

Pure Facts

Newsletter of the Feingold® Association of the United States



July/August 1997

Vol. 21, No. 6

Asthma is in the headlines again

The continuing rise in the number of children with asthma has been covered by major newspapers and magazines. But each article ends with a question mark, and no clue about causes of this "mysterious epidemic."

A recent issue of LIFE magazine featured the stories of two children stricken with severe episodes of asthma. It began with a description Feingold members will interpret in a way not intended by the writer: "Jeremiah Jager, four, loves blue. He drinks blue soda pop, picks the blue marshmallows out of his Magic Stars cereal...but when he got croupy and turned his favorite color this past winter—lips, cheeks, nose—his mother panicked. It was Jeremiah's eighth visit to the ER."

The suggested culprits include familiar offenders: pollen, food allergies, environmental allergies, pets and pollution, cigarette smoke, cockroaches and dust. While these are known triggers for asthma, the writers ignore a very important issue: these irritants have been with us for many years, so they do not explain why the toll of asthma victims is rising so quickly or why children are the most affected.

Continued on page 4

"Good Nutrition" is not always the answer

New books, tapes and articles promote a drug-free approach to treating attention and behavior problems. But the advice is often ineffective.

Well-meaning advocates for healthy foods urge us to eliminate refined sugar and refined flour, to avoid processed foods and provide lots of fresh fruits and vegetables. Foods which are low in sugar or are sweetened with apple or grape juice are considered "good" and those sweetened with sucrose are thought to be "bad."

Some people will see an improvement with such a regimen, but others will not. An unsuccessful experience with such a health food diet leads people to give up on the diet/behavior concept entirely; they later tell Feingold volunteers that they tried "diet," that it was very difficult and didn't work. What the health food advocates have failed to understand are the roles of hidden additives and natural salicylates, as well as the difference between using sugar vs. sugary foods which are loaded with synthetic additives.

Lisa's story, on page 2, illustrates the problem with a simplistic approach to nutrition.

The 22nd Annual FAUS Conference

It was a time for learning, caring, sharing, and a little crying too.

I came to the Friday and Saturday workshops both to learn and to meet some extraordinary professionals who had helped me find ways to help my three year old son, Jordan.

Jordan has many of the characteristics of autism, a disorder that incessantly demands patience and years for understanding. Autism, according to the Autism Society of America, is defined as "a lifelong disability with a wide range of severities which usually appears during the first three years of life."

by Shanan Kokal



I spent many laborious hours (sneaked during those precious naps) researching what I can be doing for Jordan now, and how I can help him in the future. I naively envisioned a central location where I could access research and have my questions answered, but there was no such place. I learned to be grateful for any snippet of information. A mere statement, phrase, or obscure book title represented many hours of effort, but perhaps it would help Jordan.

Continued on page 3

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.

“Good Nutrition” was not the answer for Lisa

Mary Ann Reilly consulted six different nutritionists as she sought help for her daughter; all but one of them only made things worse.

A bright, precocious baby who never stayed in one place, and rarely slept, Lisa was like a little tornado. She swept through the house playing with all the toys — simultaneously! Nicknamed Houdini, the toddler could quickly defy any restraint, and was often found at the top of high trees. Other children felt overwhelmed by Lisa, as did the Montessori teachers who watched her dismantle the classroom each day (and she was not yet 3 years old).

The Reillys were knowledgeable about good nutrition and the family diet was natural and low in sugars. Mary Ann took her daughter to nutritional consultants from the time she was very young, and none of the regimens suggested was helpful. One of them involved taking 40 vitamin pills a day, and food serum injections three times a week. Lisa was more hyperactive as a result, and very angry about being put through the therapy.

One book on hyperactivity recommended a diet with lots of salicylate foods: oranges, grapes and tomatoes, and suggested almond butter in place of peanut butter. This was in addition to the 4 apples Lisa ate each day, and the cucumbers she loved.

Her out-of-control behavior drove several teachers to tears.

Another dietary regimen took away white flour, sugar, hydrogenated oils, chocolate, dairy, and cereal. It also required injections and many vitamins. Lisa was jittery and hyperactive on this program; she hated it. At school, the little girl's teacher was driven to tears.

The first grade teacher suggested Mary Ann consult a neurologist, which she did. The diagnosis was: “She's hyperactive, but there's nothing you can do about it.”

