

Pure Facts

Newsletter of the Feingold® Association of the United States



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The bitter after-taste of a synthetic sweetener

The phone rang in the Virginia office of FAUS. On the line was a young woman, clearly agitated, who asked insistently what we knew about NutraSweet. Her name is Sandy, and she's hopping mad. Just four days earlier she made the connection between her many health problems and the widely used artificial sweetener.

Sandy had always been health-conscious, and had a diet of mostly natural foods. When she became pregnant she developed thyroid problems, and put on a lot of weight. She began using aspartame (NutraSweet™, Equal™) believing they were natural sweeteners, made up of amino acids like those found in foods. Some of the symptoms that followed were: rapid heartbeat, numbness in upper arms, chest and neck, intense mood swings, hair loss, blurred vision, ringing in the ears, anxiety attacks, and at times she simply blanked out.

Her doctor assured Sandy that the symptoms were not related to her thyroid and suggested they may be due to psychological factors. But the psychologist told her that she was fine. She then began to pay closer attention to her diet and do her own research,

which led her to a comprehensive resource book: *Prescription for Nutritional Healing* by James Balch, M.D. and Phyllis Balch, C.N.C. Here, she found the name of the Feingold Association.

Like millions of Americans, Sandy was under the impression that sugar is far more harmful than other sweeteners, and consumed aspartame in many foods. She added it to her coffee, sprinkled it on cereal, and drank a lot

of diet cola. But gradually, she began to suspect the synthetic sweetener might be connected with the many distressing symptoms she suffered. Sandy read what information she could find, talked with other people on the Internet, and called the company's 800 number. She was told by a representative that NutraSweet "is wholesome. There is nothing in it that can make you sick. You get more of the two amino acids in a glass of milk than you would in NutraSweet."

Sandy had only been off of the artificial sweetener for a few days when she called FAUS, but she already saw a significant improvement. She no longer felt "wobbly" or like she was walking around in a dream-like state.

See page 3 for additional information on aspartame.



Is there a better low/no calorie sweetener?

Feingold volunteers often hear from people who are interested in using the Feingold Program, but believe they cannot give up the synthetic sweeteners they use. In some cases they are using aspartame or saccharine in hopes of losing weight; for others they have a family member with diabetes, and believe the artificial sweeteners are a necessity. Maybe not.

If you have not already heard about stevia (STEE-vee-ya) you can expect to read a lot about this South American plant in the near future.

The variety which is prized for its sweetening properties is known as stevia rebaudiana, and is considered to

be a member of the chrysanthemum family. Its leaves have been used as a sweetener for centuries by Indians in Paraguay who called it "sweet herb" or "honey leaf." It is now being grown in Asia and North America, and is widely used in foods in Japan.

The U.S. Food and Drug Administration has not approved stevia for use as a food additive, but it is allowed to be sold as a supplement, and is now available in some health food stores and by mail order.

Continued on page 4

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.

Special Issue on Alternative Products

Robbie and his mom

Bonnie Zanetti had a very healthy diet, avoided harmful chemicals in her environment, and was a long distance runner. But she felt terrible much of the time. Her son, Robbie, was loved, cared for ... and often violent.

In recalling her childhood, Bonnie remembers some of the many things that made her feel sick. Her mother liked wintergreen candy, and just the smell of it overwhelmed Bonnie. She grew up in a large Italian family, where a traditional meal was served every week, and she would be sick afterward. She would have a bad reaction to cucumber and green peppers, get a rash from strawberries, while coffee and iced tea made her sick to her stomach. Apple juice also brought chronic stomachaches.

In her family she was the one who was sick all the time. Colds were a chronic problem, and her mood switched between lethargy and anger, with violent outbursts. Bonnie hated the way she behaved.

Nobody understood why Bonnie was always sick.

In addition, her stomach would swell as she ate, and it was not unusual for her waistline to increase 2 to 3 inches during a meal. Because hers was a healthy diet, with plenty of fruits and vegetables, Bonnie did not suspect the food; in fact, she thought the swelling she experienced was normal.

After Robbie was born, Bonnie found she could not shed some extra pounds despite a good diet and all the running she did.

