. The white cells then release histamines, which can cause various unwanted side effects.

Digestion - After food has entered the stomach, it must be digested, or broken down into small particles. Bacteria and enzymes digest the food and prepare it for absorption into the blood-

stream by way of little finger-like projections in the intestines. When the intestines are healthy, undigested food is kept inside by a layer of mucus -- or 'mucosa' which lines it. But when the intestines have been damaged by things such as parasites, abnormal bacteria, fungi, or overuse of antibiotics, the mucosa can't effectively seal in the contents, and particles of undigested food can escape into the bloodstream.

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When your child needs medicine

Pediatric medicines have always been difficult for Feingold members to locate. Now a dye-free fluoride preparation many families have used has been discontinued and might not be available in the future.

Colgate has discontinued making Luride SF fluoride tablets, and have not yet decided if it will be available in the future. Gel Kam unflavored fluoride Gel (also manufactured by Colgate) is still available, as is Karidium tablet and liquid, prescription products from Lorvic.

When you find it hard to obtain pharmaceuticals you need, you may have wished there was someone who could prepare these things to your own specifications. There is.

Compounding Pharmacies

Most pharmacists purchase brand name and generic medicines and fill prescriptions by dispensing the number of pills,

etc., requested. A compounding pharmacist has the ability to create medicines from the same components used by pharmaceutical companies. He will fill your prescription using ingredients you tolerate — such as lactose-free, flavored with natural ingredients, made without dyes, etc. He could fill a capsule, create a tablet, or prepare the medicine to be delivered by a syrup, gel or spray.

Compounding pharmacists are also able to create fluoride preparations free of synthetic colors and flavors. You can obtain the name of a compounding pharmacist near you by calling the Pharmaceutical Compounding Centers of America at 1-800-331-2498.

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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.

Helping Quinn - a child who is *not* autistic

Carole Doerle, his grandmother, supported her daughter-in-law's search for answers, and came up with a solution for providing this little boy with his heart's desires.

Quinn's behavior was always erratic and very emotional, always on the destructive side. His mother, Leslie, was told he would grow out of it, or she could try drugs, and find special schools for him when he was old enough. But the advice they were being given was sorely lacking, and Carole was fairly certain Quinn was autistic. His eyes were always darting around the room and he would flip his hands around each other in a very confused fashion. If another child were in the room, he would hurt him. Quinn is a big boy for his age, and his twin sister is very tiny and often on the receiving end of her brother's behavioral outbursts.

On the children's second birthday, Quinn was confused and angry, and his actions became more pronounced as more children and adults came to the house. To call the evening a 'disaster' was an understatement, and Leslie was at her wit's end. Afterward came a series of chance meetings with people, plus a doctor who suggested the Feingold diet, though he was unclear of the details of it. Leslie wanted to try diet, and had to do a great deal of research to locate information on it. But she persisted and the diet evolved into a way of life. As a result, the family was rewarded by a pronounced change in



Quinn, who went from being non-verbal, to talking. His body movements were now under *his* control, his eyes were steady, and the erratic behavior was replaced by normal 2 1/2 year old behavior.

To celebrate the twin's third birthday, Carole made a Stage One cake, and for the first time Quinn could eat the same food as everyone else, including the icing. It was great! Not only could Quinn enjoy the food and the people, but he did just fine in the atmosphere of confusion — a disaster the previous year. There was not one mishap (with the exception of his sister upstaging him a few times).

The Hershey wrapper

Carole was delighted to see her grandson enjoying the birthday food, but it wasn't until another incident that she became determined to make a real difference, both for him, and for other Feingold children. One day she found Quinn sitting alone in a hallway; he was holding the empty foil wrapper of a Hershey chocolate kiss, sniffing it. It brought tears to Carole's eyes, plus a determination to see that Quinn had goodies just the same as other children.