The second grade teacher suggested Lisa be put on Ritalin, and by third grade Mary Ann finally agreed. But the stimulant had adverse side effects;

Lisa, who normally slept only a few hours, was now unable to get to sleep at all. She was then put on Clonidine. It affected her appetite and she became anorexic.



Lisa, now age 10, loves horses, and has participated in two horse shows, winning a total of six ribbons.

A trial of Dexedrine came next, and in the beginning it seemed to help. But after one month, it triggered angry behavior and brought more weight loss. As she was coming down from the Ritalin and Dexedrine, the child seemed to be “wired” and now Mary Ann believes it was the dye in them that was responsible. She has since asked doctors and pharmacists why it is necessary to put synthetic dyes in medicine used for hyperactive children, but nobody has been able to give her a good answer.

By the time Lisa was 9 years old, Mary Ann was physically exhausted and it seemed like there was nothing left to try. Her daughter was really trying to behave, but she just couldn't.

One Sunday as she prayed for help, Mary Ann opened a prayer book and a prayer card with a laminated rose petal fell out. She would later learn that at that same moment her husband, Richard, who was away fishing, saw a red rose float down the river past him. Very soon afterward, Mary Ann turned on the TV (something she does not often do) and saw a Feingold volunteer

on the Marilu Henner show, talking about our diet.

Mary Ann bought Dr. Feingold's book and immediately felt the diet would work, even though their previous experience with special diets was negative. It seemed that the rose and rose petal were symbols of an answered prayer.

They quickly noticed a big improvement. Lisa suddenly was concerned about her appearance, and was able to play calmly with her sister Jaclyn. When school resumed after the Christmas break, her teacher told the principal, “This child has never had a better day.” After Mary Ann became more adept at the Program, she realized that she gave Lisa the correct Stage One foods, but was using vitamins from the Stage Two section of the *Foodlist*. Removing them brought further improvement.

The evening of her first day on the Feingold diet, Lisa came to her mom and said, “I'm tired and I want to go to bed.” Mary Ann had never heard her daughter say that.

After the Feingold Program took Lisa as far as she felt it could, Mary Ann sought out more nutritional counseling — this time at the Pfeiffer Treatment Center in Illinois. Testing found Lisa to be very high in copper. It was recommended that sugar and chocolate be removed, so Mary Ann has taken out chocolate and cooks with Sucanat in place of sugar. Lisa enjoys sweet treats, but not too often.

This child who had once been considered hopeless by many is now doing well with a combination of the Feingold Program and a carefully targeted nutritional program. In fact, Mary Ann says her daughter, who used to be so overwhelming that her teachers built in a wide margin of space between her and the other children, has now become a “little social butterfly.”

Conference, from page 1

In my search I stumbled upon a document written by Dr. William Shaw, who I would later meet in person at the FAUS conference. His research showed that a common oral antifungal drug called Nystatin helped to alleviate some outward symptoms of autism. After reading and re-reading the material I eagerly shared it with our family physician. Our doctor didn't share my enthusiasm, but he prescribed the medicine for Jordan.

After one week on Nystatin, people who regularly worked with Jordan wanted to know what I was doing differently; we all saw incredible improvements. Jordan swiftly went from a child who truly lived in his own limited and protected world to one who could interact with any age person in a socially acceptable manner. Many new acquaintances never even suspected that they would have been greeted with blank stares a few weeks earlier.

I sat there, crying, because I didn't want to miss a word.

It was very satisfying to me to be able to meet Dr. Shaw at the conference and to personally thank him for his role in making such an incredible difference in Jordan's life.

Several of the other speakers revealed information that I had struggled to uncover. Topics spanned the gamut from medical and chemical interactions to socialization and advocacy. Had this wealth of information been available to me earlier, it would have saved hours of frustration just trying to get through the modern technology of voice mail systems to speak with a real person. I'm sure that everyone searching for information benefited from this conference.

The information presented at conference was helpful and usable. Although this type of material has the potential of being dry and difficult to muddle through, the speakers were engaging, and the information from all of them came together at the end to form a complete picture.

The conference was a gold mine of information.

The presentations were received with applause and questions. While I found all the information to be a true gift and tried to absorb everything like a dry sponge absorbs water, I found myself drawn to one speaker above the others. He evoked such a strong emotional response from me and from others attending, that many of us excused ourselves to the restrooms, trying to discretely shed a few tears. Sometimes I became so engaged that I found myself neglecting that discretion. I cried as I sat there because I didn't want to miss a word this speaker might say. His name is Jerry Mills.