But an even bigger concern for her was the out-of-control behavior she saw in Robbie as he grew. He would go into fits of rage, and was especially violent in the stimulated atmosphere of a preschool. If something upset him, he would pick up a toy, or even a chair, and smash it over the head of an unfortunate child nearby. Her marriage had not succeeded, and now as a single mom, Bonnie had to find care for Robbie while she worked. Each preschool would try to work with him until they reached the end of their rope and called Bonnie to come and get him. Robbie's



grandmother loved him and tried to care for him, but she could endure only a few hours before the inevitable phone call.

Bonnie was determined to find answers to the puzzle of Robbie's behavior and for over two years she took him to many different professionals. Every test that they knew was done, and some were conducted multiple times. There was no problem with his fine motor skills, gross motor skills, his eyes, his hearing and he did not have undetected seizures. The one bright spot in the testing was that when his intelligence was measured, Robbie came out as "exceptional." The county's developmental and behavioral program did not help, and when the pediatric neurologist could find no reason for Robbie's aggression he told Bonnie, "You might as well put him on drugs to make your life easier." Her life certainly was not easy. Robbie was very hard to deal with at home, but the stimulation of being with other people was more than he could handle. There was nobody who would stay with him, trying to go to the supermarket was a disaster, and

they could not go to a playground unless it was empty.

Bonnie was determined to find a way to make Robbie's life easier, as well as her own, but not by using drugs on the preschooler. When her mother-in-law gave her a copy of the article on the Feingold Program, which appeared in a November 1996 issue of *FIRST Magazine*, Bonnie plunged into it wholeheartedly.

Not one professional could help Robbie.

Within a week of beginning Stage One she was rewarded with major changes in Robbie, and by the end of the second week the improvement was even better. Now, he could make eye contact and would listen to Bonnie when she spoke to him. Robbie had been like a child on a distant planet, but now the two began to communicate and become very close. Once the chemicals were removed, she discovered a bright, funny, incredibly loving child. At home Bonnie is helping him learn the social skills he missed while his mind was in turmoil. Recently, in his preschool, he unintentionally caused a little girl to fall down. Robbie helped her up, apologized, and gave her a gentle hug.

Now, the calls that come from his grandma are her requests to be able to spend more time with Robbie. The two have become very close. Neither his mom nor his grandma can get enough of this sweet, bright child.

And as for Bonnie, once she understood about natural salicylates, and put herself on Stage One, she began to notice her mind was no longer racing, she wasn't "fuzzy" in her thinking. In addition to the feeling of clarity, she now feels calm, able to focus and stay on task. Another benefit — she lost the extra weight, and is now very slim, despite the fact that, in her own words, she "eats like a horse."

What the commercials don't tell you

Many people, who are otherwise very knowledgeable about good nutrition, believe that aspartame is a harmless alternative to sugar.

Aspartame is composed of three chemicals: phenylalanine (50%), aspartic acid (40%) and methanol (10%). Methanol is also known as wood alcohol, a poison. Unlike the ethyl alcohol found in alcoholic beverages, the body has difficulty detoxifying and excreting methanol.

Phenylalanine and Aspartic Acid

In his book *Aspartame (NutraSweet™) Is It Safe?* Dr. H. J. Roberts writes: "Promotional material for aspartame implies that the body treats aspartame's two amino acids no differently than if they were derived from fruit, vegetable, milk or meat. I disagree. There are profound differences in both the rates of digestion and the degree of absorption depending on whether these amino acids are provided by food or by aspartame. The usual forms of protein (such as meat) contain four or five percent phenylalanine...not 50 percent, as does aspartame. Moreover, they are slowly digested within the gastrointestinal tract, and in tandem with other neutral amino acids. The situation is quite different with aspartame, where the body is suddenly deluged with large amounts of two amino acids."

What is aspartame made of?

It's hard to know exactly what aspartame is. The manufacturer, who is Monsanto's NutraSweet Company (formerly G.D. Searle & Co.), is not obligated to disclose this information. One publication opposing the continued use of the sweetener is NutriVoice. In it, journalist Barbara Mullarkey writes, "Noting that the raw material source and process is NutraSweet Company's proprietary (secret) information, the following statements appear contradictory. In 1983, Denise Ertell, Searle's public affairs director said: 'Phenylalanine is a fermentation by-product of soybeans and corn, and aspartic acid is a total synthesis from hydrocarbons, petro-chemical deriva-

tives.' Yet, in 1984, Kay Fairbanks, R.D., and Marguerite Copel, R.D., nutrition counselors for...Searle's public relations firm wrote 'Neither one (phenylalanine or aspartic acid) is a petro-chemical derivative.' In 1985 Gerry Gaull, M.D., Searle's vice president of nutrition and medical affairs, said that phenylalanine *might* not come from soybeans and corn."