No time to bake? Stage One treats are available

Carole and Leslie make Stage One baked goods of all kinds, and want these delicious foods to be available to other Feingold children. If you would like to learn more about Feingold-safe goodies, contact Leslie Doerle at (215) 638-1110. She lives in the Philadelphia area, and can arrange to deliver or mail the foods, depending upon where you live.

Carole writes, "Thank you to the Feingold Association for giving me my grandson. We may have lost him in a maze of drugs and special schools if not for you."

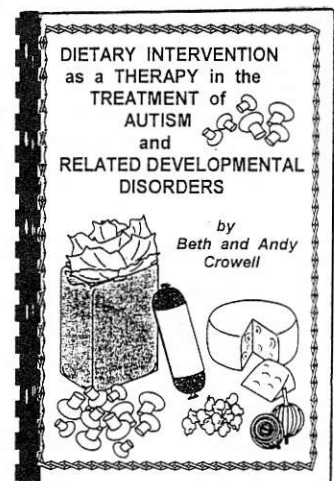
Another dietary approach to treating autism

In the April, 1993 issue *Pure Facts* explored some of the techniques which have been useful in helping autistic children. Happily, the effort to understand and treat this baffling condition continues.

Beth and Andy Crowell are parents of triplets, all of whom exhibit autistic characteristics. They have found their children do well when they eliminate gluten and casein — this means wheat and most other flours, and dairy products. On a diet such as this many processed foods are removed because they include gluten or casein-containing ingredients in their production.

It's a restrictive diet, but the Crowells have found it to be helpful for their children and for many other families with whom they have worked. They provide several information packets: 'New Parent Information' \$3 donation; 'Physician/Parent Reference Packet' \$4 donation; 'Diet Booklet' \$5 donation. Prices are in U.S. dollars.

To order these materials, write to Beth & Andy Crowell, P.O. Box 801, Housatonic, MA 01236-0801 U.S.A.



Autistic, from page 1

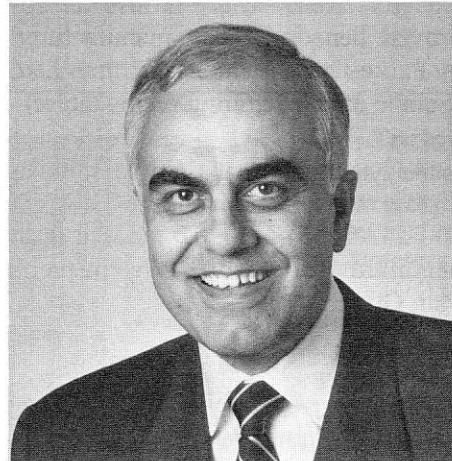
If food leaves the intestines before it is completely digested, it will be identified by the white blood cells as the 'enemy' and the cells will then try to destroy it.

Nutrition - Dr. Kotsanis emphasized that in order for the body to work as it should, all of the systems need to be given the necessary raw materials in the form of nutrients from healthful food. The brain needs these nutrients to create chemical neurotransmitters, which affect our behavior and ability to think. These same nutrients enable our immune system to function well, and allow cells to be created and repaired. In other words, the foods we eat are the ingredients for our body's chemicals — they create us, and determine how well we function.

He described an in-depth study he and his staff conducted with autistic children, in which he measured many different factors. Dr. Kotsanis found that every one of the autistic children was sensitive to food dyes, some foods, and molds. Most of them had abnormal flora in their digestive system, and most had an overgrowth of yeast. More than half had evidence of parasites. The diets of all of the youngsters were very defi-

cient in vitamins and minerals — falling well below the RDA in most cases.

A look at the foods these autistic children ingested was of particular interest to Feingold families. If you analyzed their dietary intake on the basis of



Dr. Kotsanis

calories, percentage of carbohydrates, etc., it looked fine. But a closer look showed a diet of highly processed/junk foods. For most children, their only vegetable was French fries! Even those children who ate better food had trouble with digestion, leading to deficiencies. The first approach Dr. Kotsanis took was to have the families of the autistic children eliminate food dyes; this is the

advice he routinely gives to parents of ADD children as well. Then, the various deficiencies which had been identified were treated. Only after these problems had been addressed did the auditory training begin.