My son, Jordan, is doing so well now, and can interact with anyone in a socially appropriate manner.

Jerry brought us to such an incredible understanding of what it feels like to be a child growing up labeled, and without proper interventions. His insight came from his own difficult life experience with ADD. I reacted strongly to his words and his sharing not only with regard to Jordan, but because I believe my husband suffers terribly from ADD and there are times I just cannot understand his world. We are so very distant at this point and are considering divorce. We believed we had tried everything to understand each other, including months and months of marriage counseling.

When I heard Jerry's account and his understanding of his own life's pathway, I was able to get a glimpse into my husband's life. This gave me hope for our marriage once again.

Judging by my reaction to Jerry, I can be certain that each person dabbling their eyes also had someone in their lives they had wanted to reach for a long time. A long, standing ovation marked his incredible performance. I only hope he is aware of how he was able to turn his personal struggle into an avenue for hope to those around him. He was truly inspiring.

Had this information been available to me earlier, it would have saved hours of frustration searching.

This conference was a gold mine of information for me and for many other concerned parents and professionals. I cannot thank the people at Feingold enough for bringing together this forum and for the many people behind the scenes who made it possible for many of us to attend. In particular, I want to thank my neighbor and friend, Ms. Megan Miloser, for being someone Jordan can trust and rely on during the times I need to spend away from him, and for being a significant influence in his life.

Above all else, I wish to extend my gratitude to Dr. Feingold for having the insight and courage to stand apart from the crowd, releasing many of us from the grips of our modern environment.

To those who were unable to attend the conference, I cannot stress to you enough how important it may be to your family for you to attend in the future.

Conference '98

Plans are already in the works for next year's conference. It will once again be held on the East Coast during the last week in June.

We will be keeping you posted on the details concerning the location, program and speakers in coming issues of *Pure Facts*.

Asthma, from page 1

For decades food dyes have been reported by allergists as one of the triggers for asthma. What is different about the 1990's is the quantity of foods that are now using dyes, and also the intensity of the colors in foods; manufacturers are no longer satisfied to provide pastel shades, but use greater amounts of dye to create strong colors. Some candies are designed for the purpose of dyeing the tongue and mouth, and it is children who are the primary consumers of these high dose products.

A new cereal which would appeal to Jeremiah contains lots of his favorite color: blue "crunchberries." Quaker, which makes Cap'n Crunch's Crunch Berries™, now advertises they have "3 wild colors." Along with the blue nuggets, Jeremiah would find bright pink and purple.

Another additive that has dramatically increased is MSG (monosodium glutamate), acknowledged by the Food and Drug Administration to trigger asthma in sensitive individuals. Most consumers don't realize how many ways MSG-type additives are hidden in foods; they are even used in foods made for toddlers!

Synthetic fragrance has also increased in use. Consider the many scented products and toys designed for children: crayons, markers, stickers, doll clothes, to name a few.

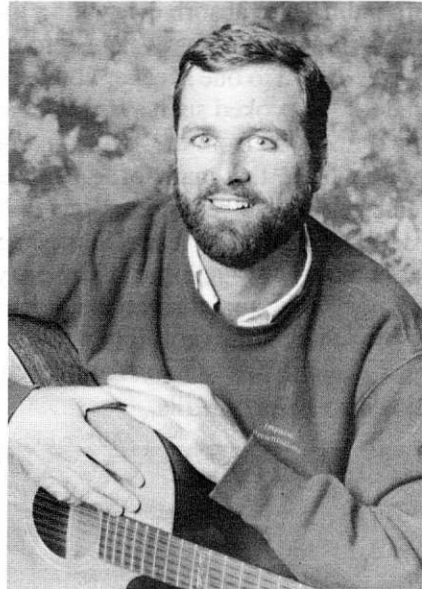
One child's response

One member described the connection between synthetic chemicals and her eight year old daughter's asthmatic attacks. "My daughter, Jessica, is one of those Dr. Jeckyl/Mr Hyde personalities. As well as temper tantrums, mood swings, etc., Jessica had severe asthma...a direct result of anaphylactoid reactions she had from Yellow #5. Within two weeks of the Feingold diet Jessica improved significantly, coming off of the eight medications used to control her asthma. Today she is on one medication, used only 3 times a day.