[For more information: *Bittersweet Aspartame, A Diet Delusion*, \$11.00, published by NutriVoice, P.O. Box 946, Oak Park, IL 60303 (708) 848-0116.]



Studies on Aspartame

Dr. Roberts points out that the body handles the sweetener differently depending on the form in which it is consumed. When it is in a liquid the body absorbs it much faster than when it is consumed as a powder.

Aspartame also becomes more potent when it is heated and during storage. In the studies conducted, critics contend, the sweetener was given in powdered form, in a capsule, non-heated, and very soon after preparation so that there was no storage involved.

Studies on rats showed a very high incidence of brain tumors in those fed aspartame, writes Dr. Russell Blaylock, author of *Excitotoxins, The Taste That Kills*. The first studies conducted by the manufacturer (G.D. Searle) produced a rate of brain tumors in the aspartame-fed rats that was twenty-five times higher than what would normally be expected to occur naturally. Blaylock goes on to say "...when brain tumors develop spontaneously in rats, the rate at which they appear begins to accelerate after two years of age, exactly when the Searle study ended."

"No reports"?

Contrary to the assurance Sandy received from the manufacturer, there have been plenty of reactions reported by people who believe that aspartame has triggered a wide range of health and behavior problems. NutraSweet is approved for use in 60 countries; the complaints registered in the U.S. alone are numerous.

In 1988 the Food and Drug Administration's magazine, *FDA Consumer*, reported on the results of their adverse reaction program. This was established in 1985 to monitor reports of adverse effects of food additives. In the three years the program was in effect, FDA had received nearly 5,000 reports of adverse reactions to aspartame. This represents 80% of all the complaints reported.

High flying sweetener?

Numerous aviation organizations and publications have carried articles about aspartame and its side effects:

The Aviation Consumer
Aviation Medical Bulletin
Pacific Flyer
CAA General Aviation (Great Britain)
Aviation Safety Digest (Australia)
General Aviation News
Plane & Pilot
Canadian General Aviation News
Navy Physiology
Flying Safety
National Business Aircraft Association
Digest
International Council of Air Shows

Some pilots have lost their license after suffering from seizures which they have attributed to the use of aspartame.

Additional information is available from the Aspartame Consumer Safety Network, P.O. Box 780634, Dallas, TX 75378; phone (800) 969-6050. For literature on the many health problems attributed to the use of aspartame, send a long SASE and \$1.00.

You can access the Aspartame Consumer Safety Network's web site at: web2.airmail.net/marystod.

What makes it sweet?

David Richard, author of *Stevia Rebaudiana, Nature's Sweet Secret*, writes: "The sweet secret of stevia lies in a complex molecule called steviolside which is a glycoside composed of glucose, sophorose and steviol. It is this complex molecule and a number of other related compounds that account for stevia rebaudiana's extraordinary sweetness."

In its natural state the herb is ten to fifteen times as sweet as sugar, and when it is in a concentrated form it can be as much as 300 times as sweet as table sugar. A single drop of the liquid version can sweeten a cup of tea.

Stevia is believed to have virtually no calories and to be safe for use by diabetics. (Check with your doctor if you are being treated for diabetes.) Unlike sucrose (sugar), advocates claim it will inhibit the development of dental plaque.

It is not altered by heat so it can be used as a substitute for sugar in baked goods. The only drawback is that, unlike sugar, it does not have a browning effect in baked foods.

You can read more about stevia and how to use it in these books:

Stevia Rebaudiana, Nature's Sweet Secret by David Richard. It sells for about \$6 and is available at many health food stores.

The Stevia Story - The Forbidden Alternative to Aspartame, by Linda Bonvie, Bill Bonvie, and Donna Gates is available from the Aspartame Consumer Safety Network for \$15.95 plus \$5 shipping.