Auditory enhancement training

Many children with autistic symptoms are extremely sensitive to sound. They may hear sounds that are not normally detected by the average person, or may experience pain from what we consider to be normal noise levels. The simple technique of auditory enhancement training has proven to be very effective for all of the children in the study. The child hears a filtered, special sound through headphones; the session lasts about 30 minutes, and is given twice a day for ten days. With this combination of nutrition and auditory training, Dr. Kotsanis was able to achieve a better than 70% correction rate, with all of the children benefiting to some degree.

Dr. Kotsanis is a Board-Certified Otolaryngologist and allergist, and has a practice in the Dallas/Fort Worth area. He presented the results of his study to the American Academy of Otolaryngology in San Diego in September, and this research will appear in the Academy's September journal.

The autistic child sees the world differently

The National Academy for Child Development helps autistic children by identifying which of the senses are operating incorrectly and developing therapy to accommodate this.

When an individual has an extreme sensitivity to noise, light, touch, etc., he will adjust his behavior to avoid the discomfort this sensitivity can bring.

If you have a severe headache you will behave differently and will be far more sensitive to noise than when you feel well. Your sense of touch is different when your skin has been sunburned.

The National Academy for Child Development (NACD) believes that the child who displays 'autistic' behavior is often one who has experienced an injury to one or more portions of the brain. (The term 'injury' is used in a broad sense, and does not necessarily refer to a blow to the head.)

NACD's perception of the "autistic" child follows the neurological/sensory model. A child who has been labeled as "autistic" is viewed not as an emotionally disturbed child, or as a child with a psychiatric problem, but as a child with sensory dysfunction whose abnormal behavior is a reflection of abnormal perception.



When a child is 'hypo-auditory' or extremely sensitive to sound, the NACD states, "He is bombarded with sound. As we attempt to talk to such a child, he not only is hearing our distorted voices, but a buzz from the fluorescent light overhead, the conversation in the next room and the traffic outside. The greater the quantity and volume, the more difficult the interpretation. Depending upon the degree of the problem, such children will act confused, increase their activity level and degree of disorientation as the volume increases, or simply, turn off auditorially just to survive."

Continued on page 4

Phone service available

"Ask the Pharmacist" is a 900 phone number which will connect you with a pharmacist, who can help answer your questions. He will be able to provide information on drug interactions, side effects, etc. The cost is \$1.95 per minute, and the number to call is 1-900-4200-ASK.

The new 'killer lollypop'

If you thought synthetically colored and flavored lollypops were bad, how about a raspberry flavored lollypop containing a powerful narcotic called fentanyl?

According to the Public Citizen Health Research Group, fentanyl has long been used during surgery as an intravenous pain killer. Monitored by a trained anesthesiologist, it has been safe and effective. But recently the Food and Drug Administration (FDA) approved the drug in a lollypop for the purpose of calming children prior to surgery.

The problem is that fentanyl is 20 to 30 times more powerful than morphine, and can be fatal for some people if its use is not carefully monitored. This has already happened with Duragesic, a skin patch containing fentanyl. Some people have died as a result of the patch being given to them for the control of post-operative pain, a use for which the drug was not intended.

Once a drug is approved for use there is no guarantee that it will be used appropriately by doctors, dentists, and any others having access to it. The risk of a child being harmed by a narcotic lollypop seems clear.

Public Citizen writes, "Fentanyl has a high addictive potential and is already the leading drug of abuse among anesthesiologists. Putting it in a form that is easy to take (and even tastes good!) will only increase its recreational use both by health care professionals and on the street. The Drug Enforcement Administration (DEA) was concerned enough to write a letter to the FDA warning about the potential for abuse, but the FDA neglected to heed this warning."