"Why does the Feingold Association know what ten 'specialist' physicians did not?"

You can help bring understanding to your community

Jerry Mills offers a powerful message of hope, compassion and help for children in need of all these.



You can do a great deal to open the minds and hearts of teachers, administrators and other parents in your community by helping to bring Jerry's powerful concert to your area.

If neighbors and professionals are having trouble understanding your child's special needs you might find that hearing Jerry's powerful message will enable them to see your child in a different light, and be more open to providing the help you seek.

You can request a free planning kit which can be shared with local school districts and organizations. A 15 minute video preview is also available. Contact Kim Kracke, Workshop Coordinator, at (906) 228-5736 or by email at jerrymills@aol.com.

The mailing address is Impulse Presentations, P.O. Box 572, Marquette, MI 49855. Tapes and CDs can also be ordered from the same address:

- The Real You Cassette @ \$10
- The Real You CD @ \$15
- What You See... Audio @ \$20
- Urgent Reply Cassette @ \$10
- Urgent Reply CD @ \$15

Postage/handling U.S. @ \$2 per item (MI residents add 6% sales tax)
Phone for credit card orders.

"I have never in my 30+ years in education, experienced a program which so clearly depicts the needs of a young person and then so clearly provides the tools and ideas for what WE can DO for that child!" writes Joe Coyner, Associate Professor of Education at Eastern Michigan University.

Handle With Care - Conference Tapes Available

ADD & Autism from the Inside Out

Friday, June 27

- 001 Introduction - Pat Palmer, Director of Membership & Public Relations
"Antibiotics, Ear Infections, Yeast Overgrowth and the Development of ADD, PDD & Autism," William Shaw, M.D.
- 002 Awakening Brilliance - Pamela Sims, Ed.D.
- 004 Update on Lab Test - Robert Sinaiko, M.D.
- 005 "The Experience of Sensory Integration Dysfunction" - Debra Dickson, R.P.T.
- 006 "Healthy Living in a Toxic World" - Cynthia Fincher, Ph.D.

Saturday, June 28

- 007 "How you can obtain special help for your child" - Cathy Ziegler, Ed.A.
- 009 Exciting new research initiatives: Pamela Ingram
- 010 Panel Discussion - Robert Sinaiko, M.D., Henry Mann, M.D.,
Cathy Ziegler, Ed.A., Debra Dickson, R.P.T., Jerry Mills, Pat Palmer

Tapes are \$7 each or \$55 for a complete set; add \$5 shipping & handling. They may be ordered from Audio Recording Services Inc., 102 Chester Village, Chester, MD 21619 (410) 643-4220.

FAUS board for 1997 - 1998

In the coming year, the Association will be in the capable hands of many experienced and dedicated volunteers. At the helm will be our new President, Lynn Murphy, who brings a wealth of knowledge and expertise from her experience working with Parents Helping Parents, a nonprofit organization, located in Northern California.

She had the pleasure of knowing Dr. Feingold and has been a volunteer for many years with the Feingold Association of the Bay Area.

Lynn Murphy has an award for Barbara Keele, a past president.



President: Lynn Murphy
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Two International Conferences The Medical Basis of Autism (which can apply to ADD)

Lynn Murphy, FAUS President

Symptoms of autism and ADD that respond to diet appear to be related, and what works for this form of autism works even more effectively for ADD, according to emerging research. The world's experts in this field will present information at two different conferences.

September 20 - 21, 1997, San Diego, California

The program is designed primarily for health care professionals, but medically-knowledgeable parents are invited as well. There will also be presentations at the lay level and an entire extra day devoted to meeting the speakers and networking.

Contact: Autism Research Institute, 4182 Adams Ave., San Diego, CA 92116
Fax: (619) 563-6840 www.autism.com/ari

October 3 - 4, 1997, West Midlands, England

This conference is specifically designed for parents who wish to work with their physician on finding a medical basis for their child's problem.

Contact: Brenda O'Reilly, Director AIA-UK
Call (01144) 0118 941 9460 (5 hours time difference from East Coast US)
e-mail: autism_aia@piers.demon.co.uk

Each conference registration is approximately \$200 and does not include accommodations. Conference brochures can be faxed to you and/or your physician.

The price of registration goes up after September 1st.