The stevia products sold by NOW Foods of Glendale Heights IL have been researched by FAUS and are acceptable for Stage One. They carry stevia in the powdered herb, the white extract, and the liquid. NOW offers a trial size (1/3 ounce) container of liquid stevia extract for only \$1.99. Some health food stores carry NOW products, and they are also available by mail order from The Fruitful Yield. To place an order or receive a free catalog, call (800) 469-5552.

Better Ways

Who would want to give up the many benefits modern chemistry has brought? But creative solutions are being found to keep the advantages without sacrificing our environment or personal health to enjoy them.

The overuse of antibiotics has created a potential public health disaster. Many prescriptions for antibiotics are written even when their need is questionable. Animals are routinely given antibiotics to enhance growth and compensate for the crowded conditions in which they are raised. As a result, bacteria have mutated into stronger strains that are resistant to most of the available antibiotics.

Researchers at Yale and Tufts are exploring ways that these bacteria can be altered, using RNA strands, to remove their ability to resist the activity of antibiotics. The work is promising, but a long way from practical application.

Meanwhile, one doctor has set out to champion the use of an ancient substance believed to offer the benefits of antibiotics, without adverse side effects. What's more, bacteria do not develop resistance to it. The doctor is Cass Ingram, and the substance he promotes is **oil of wild oregano**.

In his book *The Cure Is In The Cupboard*, Dr. Ingram describes the long history of this oil, and emphasizes that it must be genuine wild oregano, not the other plants that are usually sold as oregano (but are actually sweet marjoram or Mexican sage.)

"Pharmaceutical houses cannot provide medicines capable of stemming the rising tide of drug resistant infections," Ingram notes. "Incredibly, drug companies are, for the first time in recent history, evaluating the potential of natural substances, as well as compounds which enhance immunity, as the answer. Yet, in the 1930s natural compounds were the primary substances dispensed for treating infections, and it was the advent of penicillin in the 1940s which displaced them. Before penicillin, itself a natural compound, doctors prescribed a wide range of natural antiseptics, and the list

included sulfur, garlic, ginger, golden-seal, echinacea, thyme, camphor, and horseradish.... a review of the labels of old medicine bottles reveals that natural medicines were the mainstay, and this was the case throughout America for over 200 years."

Oil of wild oregano is not the only plant which possesses these antibiotic properties. Ingram names many others as well. He continues, "For untold centuries herbalists and physicians throughout the world used natural substances for treating infections, and microbial resistance was never a problem."

Natural alternatives are of interest to Feingold members on many levels.

The primary attraction is that they are not likely to be in the form of synthetically dyed pills or capsules.

The second feature is the desire to avoid drugs which contain salicylates — found in many compounds beside aspirin.

Finally, as Feingold families take charge of their own health, and realize that there are many options, they want to be given as many choices as possible, and be an informed participant in health care decisions.

There are other potential benefits of plant oils

Dr. Ingram provided articles from various scientific journals discussing the antioxidant properties of essential oils, which are being investigated as substitutes for synthetic antioxidants such as BHA, BHT and TBHQ. This would be wonderful news for health conscious consumers, especially those following the Feingold Program. Many plants are also believed to possess antifungal properties.

The Cure Is In The Cupboard; How to use Oregano for Better Health
by Dr. Cass Ingram
Knowledge House, Buffalo Grove,
IL 60089 (800) 243-5242

Feingold



News

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December 1997/January 1998

1998 Conference plans are in the works

FAUS will once again be holding the annual conference in Northern Virginia. We will be meeting in Fairfax, with our two-day seminar at George Mason University on July 17 and 18. The FAUS board of directors will meet during the preceding week. In the past the conference has been held in June, but conflicts with graduations have sometimes made it difficult for our members to attend.

The Conference is open to members and to the public.

Congratulations

...to Mrs. Ben Feingold, who received two special gifts for her 93rd birthday in November. Her grandson, David, and his wife welcomed a baby boy in September, and her granddaughter Paula, gave birth to a little boy in November. Paula and her husband named their son "Benjamin" in honor of his famous great-grandfather.

David is in his last year of residency in anaesthesiology and Paula is in her last year of medical school.

Do you have e-mail?

