

Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August 1996

Vol. 20, No. 6

FAUS celebrates 20 years of service

Volunteers, members and guests met in Orlando, Florida at the end of June to share, learn, and chart new paths as the Association enters its third decade providing hope and help to countless families.

New friends and old were privileged to hear from speakers who are at the forefront in helping families who deal with all degrees of behavior, learning and health problems. This conference, our most ambitious ever, brought new information in four areas.

Pat Palmer shared the suggestions she gives to teachers on how to work with the children who are diagnosed with "ADD." Pat and Judy Schneider, another Feingold volunteer, teach at the College of Staten Island.



Dr. James Braly covered various nutritional treatments being used to address health and behavior problems. He is the author of *Dr. Braly's Food Allergy & Nutrition Revolution*.

On Friday, the Autism/Intolerance/Allergy Network provided an all-day workshop which featured speakers who are investigating the newest approaches to identifying and addressing the problems of autism. One speaker, Brenda O'Reilly, leads a similar group in England.

Continued on page 3

Editorial comments

AMA gives the US low grades on violence prevention

In June Dr. Lonnie Bristow, president of the American Medical Association (AMA) issued a "National Report Card on Violence." It lists a "C" in family violence; "D-" in sexual assault; "F" for public violence; "D+" for violence as shown in the media.

How encouraging it is, one may think, to have such a wealthy and powerful institution as the AMA focusing on these terrible problems that threaten us all. And why haven't doctors paid more attention to the issue of violence long before this?

Thinking back over the past few decades, there are doctors who have tackled the growing problem of violent behavior. An obvious pioneer was Dr. Feingold, who first presented his work to the AMA 23 years ago. He called upon his colleagues to take on the task of examining the diet-behavior connection. After a brief flurry of enthusiasm, Feingold's request, as

well as his work, was dropped. His exciting new approach — a therapy that had already been shown to reduce violent behavior — was abruptly dropped...by the AMA.

Nine years later, after the groundbreaking National Institutes of Health Consensus Development Conference identified the need for more research on Feingold's work, one professional journal chose to carry a negative editorial, disparaging the many positive gains in linking diet to behavior disorders. Which publication? The *Journal of the AMA*.

The history of medicine is a history of innovative scientists being ridi-

culed, ignored, even threatened by the powerful and unchanging establishment. No one organization better personifies this intransigent group than the AMA. A detailed documentation of this problem was published in the Kellogg Report, which now is available in book form. It is called *Betrayal of Health*, by Joseph Beasley and Jerry Swift.

For so many of the advances made in health care, there is a story of a determined doctor having to overcome the many hurdles placed in his way by establishment medicine in order to bring a safer, better treatment to the

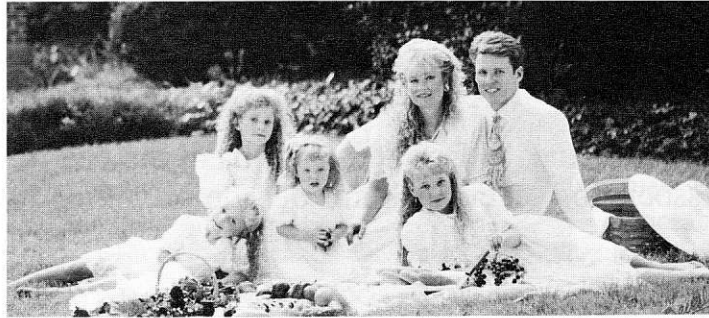
Continued on page 2

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support its 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.

One week of Feingold

Have you ever looked at a neighbor's child who was having behavior problems and thought, "I'd love to bring that kid into my home for a week and feed him pure Stage One food and see what a difference a good diet could make. I bet I could turn him around!"?

That's what Sharon Glasgow thought when she learned her neighbor's 9 year-old son was being expelled from another school because of his violent behavior. And it was the motivation for a one week "Feingold camp" that she held this summer at the family's farm in Virginia.



the Glasgow family

The child's parents were trying to deal with his impossible behavior, as well as their dual careers, and they gladly agreed to Sharon's suggestion.

Other neighbors whose children were having difficulty in school, or whose behavior was a problem, asked Sharon if she would allow their children to come as well. By the time the week began, there were seven children, all of them boys, who moved in with Dale and Sharon Glasgow and their children.

The whole family pitched in to help, and various moms came by to participate. With plenty of land, games and animals, they didn't have trouble keeping the children occupied.