Medicine alternatives

Parke Davis has two new dye-free forms of **benadryl**. Unfortunately, the Benadryl syrup contains synthetic flavorings, so it is off limits to Feingold families. Their Benadryl dye-free Clear Liqui-Gels capsules should be well tolerated. There is also an approved benadryl tablet manufactured by Parke-Davis in our *Medication List*. (Scrape off the lettering on the tablet).

A Tylenol alternative is available in a plain capsule from Klair Labs (1-800-533-7255). Like Tylenol, it is an **acetaminophen**, and goes by the name Pain Guard.



Safe Tussin 30 is a dye-free cough syrup which is acceptable for members who are on Stage Two of the Feingold Program (contains sodium benzoate, methyl salicylate, and sorbitol). It is an over-the-counter product which is readily available in pharmacies throughout the United States.

Don't forget that you can order the **Rhinosyn** line of antihistamines, decongestants and cough suppressants directly from the distributor. These syrups were designed for Feingold children. For information call 1-800-527-1955. Be sure to mention that your family follows the Feingold Program.

Our members may also call **Pathways/Apothecary** in Bethesda, MD. Compounding pharmacist, Ron Keech helps chemically-sensitive families throughout the country and can help answer your questions. He is at 1-800-869-9160.

Freda, a New York pharmacy, can also assist you. Their number is 1-800-777-3737.

"Hypo-central vision" and "hyper-peripheral vision"

Many autistic children avoid direct eye contact and see things 'out of the corner of their eye' rather than looking directly at objects. The child with 'hypo-central vision' does not see well by looking straight at something. And the term 'hyper-peripheral vision' refers to the ability to see well with peripheral vision, to see objects when one is not looking directly at them.

Treatment

The treatment program developed by the NACD would be tailored to the child's area of brain dysfunction. In addition to a variety of approaches they stress the importance of nutrition, and have long supported Dr. Feingold's work.

A child who has extreme sensitivity to noise, plus vision distortion, would spend much of his day in an environment designed to compensate for these sensory dysfunctions.

He would use earphones so that only one sound is heard, and background noises eliminated. The room is dark so peripheral vision would not be used. In such a room (called a 'blacklight room'), the only colors which are visible are white or fluorescent. The child's central vision is stimulated by using fluorescent toys. According to the NACD, many 'autistic' children respond immediately to this new, non-threatening environment.

The parent's role

The NACD believes that parents are the child's best teachers. The programs are designed to be taught to parents, who then use them in their own home. Experienced coaches meet with the families on a regular basis to assess the child's progress and offer additional recommendations.

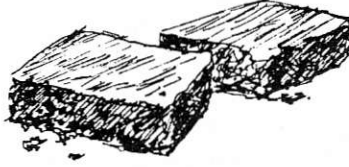
The Academy treats children with a variety of problems, and believes its program can also enhance the lives of 'normal' and gifted children. For more information contact: NACD, Inc., P.O. Box 380, Huntsville, UT 84317-0380, phone (801) 621-8606.

Bonkers for Brownies

If you're on Stage One, chocolate may be a good flavor for you; most people consider this to be a delicious option.

Chocolate is avoided by many people because they believe they are allergic to it. In many cases, however, it is the synthetic vanilla ('vanillin') to which they are reacting, not the chocolate. If you have trouble finding a chocolate candy bar without vanillin, consider using natural chocolate chips as a treat, or Baker's German Sweet Chocolate — found among the baking supplies in your supermarket. If you make your own chocolate treats, it's easy to find pure unsweetened baking chocolate.

Some people are truly allergic to chocolate, and are unable to tolerate it, even in a pure form. Diane Wilde,



owner of Wilde Temptings, is allergic to chocolate, but has no problem with cocoa. If there is a chocolate allergy in your family, you may want to experiment with a brand of cocoa on your Foodlist.