Our web master will send you occasional newsy e-mail of interest to Feingold Association members. There is no charge for this service and you can start or stop it at any time.

We are planning a forum for members to chat on various topics of interest using e-mail. Send your e-mail address to Shula@feingold.org.

Don't forget to check our web site: www.feingold.org.

"Mega Answers to ADHD"

Dr. John Taylor, author of many books on ADD/ADHD, will be presenting his popular workshop. This is an excellent all-day seminar on parenting skills and strategies for helping the child who has behavior and attention problems. Nutritional approaches, including the Feingold Program, will be discussed briefly.

El Paso, TX - March 7

Killeen, TX - March 13

Syracuse, NY - March 21

Portland, ME - March 27

Washington, DC - March 28

San Francisco, CA - April 4

Denver, CO - April 18

Calgary, Alberta, Canada - May 2

Toronto, Ontario, Canada - May 9

Detroit, MI - May 30

For information call 1 (800) VIP-1-ADD.

Thank You Thank You Thank You Thank You

...to Welsh Printing and EllisMail for donating their printing and mailing to help FAUS send out a special mailing to members concerning actions taken by the Medical Board of California.

...to Carolyn and Timothy Brocksmitth. Carolyn's story appeared in the last issue of *Pure Facts*, accompanied by Tim's story, "Sam Who Couldn't Behave."

These powerful articles have triggered a very positive response. Several moms called the FAUS office to say the stories moved them to tears. One made copies and sent them to local TV stations. (Readers are welcome to photocopy *Pure Facts* articles and share them with others.) And a nine-year-old who had refused to stay on the Program read the story Tim wrote and decided to go back on his diet.

...to Barbara Reed Stitt and the folks at Natural Ovens of Manitowoc, WI for the article in your newsletter telling your readers about the Feingold Program. See the mail order section of your materials to contact them and learn more about their delicious, natural baked goods.

...to Sharon & Dan Schexnayder, Michelle Kirchner and Lisa Sharpnack for enabling so many people in Illinois to learn about the help we can provide.

...to Pamela Sims for inviting the Feingold Association to appear on her new radio talk show, *Awakening Your Brilliance*. It will be aired on CHSC-AM in St. Catharines and Toronto, Canada beginning February 4 from 5:30 to 6:00 PM.

Pam is the author of *Awakening Brilliance*, an inspiring book for teachers and parents; she shared her insights with us at the 1997 FAUS Conference.

Getting Acquainted

Honolulu, HI - Teresa Nielsen would like to meet other Feingold moms. Her number is (808) 732-0692.

Richmond, TX - Keri Underwood is a full-time mom and the mother of 4 year old Blake. She would like to be in contact with local Feingold parents to share information or experiences.

Illinois

Do we have any members in Illinois who work with or for the Department of Children and Family Services? One of our members is seeking information and advice. Please call Jackie at (773) 719-1052.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

AMERICA'S CHOICE Crispy Rice Cereal and MALT-O-MEAL Crispy Rice Cereal are unacceptable for use on the Feingold Program. They now contain BHT in the packaging. At this time the other varieties of MALT-O-MEAL cereals which appear on your Foodlist are still acceptable.

ALBERTSON'S Cherry and Blueberry Pies were only recently added to our Foodlists, but now should be removed. The manufacturer has switched from using shortening in their pie crust to margarine, which contains artificial flavoring.

If your current Foodlist has Reddi Whip Lite, please remove it; this product now contains artificial flavoring.

OLD EL PASO Vegetarian Refried Beans now contain chili pepper and should be moved to Stage Two.

Product Cautions

HENRY THAYER'S Slippery Elm Throat Lozenges come in three flavors: Plain, Cherry, Rose Hips. The Plain variety is found on Stage One in Foodlists. We will try to get information on the other two flavors.

PANDA Licorice: There are two listings: Panda Licorice and Panda All Natural Raspberry Flavored Chew. The Panda Licorice is the black variety and is Stage One, while the Raspberry is Stage Two.

Some good news: Bakeline Products has assured PIC that their MASTER CHOICE Chocolate Chip & Pecan Cookies contain pure vanilla, and any bags which list artificial flavor are a mistake.

Product Changes?

You can contact the Product Information Committee to report any changes in products. The address is:
ProductChange@feingold.org.