Before camp even got under way, the seven mothers filled out copies of the FAUS Symptom Checklist, and later they would update it as they saw changes in their child's behavior. A get-together is planned for the moms to swap information and support each other in continuing the diet.

Much of the focus of the week was food, not only the pure Stage One food everyone enjoyed, but also classes for the children, where they discussed

food, food additives, and how they make people feel. The children talked about strategies for when others offer them foods with unwanted additives.

The first day of "class" was a lively experience, with most of the children unable to focus, or even sit down. As the week went on, the children changed, and the climate of the daily class went from chaos to calm.

The boy whose behavior was often violent needed to be closely watched, for fear he would hurt the other children or the animals. By the end of the week, he tenderly held and petted the animals. His mom's tears were ones of joy in seeing her son as he really is. The family is now committed to the Feingold Program.

Another 9 year-old who participated was unable to read and had handwriting described as that of a 3 year-old. This child came to the farm with a very poor image of himself; other children at school ridiculed him, and even the special classes he attended didn't help. By the end of the week, his handwriting was appropriate for his age and he was

taking the first steps toward learning to read. Now that he is able to focus he has a renewed interest in learning and is continuing to progress.

The children all had a wonderful time on the farm, enjoying good food and a new beginning to their lives. They cried when it ended and

they had to go back home.

Of the seven boys who attended, only one has not stayed on the Program. Although this boy's behavior improved dramatically, his mother doesn't want to change the family's diet and his old behavior has returned.

Just one youngster did not show a marked improvement. The child suffers from Tourette syndrome, and in the excitement of being at camp, his tics actually got worse. But the family is not discouraged, and are using the diet in their home. So far they say they have seen a 20% reduction in symptoms and expect this improvement to continue.

The Glasgow family has been using the Feingold Program in their home for over four years, and Sharon has gone on to study nutrition. She knew that there could be legal liabilities in operating such a facility, and this is why she worked with families she knew personally.

Interested members may consider that a similar program could be implemented at a camp or family resort, where the legal and administrative details are in place.

AMA, from page 1

attention of the public. The Heimlich maneuver is a good example, as is the treatment of ulcers, and more recently, the surgical reduction of an enlarged heart as a replacement for transplant surgery.

Feingold volunteers have observed establishment medicine's war on "alternative" therapies: the ostracizing, the witch hunts, the intimidation of physicians who don't toe the line, the summoning of doctors before medical review boards.

Recently, we learned of two scientists who have been fired because their valuable new research was deemed offensive to the entrenched interests.

The AMA is not the only culprit actively discouraging solutions to the many health and social problems our country faces; there are other professional organizations and many lobbies who share this dubious distinction. But this country's most powerful medical interest group seems genuinely unaware that the failing grades they freely dispense actually are their own.

Conference, from page 1

The Saturday workshop was presented by the Developmental Delay Registry, a multi-national database of hundreds of families, most of whom have children with developmental delays. The speakers offered direction to parents wishing to know what options are available to them.

Future issues of *Pure Facts* will report on these workshops and the information presented. This issue will begin with the first workshop, titled "Strategies for dealing with ADD in the classroom," presented by Pat Palmer.

Conference tapes available

Many of you asked us if you would be able to obtain audio tapes of the conference workshops, and we are pleased to say that you can.

ADD

#01: Managing ADD in the regular classroom, Pat Palmer

Autism

#02: Gluten & Casein: New research study links dairy products & grains to learning and behavioral abnormalities in autism, schizophrenia & ADD, Dr. Robert Cade

#03: Genetics & the auto-immune system; their roles in the development of autism, Dr. Reed Warren

#04: Parents as researchers; finding your way through the maze of treatment options, Portia Iverson

#05: The European connection; new and exciting developments in autism research in the UK and across Europe, Brenda O'Reilly, leader of AIA-UK.

#06: Stop, look & listen to your autistic child, Deborah Tritschler & Jean Curtin

Developmental Delays

#07: The yeast connection: how it affects learning problems, William Crook, MD

#08: Metabolic testing, and correcting imbalances, Robert Sinaiko, MD

#09: Sensory integration - foundation for learning, Kelly Dorfman & Patricia Lemer

#11: The Feingold Program: its relevance today, Patricia Palmer

#12: Nutritional supplements, can they help your child? Kelly Dorfman

#14: Vision therapy, Albert Sutton, OD

#16: Questions & answers; connecting the pieces, panel discussion

Tapes are \$12 each from Audio Transcripts, 335 So. Patrick Street, Suite 220, Alexandria, VA 22314 (703) 549-7334.