Pure Facts

Editor: Jane Hersey
Contributing to this issue:

Lynn Murphy
Debbie Jackson
Lois Miele
Barbara Keele
Donna Curtis

Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a network of Program Assistants available by phone, and a subscription to *Pure Facts*. The cost in the U.S. is \$49 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$28/year.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (516) 369-9340.

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Two New Books

These books were so popular at our conference, we wanted to make them available to all members.

Healthy Living in a Toxic World, by Cynthia Fincher, Ph.D. \$14. Reviewed in the February *Pure Facts*, this is a valuable resource for finding safe and practical solutions.

Chemical Sensitivity by Sherry Rogers, M.D., \$3.95. This is a slim book, but filled with practical information. For years, Dr. Rogers has helped her patients deal with sensitivities.

Books are available through our New York office: FAUS, 127 East Main St., Suite 106, Riverhead, NY 11901. Orders up to \$20. add \$4.50 for packing, shipping & handling.

Feingold



News

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July/August 1997

Delaware Members

Long-time volunteer, Gloria Baldwin, has offered to organize an end-of-summer picnic for interested member families.

Circle your calendar for Saturday, August 23 at Lum's Pond in Newark, DE. This is a great opportunity to swap ideas and a chance for the children to meet other Feingolders. Gloria is interested in putting together a booklet on tips to help the Feingold family. Please bring any ideas or suggestions with you that you would like to have included in this booklet.

Please contact Gloria if you would like more details about the picnic or booklet. You may call (302) 894-0456 any time during the day or evening. Or, you may call her at work (302) 366-6000 and leave your name, number and reference to FAUS and she will return your call as soon as possible.

Note from the Southeast

Regional Director, Markey Dokken, thanks Katherine Hunt for helping families in the **Charlotte, NC** area. Katherine has retired, and Markey is looking for an area volunteer who would be interested in being a Program Assistant.

Any member who has been successfully on the Feingold Program for six months or more may apply to become a P.A. Your name and phone number would be provided to new members, who could call you with questions. You, in turn, would receive help, support, and information from Markey.

Lost and Found at Conference

We found a white sweater and a plastic bag containing souvenirs from the Air & Space Museum. Please contact our Virginia office at (703) 768-3287 to claim them.

Fort Worth, Texas

Carolyn Allen, who has volunteered her time and skills for many years, offers area members an opportunity to get together. If you would like to get acquainted with your Feingold neighbors, give Carolyn a call at (817) 244-0684.

Also, Carolyn invites members who have been successfully on the Program for six months or more to consider becoming a Program Assistant. Like many Feingold volunteers, Carolyn's children are grown, and she would like to locate new volunteers with young children, who can offer a hand to other young families.

Thank You Thank You Thank You Thank You

...to Marilee Jones, who did so much to make our 22nd Annual Conference a success. Marilee donated a year of her life to turn an idea into a reality, and is already at work on the 1998 Conference.

...to the many volunteers who helped with Conference, especially Lynn, Donna, Debbie, Sherri, Pat, Judy, Shula, Joanna, and Bill.

...to Jim Kemble for lending a hand while wife Nancy represented the Squirrel's Nest Candy Shop at the conference.

...to Patty Lemer of the Developmental Delay Registry for her behind-the-scenes help and support.

...to Pam Weldon, owner of For Pete's Sake, who donated a huge box of her fabulous homemade chocolate chip cookies for hungry conference goers.

...to the Curry family for all the many ways they helped.

...to the staff at the Old Colony; Melissa and Melony were wonderful and helped us to plan each aspect of the meeting. Luis somehow found a way to fill last minute needs; Rosemarie made sure that all of the cleaning supplies used were "Feingold-safe."

...to Lewis, director of Food Service for the Old Colony and its sister hotel, the Holiday Inn. He made sure the food we needed was available, even when we gave him very little notice.

...to Jeff, who had so much to do with making our conference a success. We are accustomed to working with chefs, but we did not expect to find a professional who is willing to do the same type of product research we carry out, who enjoys cooking from scratch, and who takes obvious pride in offering fresh, natural foods to all guests.

With so many hotels taking short cuts using prepared foods, it was wonderful to find a chef who cooks! We were treated to home baked muffins, real eggs, pure juices, fabulous baked salmon with dill sauce, etc.

If you live in or travel to the Washington area, you will be able to enjoy this quality food at **Traditions**, the restaurant in the Holiday Inn Hotel & Suites on First Street in Old Town Alexandria. (To be on the safe side, contact the staff to identify those dishes which are your best choice. The food is outstanding, but some ingredients could be a problem for the newcomer or the very sensitive member.)