Diane is very food allergic, but likes to enjoy food. She is a gourmet cook who has learned how to create deli-

cious food on even the most restricted diet, and produces food which is nourishing, but tastes like it should be bad for you. Feingolders enjoyed her brownies at our recent conference in Fort Worth. They were rich, moist and delicious, even though they contained no wheat, corn, soy or dairy products. Diane is president of Wilde Temptings, a mail order company that sells hard-to-find foods for the food allergic...and at below-retail cost. You can send for a free catalog by calling 1-800-434-4846. There is more information on Diane's brownie mix and other products, see your 1994-1995 School Year Calendar.

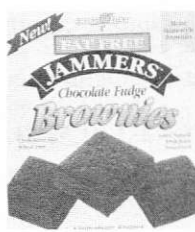
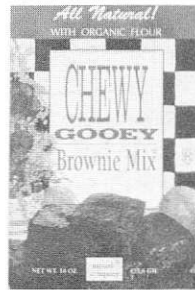
Stage One Brownie Treats

Chewy Goey Brownie Mix is an all-natural product made by a New England firm called "Mixed Company". They have a selection of brownies and cake mixes, some of which are suitable for allergy diets, and are found in many health food stores. The Chewy Goey mix produces traditional rich, moist brownies that taste just like those you would make from scratch.

Ingredients: unrefined cane sugar, organic whole wheat flour, organic unbleached wheat flour with restored germ, pure cocoa and pure vanilla flavoring.

Auburn Farms Chocolate Fudge Brownies are sweetened with non salicylate fruits. Found under the name "Fat Free Jammers", they also contain neither wheat nor cholesterol. These moist brownies come individually wrapped, and are just right to toss into a lunch box.

Ingredients: date paste, barley flour, pineapple juice concentrate, pear juice concentrate, brown rice flour, cocoa powder, oat flour, natural chocolate flavor, natural vanilla flavor, baking soda, baking powder, salt.



Stage Two Brownie Treats

Health Valley Fudge & Granola Topped Fat-Free Brownie Bars — the name alone is a mouthful. These individually-wrapped bars are rich and chocolaty, and especially tempting when they are warmed.

Ingredients: Organic 100% whole wheat flour, fudge topping (apple juice concentrate pear juice concentrate, pineapple juice concentrate, peach juice concentrate, defatted cocoa powder, apple powder, brown rice flour, tapioca powder, apple pectin, carob beans, natural van-

nilla), honey, dates, apple-pineapple juice concentrate, pineapple, papaya, defatted cocoa powder, organic oat flour, unsulfured molasses, egg whites, soy flour, natural vanilla, soy protein, cream of tartar, baking soda, natural almond flavor, carob beans, carageenan, natural beta carotene, high chromium yeast, high zinc/copper yeast, dulce. Granola topping: organic oats, brown rice, organic barley, honey, organic grape juice concentrate, organic barley malt, organic amaranth, natural vanilla, natural malt flavor, natural caramel flavor, natural almond flavor.



Unlike most natural brownies and brownie mixes, **Greenfield Healthy Foods Brownie** is likely to be found in supermarkets, discount stores, and even 7 Eleven. The individually wrapped brownies are rich tasting, with a slight molasses flavor.

Ingredients: wheat flour, water, pure cane sugar, molasses, corn syrup, defatted cocoa, whey protein concentrate, egg whites, rice syrup, wheat fiber, raisin puree, dried plum puree, date puree, corn meal, nonfat dry milk, glycerine, fructose, soy lecithin, natural vanilla flavor, baking powder, baking soda, natural flavors, salt.

Even if you seldom bake, you may be surprised at how quick and easy it is to make a pan of brownies from scratch. This is a project that can be done with your child's help (as long as you're not in a hurry). Some boxes of baking chocolate or containers of pure cocoa, provide recipes, or check your favorite recipe book.

Saving Money with Mail Ordering

A good resource for buying hard to find items is a mail order business called Allergy Alternative. Greg Meehan and his wife, Sheree, were looking for a way to be their own boss, live in the location of their choice, and provide a needed service. Because of his own allergies, Greg is sympathetic to the needs of the chemically sensitive. The catalog includes cosmetics, household products for the very sensitive, vitamins and books. (This writer was able to enjoy a considerable savings by purchasing vitamins from Allergy Alternative at far below the cost for buying them in bulk from the manufacturer.)