Strategies for dealing with ADD in the classroom

Who needs this help?

For some children, a change in diet is all that is needed in order to succeed. But for others, diet is only a piece of the puzzle, and remedial help will be needed as well.

Begin by identifying the problems

There are practical steps parents and teachers can take to enable a child with "ADD" to learn and succeed, but most parents and teachers don't really know how to accomplish this. A good way to begin is to try to determine when the child seems to have problems, why, and to identify the dysfunction. A child may have a problem with only one teacher, one subject, or in one room in the school. For example, large, noisy rooms such as cafeterias and gyms tend to overwhelm some children.

The IEP

After a need is identified it should be written into the IEP, the "individualized educational program" or plan of action the school is required to follow for a child with disabilities. These interventions can be effective if everyone involved — parents, teachers and school staff participate in the plan.

A special diet

If there is a need identified, such as adherence to a diet, this must be written into the IEP. Once it is completed it is very hard to go back and have something added in. Have your doctor write on his letterhead that the child has a need for a restricted diet, and it must be followed as the parent outlines. This gives you a lot of power.

Ask the child

Not only do the adults need to be involved, but the child should be encouraged to give feedback. Ask the child if he feels the plan is helping him. If a youngster feels something is "dumb" it probably isn't helping. Even young children can be asked, but it's especially important that the older child (10-12 years old) be asked.

Also, don't lose sight of the fact that learning should be fun.

Furniture

The desk and chair need to be the right size. When children are uncomfortable in desks and chairs that are not in proportion, they are going to squirm and fidget. If his feet don't touch the ground, he will swing them. At the very least, place an old telephone book on the floor so the child can rest his feet solidly on a surface.

If you're uncomfortable in your chair because your legs hit the edge of the seat in an uncomfortable way, you will move around in an attempt to become more comfortable.

A youngster should be able to put his elbows on the surface of the desk, and have his chin fit comfortably in the palm of his hand. With these proportions he can write without having to bend over.

Floor plan

Where the child sits is important. Teachers generally want to put difficult kids in a back corner — as far away as they can. But the problem this causes is that now the child sees everything that goes on in the classroom; the further back he is, the harder it will be for the child to focus on what is being taught.



The best place for a distractible child is right up in the first row, preferably in front of the teacher's desk. This will limit the amount of activity the child is exposed to.

Secret signals

Such a seating arrangement also allows the teacher to use a system of signaling the child. The two agree to a signal, perhaps the teacher touching the child's shoulder, as the reminder that he needs to focus. She can then signal the child without having to call attention to him or interrupt teaching.

Continued on page 4

On the move

Some children need to move around more than others. Some do well until they get "overloaded" with stimuli, and then need to retreat to a place where they can be by themselves and regain control. Some teachers allow a younger child to move around the classroom as long as he does not disrupt the other children. An older child might be allowed to ask to go to the nurse's office, so he can get himself back together.

I've had people tell me the child may abuse the privilege and leave the classroom too often. That's true, but this will tell you more about where the problem is. If it always occurs with the same subject or with the same teacher, then you will have some information about the problem. But the other side of the coin is that when we can give the distractible child more power over his environment, he will often use it wisely.



Be predictable

Structure and consistency are very important for the child who still feels some internal chaos. There should be immediate consequences for mistakes, but for the most part it should be private. When a child is scolded in front of the class it gives the class the ability to ridicule him.

Each party should know in advance what the rules are, and the consequence for not adhering to them. These consequences should be obvious and appropriate. Take the child aside and explain what is wrong. It's important to know that the child understands he broke a rule, and which rule it was. Many times, a distracted child really won't know what he did wrong. See if he can tell you.

It may be appropriate for older children to have a say in planning the consequences. This empowers a child, and he is more likely to follow rules when he had a part in developing them.

Picture perfect

It's easy to write a list of rules for children who can read, but for the younger one, pictures can work well. A parent can use this technique at home and the child might enjoy it even more if you have photos of him. For example, a checklist for a school day may be: waking up, brushing teeth, getting dressed, eating breakfast, etc.

Checklists are helpful for everyone, but they are especially important for disorganized children.



Something different

Some children don't deal well with change. A new classroom, new teacher, new desk, new classmates can all be upsetting. What looks like odd behavior may simply be a child's inability to adapt to the changes that are required of him.