By the way, if you think pure food has to be expensive, you will be happily surprised by the reasonable prices of many of the offerings at Traditions.

FAUS Product Information Center Report from Donna Curtis

If you have sent a product research request to Lois Miele and have not seen it appear in an issue of *Feingold News*, this is probably because the manufacturer has chosen not to respond to our request, or because the product is unacceptable for use on the Feingold Program.

When Lois receives a research request for an item not currently in our data base, she sends a product inquiry form, cover letter, fact sheet and brochure to the manufacturer. If the manufacturer chooses to respond, we sometimes have to wait as much as six months before a form is returned! If the company representative fills out our form, signs and returns it to us, we check it over. If everything looks O.K., we list it in the newsletter as acceptable. With the next printing, the new product is added to one or more of the seven regional *Foodlists* FAUS publishes.

When you send in research requests (using 3x5" index cards), if you do not know the manufacturer's address, please leave room on the card for Lois to fill it in. If you would like to help research products in your area, please write to Donna Curtis.

FAUS thanks those food companies and distributors who donated products for our 22nd Annual Conference:

Archway Cookies
Clear Choice
For Pete's Sake Natural Gourmet Foods
Frookies Cookies
Gluten-Free Pantry
Imagine Foods Natural Pudding
New Morning Cereals
Sorrell Ridge Jams
Squirrel's Nest Candy Shop
Stretch Island
Sunspire Candies
Tom's of Maine Toothpaste
Tree of Life
Walden Farms
Walnut Acres

FAUS appreciates the help from these companies as well as those who advertise in our annual Journal (provided to conference attendees) and our annual School Year Calendar. The Calendars are being mailed out to members in the United States.

One of the companies listed above, Clear Choice, manufactures a fragrance-free plant-based, all-purpose cleaner which should be well tolerated by even the very sensitive. For more information, contact Dave Brown at (203) 226-9237 - evenings.

PIC Report

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

Stage One

AMERICA'S CHOICE Healthy Condensed Chicken Noodle Soup (CS,MSG/HVP) (East Coast & Midwest)
ARROWHEAD MILLS* All Purpose Baking Mix,
Sweetened Bite Size Shredded Wheat Cereal
AXELROD Plain Nonfat Yogurt
CHATFIELD'S Premium Cocoa Powder Unsweetened & Alkaline Free
KING KULLEN (King Kullen supermarkets - Northeast)
Low Moisture Part Skim Mozzarella String Cheese,
Sweet Unsalted Butter, Unsalted Sunflower Seeds
LIPTON RECIPE SECRETS Soup Mix: Onion Mushroom
STARKIST Low Fat Low Sodium: Chunk Light Tuna in Spring Water, Chunk White Tuna in Pure Distilled Water
THE REALLY GREAT FOOD COMPANY Wheat & Gluten Free Mixes: Chocolate Cake, Lemon Cookie, White Bread, Yellow Cake (All are wheat & gluten free. Mail order by calling 800-593-5377.)
TURKEY STORE Gobble Stix: Original (CS,N), Smoked (CS,N), These products do **not** contain MSG/HVP as noted in your *Foodlist*.
US MILLS NATURALS* Wafflers cold cereal: Cinnamon, Maple, Original

Stage Two

KING KULLEN (King Kullen supermarkets - Northeast)
Roasted Peanuts (paprika)
LIPTON RECIPE SECRETS Soup Mix: Fiesta Herb with Red Pepper (CS, tomato, jalapeno pepper)
OREGON FRUIT PRODUCTS In Light Syrup:
Blackberries (CS), Blueberries (CS), Boysenberries (CS), Gooseberries (CS), Strawberries (CS);
In Heavy Syrup: Bing Cherries (CS), Italian Purple Plums (CS), Red Raspberries (CS), Royal Anne Cherries (CS) These products listed above now have no sulfiting agents.
THE REALLY GREAT FOOD COMPANY Banana Bread Cake Mix (orange peel) wheat & gluten free
US MILLS NATURALS* Wafflers cold cereal: Vanilla Nut (almond)

Correction: The phone number given for the MT. NATURALS Children's Complete Chewable Wafers (Stage Two) in the June issue of Pure Facts was incorrect. The correct number is (800) 992-8451.

The Feingold® Association does 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.