Greg and Sheree would like to hear from Feingold members and learn what types of (non-perishable) items you would like them to carry. You can call them at 1-800-838-1514 or write: 440 Godfrey Dr., Windsor, CA 95492.

Fresh Air

The room fresheners you see advertised on TV are typically perfumes that overwhelm odors with more powerful odors, and are generally based on petrochemicals.

A product called X-O Natural Neutralizers, made from plant extracts, claims to not only eliminate odors, but to do away with the chemicals which cause them. The company calls the neutralizers 'environmentally-safe products that work better than chemicals.'

The company provides guidelines on how their line of products can be used in schools, offices, hospitals, etc.

All of the X-O products contain an ingredient called 'isoamyl salicylate'. This is something FAUS has no information about, but we would be interested to hear back from our salicylate-sensitive members if they test out the X-O products.

In the Northeast it may be found at Waldbaum's, or contact the company for more information: X-O Corporation, 8330 Moberly Lane, Dallas, TX.

Their phone number for the U.S. is 1-800-442-9696. The Canadian number is 1-800-526-9696.

Halloween Candy

All of you would-be vampires will be glad to learn of a new (Stage Two) product acceptable for use by Feingold kids — of all ages.

They are raspberry flavored gummy-type candies called Bat Bites, made by Sunspire, the folks who produce the natural alternatives to M&M's and Snickers bars.

Many health food stores carry Bat Bites, or you can order them from the Squirrel's Nest Candy Shop in Middletown DE. Call (302) 378-1033. If you buy them for your kids, be sure to order enough so the grown-ups can indulge.



Conference '95

Hold on to your mouse-ears! Plans are shaping up for the Association's 20th anniversary conference. We will be staying in the deluxe Radisson Main-gate Hotel, located in a famous city in the South.

Naturally, all of the food will be Feingold-safe!

The association's travel expert/gourmet cook and the hotel chefs are putting their heads together to make this conference a delicious as well as memorable experience.

You will be reading more about our June 1995 Conference in coming issues.



United Way



Some United Way chapters allow members to designate their donation to be given to a nonprofit organization (such as the Feingold Association). We qualify to receive contributions through the United Way in many areas of the country.

Please ask your United Way representative for a 'donor option' card and write in the Feingold Association. To receive help having the Association approved as a recipient, call the FAUS office at (703) 768-FAUS.

Oops!

There's an error in the yellow recipe book/menu plan some Feingold members have received. The recipe for Chocolate Syrup calls for 3/4 cup boiling water. This should be 1/4 cup.

The correct recipe is: In a small saucepan, boil 1/4 cup water. Add 1/2 cup sugar and 1/4 cup cocoa. Heat the mixture, stirring, until dissolved.

Remove pan from the heat and add 1/4 tsp vanilla and a dash of salt.

Store the syrup in a glass jar in the refrigerator. For each cup of milk use 2-3 tablespoons of the syrup.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

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Lois Miele

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. For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

October, 1994

Meet...

Judy Schneider

"We all have benefited from the Feingold Program and now we need to reach out to other families in crisis," Judy believes. Ever since her daughter, Kori's dramatic response to the Feingold Program, Judy has been 'like the phone company' — reaching out to help other families. She is chairperson of FAUS's publicity committee.



Judy is asking members to send her the name and address of their local free newspaper (some are called 'pennysavers'). If you have the time, it would be helpful for you to phone the paper and ask them the name of the person who receives press releases. *Send this information to Judy at: FAUS Resource Center, 88 New Dorp Plaza, Suite 105, Staten Island, NY 10306.* The committee will then send information to the newspaper on a regular basis.