Middle school can be especially difficult as the student is expected to change classes, use a locker, etc. Here is where extra help and lots of patience are in order.

Minimal rules and minimal choices are best for these children. In order to stay calm and be more focused they need to clearly know what's expected of them — they can stand in the middle of a classroom and be totally unaware of what they're supposed to be doing next. It's especially hard if they're in a large, confusing place such as a cafeteria or gym, where they may get over-excited and have trouble calming down. Compensate by gradually decreasing the activity, or by letting the child know that gym will be over in ten minutes so he can begin to calm himself.

One thing at a time

Parents and teachers get exasperated at the child who can't remember a series of directions. Ask him to go up to his room, get a sweater, and bring it downstairs. By the time he reaches his room he hasn't a clue why he's there. Most children hear the first direction, but lose it after that.

When you give this child directions, have the child look at you. Watch his eyes. The minute his eyes go up toward the ceiling, he will not hear the next word you say. You then remind him, "No, pay attention," and have the child repeat the directions. If he does, most likely he will then remember what's been said.

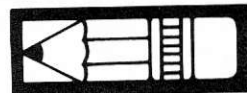
Most kids hear the first direction; then their eyes leave, their body leaves, and they haven't heard the rest. Games like "Simon says" can help with learning to pay attention.

Bite-size pieces

Help the child learn how to break a project down into smaller sections. Children are assigned reports, but they are rarely taught how to do this. Many youngsters, not just those with attention deficits, are told to read a book and then write about it, but don't know how to do it.

If the book is one that can be written in, use a highlighter pen (not a per-fumed or smelly one) and show the child how to highlight one sentence in each paragraph which tells what that paragraph says. If the book cannot be written in, or if photocopies are not an option, then have him write the key sentence on a separate paper.

At the end of the chapter put all of the sentences together in a paragraph, and this will tell you what is contained in each chapter. This is helpful even for young children, where the books are short.



This works for math problems too. If the problem is a written one, such as "Mary has two apples and John has three" show the child how to underline the important facts: two, plus, three. It's then nothing more complicated than addition.

Long range projects are very hard for the disorganized student. They need to make lists, but also to use a calendar to plan each step of the project. If a report is due in 4 weeks, they need to see how much should be read each day. Breaking down assignments into smaller, do-able steps can help them to keep on target.

Keeping cool Fruitfully

Conference-goers were treated to frosty, natural fruit bars, thanks to the generosity of Happy & Healthy Products, Inc.

Happy & Healthy's Fruitfull® Juice Bars are made with chunks of real fruit and (with the exception of the lime juice bars) are acceptable for Feingold members. They are sweetened with fructose, so members who are sensitive to corn syrup may not be able to tolerate this sweetener.

The product is sold by independent franchisers, sometimes at fairs, occasionally at fast food restaurants (including a McDonald's in Roswell, GA) and are even being served to sailors on three of the Navy's ships!

To learn about availability in your area, call (407) 367-0739.

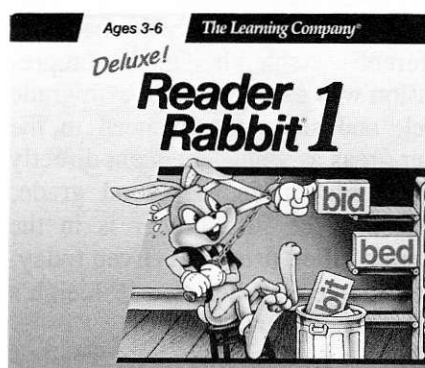
Help your child get a head start on school

Deluxe Reader Rabbit 1 is designed to help children ages 3 through 6 to identify three letter words and get ready for reading.

This computer program is easy for children to play without adult supervision. Graduated levels of difficulty allow you to customize your child's learning experience. In this classic learning game, Reader Rabbit guides children on an adventure through the Word Factory to help them build pre-school through first-grade reading and phonics skills.

Matchup Game, Sorter, Labeler, and Word Train are all segments of the program which help pre-readers match words with pictures, identify letters, sort them into words, and recognize spelling patterns.

This new version adds animations and lifelike digitized speech.