Talking about us

When you contact a food manufacturer please be sure to tell them your family follows the Feingold Program. They need to know there is a demand for products free of the unwanted additives. Companies making natural foods often receive letters of thanks from Feingold members; these letters are greatly appreciated.

Need another Foodlist?

Any current member may purchase additional copies of our Foodlists at cost. Call (516) 369-9340 in New York or (703) 768-3287 in Virginia.

PIC Report

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

Stage One

AXELROD All Natural Sour Cream, All Natural Vanilla Lowfat Yogurt, All Natural Rice Pudding Mini Dessert (available in states east of the Mississippi River)

CEDAR GROVE Cheese: Butterkase, Yellow or White Colby, Mild Cheddar, Monterey Jack, Organic Monterey Jack, Organic Reduced Fat Cheddar, Organic White Cheddar, Reduced Fat Yellow or White Cheddar, Reduced Fat Yellow or White Colby, Reduced Fat Farmer (Cedar Grove cheeses are found in stores and specialty shops and available via mail order (608) 546-5284.)

DEBOLES* Fettucini with Alfredo, Shells & Cheddar
ESKIMO PIE Original (CS)

GOLDENBERG'S Original Peanut Chews (CS,SF),
Chew-ets with Fresh Roasted Peanuts (CS,SF)

GRAINFIELD'S Distinctly Lite Rice Cereal

HY-VEE (Hy-Vee supermarkets) EXTRA TENDER Pork:
all cuts sold under this label. (available in Midwest)

MAGICK BOTANICALS* Fragrance Free Products:

Cleanser for the Chemically Sensitive, Oil Free
Moisture Cream Lotion, Conditioner for Thinning Hair,
Shampoo for Thinning Hair - mail order (800) 237-0674

OLD WORLD Beeswax Cream Lotion: Bee Balm Hand
& Body, Bumble Bee Balm, Pack Balm

The products are sold in garden and ceramic/pottery
stores; or mail order (406) 726-3480

PACIFIC BAKERY* Yeast Free Breads: Kamut, Millet
(Whole Wheat), Multi-Grain with Flax Seed, Spelt
Multi-Grain, Kamut Bagels - Wheat Alternative,
Rye - Wheat Free, Sourdough Multi-Grain
mail order (760) 757-6020

PUBLIX (Publix supermarkets) Heavy Whipping Cream,
Sweet Cream Unsalted Butter (Southeast)

RICE* Low Fat Spread Creamy Butter Flavor (CS) dairy
substitute

THE BAKER Seeded Whole Wheat Boule,
Toasted Corn Boule

VITA GOLD Frozen Concentrate for Lemonade (CS)

Stage Two

ANNIE'S NATURALS Goddess Dressing (cider vinegar)
HILL COUNTRY FARE Real Mayonnaise (paprika)

(available at HEB foodstores - Texas only)

OSCAR MAYER Bun Length Beef Franks (CS,N,
MSG/HVP, cloves)

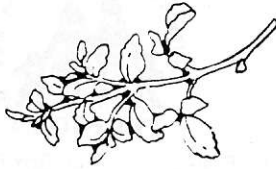
PACIFIC BAKERY* Yeast-Free Bread: Spelt Cinnamon-
Raisin, Kamut Almond-Raisin (mail order)

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.

Some more sweet news

There's another sweetener, in addition to stevia, which is gaining attention. It goes by the name fructooligosaccharide or FOS. While it is only about half as sweet as sugar, it provides nutritional benefits. At this time the cost is too high for it to pose a threat to the sugar industry.

A good description of FOS is found in *The Yeast Connection and the Woman*, by Dr. William Crook. He includes information he has received from food experts: Beatrice Trum Hunter, Betty Kamen, Nicolette Dumke, and Marjorie Hurt Jones.



FOS is not broken down until it reaches the large intestine; it is there they nourish the beneficial bacteria, without the drawbacks of other sugars. The addition of a little FOS to unflavored yogurt will add some sweetness while enhancing the benefits of this food.

FOS is generally available from companies selling supplements.