Judy has been trained as a speech pathologist, teacher trainer and assistant principal, but nothing could have prepared her for her first child. At 2 and a half Kori was the size of an 18 month old baby. She had psycho-motor seizures, poor motor skills and suffered from night terrors. Two of the doctors Judy consulted wanted to use medicine and the third suggested psychological counseling — for a two and a half year old!

Then Judy's mother read an article in the *Miami Herald* section, "Food Today" which described the Feingold diet. It was the July 19, 1979 issue, Judy can recall without hesitation. Fifteen years later she still has that article!

The Schneiders put Kori on the diet and the symptoms went away within three days. Kori began to grow so quickly Judy had trouble finding clothes for her.

A slip in the form of a glass of orange juice quickly brought a return of many of the symptoms, and when a caretaker mistakenly gave her an aspirin Kori became catatonic; it took three weeks for the salicylate to get out of her system.

Judy quickly began a support group on Staten Island, and thanks to an article in the *Staten Island Advance*, their first meeting had a standing-room-only audience. Today Judy and FAUS president, Pat Palmer, teach a course at the College of Staten Island on the ABC's of ADD (Attention focusing, Behavior control, and Concentration). These children don't need 'special ed', she believes, they need special strategies. Enhancement of the childrens' visual abilities, along with diet would save families much grief and save school systems a tremendous amount of money.

Kori Today

Judy is justifiably proud of her teen age daughter, who is attending college in New York, majoring in drama, and spent last summer at Harvard working with Russia's top drama directors.

Like many 'Feingold kids', Kori has not been tempted by the drug scene. There was a lot of drug use in her high school and Judy talked about it often with her daughter. She was convinced not to worry when Kori said, "Ma, I don't do artificial colors and flavors...why would I do drugs?" In fact, as early as two and a half Kori was turning down food. When she sat on Santa's lap and was offered a lollypop, the precocious toddler told him, "That's not for me; that gives me the crazies."

"She learned self-discipline," her mother notes, "and in order to succeed we can't always have everything we want."

Judy's expertise had much to do with helping Kori to reach her potential, including tutoring to help re-establish pathways to learning. But her mom knows there is no way they could have gotten so far without the diet.

Thank You Thank You Thank You Thank You

...to the women who helped out at the Fresh Fields health fair in West Springfield, VA: Patricia Ottofaro, Mary Ann Ross, Laurie Curry, Terry Buonviri, and Kathy Beck.

...to Maureen Schmeier for coordinating our table at the Chicago Fresh Fields health fair.

...to Deborah Hayes for her super Pen Pal newsletter. If your child would like to sign up to receive his or her own subscription to the newsletter, see page 6 of your September *Pure Facts* or contact the FAUS office for an application form.

Welcome to our new Program Assistants

Illinois - Grafton: Kelly Tumer (618) 786-3475
Ingleside: Gina Merritt (708) 587-9111

North Carolina - Charlotte: Kathryn Hunt
(704) 847-4273

Virginia - Fredericksburg: Leslie Raterman
(703) 371-7072

Culpeper, Virginia

Feingold mom, Althea Clark, would like to meet other member families in her area or in nearby communities. Her son is very sensitive to chemicals used in the schools. Althea can be reached at (703) 825-8953.

New York - There will be a meeting in Commack on December 9 at 8 pm. Call Diana at (516) 724-2608.

Product Alert!

Families living in the Northeast will be saddened to learn that **Dutch Mill** Donuts and Donut Holes now contain **vanillin** (synthetic vanilla). Their cookies and muffins are still acceptable for use.

The company reports they are having difficulty finding a natural vanilla which will stand up to the high temperatures used in making doughnuts.

Several reactions have been reported which members attribute to **Sorbee lollypops and hard candies**. The Product Information Committee is investigating and meanwhile suggests caution if you suspect a sensitivity.

Caution: **Neutrogena** Acne Cleansing Soap, which is now called "Acne Prone Skin Formula" contains BHT.

Ban Unscented Roll-On deodorant comes in 3 varieties, 2 of which contain BHT (Wide Solid and Sensitive Touch); please check labels of all Ban products carefully.