The equipment you will need:

IBM compatible: 386/25 Mhz or better; 4MB RAM; Windows 3.1 or higher or Windows 95; Dos 5.0 or higher, 256 color SVGA or 16 VGA; Windows-compatible sound card; mouse and for CD's — double speed CD ROM or better.

a) Win 3 disks b) DOS 3 disks c) Mac 3 disks \$50.
d) CDROM \$55

Packing, shipping, & handling: add \$7

This product is available from FAUS, 127 E. Main St., Room 106, Riverhead, NY 11901 (516) 369-9340

All that zucchini!

When your gardening efforts yield a bumper crop, and you are looking for ways to use zucchini, consider grilling the marinated vegetable. It's good enough to add to your summer recipe collection even if it means buying it at your supermarket.

Lynn McDonald's recipe starts by cutting the fresh zucchini the long way into slices that are about 1/2 to 1" thick.

She makes a marinade with Heinz White Vinegar, garlic, salt & pepper, and any other favorite seasonings.

Place the zucchini slices in the marinade and refrigerate overnight.

Cook over the coals on a grill and serve as is, or top with a slice of cheese and use as a sandwich filling.



A second version skips the marinade and can be used immediately.

Once again, cut fresh zucchini the long way into 1" thick slices. Brush the slices with olive oil and sprinkle with garlic powder, and additional spices if you like.

Cook on a grill.

FAUS thanks food companies

Here are more of the delicious products we enjoyed at the Conference.

Weetabix Cereals
Walnut Acres Soups
Kozy Shack Puddings
Buzzy's Tropica Jams
Walden Farms Salad Dressings
Barbara's Bakery Cookies
De Boles Pasta
Sorrell Ridge Jams
Banfi Wine
Frookies Cookies
Sunlight Foods Candies
Fruitfull Bars

Special thanks to Pam Weldon, Feingold mom and owner of For Pete's Sake, who stayed up late baking her all natural homemade chocolate chip cookies. They were enthusiastically enjoyed by all conference goers!

Thanks and Honors

In the Association's annual *Journal* we published an Honor Roll, listing the names of our young members whose families wanted to honor them for sticking with their diet throughout the year, and for just generally being super kids. One envelope containing names was lost when it was mailed from Maryland to New York, thus we did not realize that some of the names were left off until after the *Journal* was printed. These youngsters deserve our recognition and applause:

Erich Kuhn
Jeffrey Fowler
Julie Fowler
Aaron Rose
Dan Ayd
Tom Ayd

Also enclosed in that envelope was a donation from one of our favorite professionals: **Dr. Paul Lavin**. Dr. Lavin is a psychologist who practices in the Baltimore, MD area. He has been a terrific help for families wanting to speak with a professional who has a thorough understanding of both kids and the Feingold Program.

FAUS elects new officers and board of directors for 1996 - 1997

Our 21st annual conference brought new faces and old friends together.

This year the position of FAUS President will be shared by two volunteers: Karen Witzke and Dee Heinrich. Both live in eastern Iowa, each are the parents of two Feingolders, and are glad to have the support and encouragement of their husbands.

Finding help for Justin

Dee and Rick Heinrich were very concerned about their son, Justin, age 7, who had serious attention problems. On the advice of a counselor, they contacted the Feingold Association of Northern Maryland, where they were living at the time. Justin quickly responded, and today at age 11 has total charge of his diet. He doesn't like how he feels when he goes off it, or how his behavior upsets other children and adults. He likes doing well in school, being in all advanced classes and in a program for gifted students. But most of all, he enjoys the knowledge that the Feingold Program has given him back control of his life.

Ashleigh Heinrich was in kindergarten when her family began using the Program. She was a normal student, with "no problems," testing at a level appropriate for her age. But when she was re-tested at the end of the school



Dee Heinrich and Karen Witzke are the new Co-Presidents of FAUS.

year, after having been on the Program, the results were dramatically different. Ashleigh's math comprehension was nearly at the fourth grade level, and she was advanced in the other areas as well. She went directly from kindergarten to second grade, and today the fifth grader is in the school's gifted program. Even today, when she gets off her diet, Ashleigh's math skills suffer.

Jacob's story

It was a similar story at the Witzke household. Seven year old Jacob had gone from a confident pre-schooler to a second-grader who told his parents, "I'm no good at all; I wish I were somebody else." First grade had been

an ego-shredding experience at the hands of a teacher who could neither understand nor deal with a child unable to sit still or attend.

As Karen and Brian Witzke agonized over this, they happened to see a letter in the local newspaper, describing the Feingold Program. Within a week, Jacob's behavior had changed so noticeably that his teacher wanted to know what wonderful new disciplinary technique the family was using.

He then went into the GT (gifted & talented) program, where he is today. Karen had dreaded the prospect of the teenage years, but at 15 Jacob is, in his mom's words, "outgoing, and a great kid!"

His 10-year-old sister, Alissa, is also in the GT program, and her teachers consider her a role model for the class. The Witzkes have been using the Feingold Program for eight years, so Alissa has grown up in a household where there is a great deal of awareness about foods and food additives. She prefers unadulterated foods and is very selective.

Another big plus for Karen, Brian and their children is that both sets of grandparents have been completely supportive.

Who's who in FAUS, and where they live:

The network of FAUS volunteers is found from coast to coast.

Co-Presidents: Karen Witzke & Dee Heinrich (Iowa)

1st Vice President: Pat Whitener (Oregon)

Treasurer: Pat Dunn (Pennsylvania)

Secretary: Judy Bower (California)

Bylaws/Policies: Whistle & Doug Carey (Virginia)

Northeastern Regional Director: Rosemarie McNamara Roberts (New York)

Mid-Atlantic Regional Director: Luonna Lancaster (Virginia)

Southeastern Regional Director: Markey Dokken (North Carolina)

Midwestern Regional Director (East): Lisa Sharpnack (Indiana)

Midwestern Regional Director (West): Sue Carrol (Missouri)

Western Regional Director: Ruth Ann Nelson (Colorado)

Northwestern Regional Director: Pat Whitener - acting (Oregon)

Executive Director: Lynn Murphy (California)

National Director: Jane Hersey (Virginia)

Public Relations Director: Pat Palmer (New York)

Product Information Director: Donna Curtis (Illinois)

Publicity Director: Judy Schneider (New York)

Communications Director: Barbara Keele (Iowa)

Marketing Director: Shula Edelkind (Georgia)

Autism/Intolerance/Allergy Network Director: Deborah Tritschler (North Carolina)

Pure Facts

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.

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July/August, 1996

Whole Foods buys Fresh Fields

Two favorite stores where Feingold members enjoy a dazzling selection of natural products will soon become one. The industry leader, Whole Foods, which now operates 47 stores, is buying the 22 store Fresh Fields chain. Their goal is to continue expansion and have a total of 100 stores by the year 2000.

All of the stores, which now go under various names — Bread & Circus, Wellspring, Mrs. Gooch's, as well as Whole Foods and Fresh Fields — will all use the Whole Foods name.

Georgia anticipates Medicaid cuts for disabilities

The state of Georgia is gearing up for a reduction of Federal funds available for helping those with disabilities. Changes in the Medicaid system are expected to reduce the funds by about 34 percent, according to the state's advocacy group, Parent to Parent.

One of the recommendations offered is to seek alternative approaches to health care — an option which has been successful for Feingold families.

Georgia families can learn more about these plans by contacting Eric Jacobson of the Governor's Council on Developmental Disabilities at (404) 657-2126.

Thank You Thank You Thank You Thank You

...to **The Childcare Guide** of Atlanta, Georgia for including an advertisement for the Feingold Association in its newest edition. Parents of young children in the Atlanta area will find this ambitious book to be an invaluable resource for comprehensive information on each facility's background, philosophy, policies, staff, fees and program. The book even includes zip code maps to help identify locations of the childcare facilities.

The book is available from the Clinton-Williams Corporation, 2655-C North Decatur Road, Suite 144, Decatur, GA 30033. The cost is \$12.95.

...to Judy Schneider, who missed the conference workshops in order to keep everything running smoothly (with the able assistance of Bill Palmer). Judy is a dedicated volunteer with many talents, who freely gives them for the welfare of the Association.

...to Donna Curtis who worked closely with the hotel chef for months beforehand to insure that all the meals were Feingold-safe.

...to Vickie Gelardi and her adult daughter, Jackie, for demonstrating that "Feingolders never quit" caring and helping. Vickie and her husband Jim were the moving force behind the establishment of the parent associations way back in 1975.



Volunteer's night out at the conference included dinner at Planet Hollywood in Disney World. These happy faces belong to (left to right): Rosemarie McNamara-Roberts, Heidi Alpine, Kathy Bratby, Pat Dunn, Ginny Goerg, Diana Kane, outgoing FAUS president Pat Palmer and hubby Bill.

Enjoying his dinner at the next table was basketball superstar Michael Jordan.