Correction

In a previous issue of *Feingold News* we reported that **Planter's Peanut Oil** contains either BHA, BHT or TBHQ. The company was in error; the oil does not contain any of these antioxidants, and may be added back to your Foodlist.

Milks

Thanks to members who submitted the names and addresses of their local dairies, we now have research that these milks do NOT contain vitamin A palmitate which has been preserved. You may add them to your Foodlist.

PRAIRIE FARMS Lowfat & Nonfat Milks (available in IL, IN, MO, KY, AR, IA)

ROYAL FARMS (Farm Crest) Lowfat & Nonfat Milks (Colorado only)

VERIFINE Lowfat & Nonfat Milk (available in WI & IL)

If you would like to find a suitable lowfat or nonfat milk in your area, send the name and address of the dairy to Lois Miele at the FAUS Product Information Committee, 12699 Senda Acantilada, San Diego, CA 92128.

Notes:

Hot Dog!

OSCAR MAYER Weiners (CS,N,clove) have been researched and may be added to your Stage Two Foodlist.

GARDEN OF EATIN' Comtillas and 100% Whole Wheat Flour Tortillas are now available nationwide in health food stores, with limited distribution in Canada.

PIC Report

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

Stage One

BREADSHOP* Natural Multi-grain Cinnamon Grins cold cereal
CANTECA Tortillas (SB) (available in CA, NV, OR)
CARNIVAL Bavarian Style Pretzels (CS)
CHUNKS O' FRUIT: Coconut (CS) ice cream bar
CLEARLY NATURAL Unscented Glycerine Soap
FLORIDA GOLD Squeezed Pink Grapefruit Juice
FOOD LION (Food Lion) Fried Chicken, Lemon Lime Soda (CS,SB), Low Moisture Part-Skim Mozzarella, Sweet Butter, OUR VERY BEST Chocolate Chip Cookies
HOODY Dry Roasted & Salted in-Shell Peanuts, Oil Roasted & Salted Blanched Peanuts
KRINOS Imported Tahini
MAHATMA Saffron Yellow Rice (MSG/HVP)
MARY SUE Chocolate Covered Easter Eggs:
Coconut (CS), Nut & Fruit (CS), Peanut Butter (CS)
NEW MORNING* Imported Black Olives, Low Sodium Sauerkraut, Olive Oil
OSCAR MAYER DELI-THIN Roast Chicken Breast - 98% Fat Free
PRINGLES Lite Original Chips (CS)
R NATURALS* Organic Spaghetti Squash - frozen
RAY'S* Taro Chips: Regular, Unsalted
SHOP RITE (Shop Rite) Mozzarella Cheese
SPICERY SHOPPE Natural Peppermint Flavor

Stage Two

BARBARA'S* Animal Cookies: Cinnamon (peach), Vanilla (peach)
BARBARA'S* Cereals: Breakfast O's (peach), Brown Rice Crisps (peach), Corn Flakes (peach), Raisin Bran (peach)
BARBARA'S* Cheese Puffs: Jalapeno (bell pepper, paprika), Lights (paprika), Original (paprika)
BARBARA'S* Chocolate Mountain Chocolate Sauce (peach)
BARBARA'S* Cookies: Chocolate Chip (peach), Chocolate with Raspberry Creme, Chocolate-Chocolate Chip (peach), Coffee Cake Crunch (almond), Fruit & Nut (peach,raisin), Lemon Almond Delights, Oatmeal Raisin (peach), Vanilla with Raspberry Creme
BARBARA'S* Fat-Free Cereal Bars: Apple Filled, Blueberry Filled (apple), Raspberry Filled (apple), Strawberry Filled (apple)
BARBARA'S* Granola Bars: Cinnamon & Oats (almond,peach), Coconut-Almond (peach), Peanut Butter (peach)
BARBARA'S* Real Fruit Bars: Apple, Grape (apple), Raspberry (apple)

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