FAUS Executive Director, Lynn Murphy (left) joins Markey Dokken, Judy Schneider and Colleen Smethers in a musical tribute thanking our own Pat Palmer for her many years of service as President.



Note from Donna Curtis, Director of the FAUS Product Information Center

Although vitamins and minerals are not a required part of the Feingold Program, some families use them; this is why we include them in our product research. For many years Feingold members have used the natural supplements from a company in New York called Freeda. They have a long list of products which are acceptable for our use. Recently we entered 157 products in our computer data bank.

The most difficult products for us to find are natural children's chewable vitamins or liquid vitamin drops. At this time we are not aware of any readily-available children's vitamins which are acceptable (i.e., sold in drug stores or supermarkets). This is why we have focused on the FREEDA Vitalets in our PIC report. If you would like a more comprehensive listing of the products offered by Freeda, please contact the company directly:

Freeda Vitamins
36 East 41st Street
New York, NY 10017
(212) 685-4980
(800) 777-3737

The Squirrel's Nest

If all goes well this summer, this popular candy shop will be moving into larger facilities, and will have a new address. As many of you know, Nancy Kemble began making natural candy for her son many years ago, and was so good at it that she eventually opened her own store. Now, so much of her business is mail order, serving Feingold families, that she has grown too big for the little store on North Broad Street.

MSG Sensitive?

The Truth in Labeling Campaign (TLC) has a new "Help Card" to enable sensitive individuals to have a handy reference for the many places where MSG is hidden. This, plus current information on the group's petition to the Food and Drug Administration, is available from the organization. Contact TLC at P.O. Box 2532, Darien, IL. 60561

TLC notes, "MSG is hidden in food. MSG is manufactured through a process of protein hydrolysis. When the resulting food additive is 99% pure MSG, the product is called 'monosodium glutamate' by the FDA and must be labeled as such.

"When a resulting food additive contains less than 99% MSG the FDA requires only that it be listed by what the FDA calls its 'common or usual name.' Some examples are names such as 'autolyzed yeast,' 'hydrolyzed soy protein,' and 'sodium caseinate.' But none of those names include the words glutamate, glutamic acid or MSG."

PIC Report

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

Stage One

BELLA VIA* Organic Pasta: Fettucini, Penne, Jerusalem Artichoke, Spaghetti, Rotelli
BERTOLLI Olive Oil: Classico, Extra Light, Extra Virgin
BOAR'S HEAD Semi-Boneless Smoked Ham (N,MSG/HVP)
BOAR'S HEAD Sweet Slice Brand: Boneless Smoked Ham (N,MSG/HVP)
BOAR'S HEAD Smoked Turkey Breast Low Salt/No Nitrite
BOAR'S HEAD 100% Pure & Natural Beef - Top Round
BRAUMS Homogenized Vitamin D Milk (available in the South Central states)
FOOD CLUB All Natural Pecan Shortbread Cookies
FOOD CLUB Cheese: Mozzarella, Low Moisture, Part Skim (Food Club products are found in portions of the East Coast and Midwest)
FOR PETE'S SAKE (mail order) Mini Marshmallows (CS)
FREEDA (mail order) Vitalets Chewable Vitamins: Carob, Unflavored
KINGSTON Mexican Style Taco Shells (Midwest)
ORGANIC COW OF VERMONT* Lowfat and Nonfat Milks (located in Tumbidge, VT)
TREE OF LIFE* Cracked Pepper Saltines, Fat Free Oyster Crackers, Fat Free Saltine Crackers
TURKEY HILL Ice Cream: Chocolate (CS), Chocolate Peanut Butter Cup (CS) (available in the Northeast and Mid Atlantic)
WORLD CLASSICS Chocolate Chip Cookies (CS)

Stage Two

FLAVORITE Tomato Paste (CS) (manufactured by Supervalu of Chaska, MN)
FREEDA Vitalets Chewable Vitamins: Orange Flavor, Raspberry Flavor (mail order)
GRANNY GOODBERRY'S Jellies: Choke Cherry, Wild Plum (available in Western states)
HEBREW NATIONAL Beef Bologna - Unsliced (N, paprika), Beef Knockwurst (N, paprika)
HUNT'S Tomato Ketchup, All Natural (CS)
PREFERRED SELECTION Raisin Oatmeal Cookies
TURKEY HILL Nonfat Neopolitan Yogurt (CS, strawberries)
WALNUT ACRES (mail order) Black Bean Soup (cayenne pepper)

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