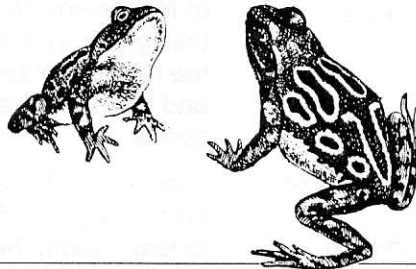
How do you get rid of a wart?

These unwelcomed intruders have been the stuff of folklore and superstition for centuries, and are still a puzzle to those who suffer from them and those seeking a remedy.

The biggest problem for the salicylate sensitive Feingold member is that virtually all of the commonly-used remedies are based upon salicylic acid.

One member reported success with a homeopathic remedy called Thuja. She rubbed the ointment on the warts and gave her son Thuja orally in the sweet tasting little pellets so often used in homeopathy. After several weeks of use the warts were gone.

Homeopathic products (which are free of synthetic colors and flavors) are generally well tolerated by chemically-sensitive people, but it can be hard to know which one to try. There are many types of remedies and different types of warts.



Highly sensitive skin?

It can be difficult for the extremely sensitive person to find a hand lotion they can tolerate. After trying nearly every product on the market, one resourceful Feingold adult has found a solution that works for her. First she wets her hands, then dips one finger into any edible oil which is tolerated (such as soy, sunflower, walnut safflower, etc.). Rub this small amount of oil on the hands to help soften the skin. She finds this works

as well as commercial lotions, and does not leave her hands greasy.

Her solution for shampoo and soap is to put baking soda in a shaker container (like the ones Italian restaurants use for parmesan cheese). She sprinkles a small amount of it on her hands in place of soap. She also finds it works as a shampoo — use less than 1 tablespoon full.

Note: Be sure to keep the baking soda away from your eyes.

Those awful cold sores

Many medicines and remedies have been tried to treat the problem of recurrent cold sores, but nutrition oriented doctors have a favor-

ite: lysine in the form of supplements and cream. Quantum Super Lysine Plus cream is Feingold-acceptable, and available at health food stores.

Cleaning up produce

Citrus fruits are generally dirty when they are picked and need to go through a thorough washing before they are sold. Currently, most are cleaned with a solution using chlorine bleach. This is undesirable for both people and the environment.

Fans of irradiation offer it as a solution, but the safety of this technology continues to be debated. Enter ozone, something we hear a lot about. Ozone is an important shield for our earth, but high levels may cause people to feel ill when it is produced by improperly monitored indoor air filtration systems; but it might be just right for oranges and grapefruits. Some fruit growers are using a solution of water with added ozone gas, created by electricity, as an effective washing agent. The ozone gas does not have a harmful effect on the fruit or the environment.



Competition for the crayon giant

While Binney & Smith is busy inventing more ways to add potentially harmful fragrances to its Crayola brand crayons, its competitor, Dixon Ticonderoga Company, is looking for ways to make their Prang brand crayons more Earth-friendly.

Their new Fun Pro crayon base is made from soybeans, not from petroleum. They do not have any added scents, but do use synthetic dyes (which should not pose a problem for most Feingold children). The company is investigating the use of natural pigments, but that would greatly increase the cost, and would limit the color choices.

Look for the black box with pandas on the front. Some office supply stores carry them.

Natural pigment crayons

The FAUS Resource Catalog now has crayons made from all natural materials. The cost is \$8 plus shipping for a box of 8 crayons. Call (516) 369-9340 for details.

Past Issues of Pure Facts

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

December 1996/January 1997

Cholesterol & moods
NutraSweet in the headlines
Fats: good, bad, or ?

February 1997

Depression
Diet & autism - Dr. Robert Cade
Chocolate

Healthy Living in a Toxic World

March 1997

Survey of FAUS membership
yields new information
Solutions in education
Awakening Brilliance

April 1997

Special help from the school
Food labels misleading
Disabilities laws
Dry erase markers

May 1997

Life on the Mommy track
Eating Out: Luby's Papa John's
Einstein Brothers Bagels
Miserly Moms

June 1997

Sensory integration dysfunction
How critics view the program
Feingold Resource Catalog

July/August 1997

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"Good Nutrition" is not always
the answer

22nd Conference report

Jerry Mills

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Gasoline additive

Copies are available. Please include your name and full address, plus \$2 for each newsletter. Mail to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

AIA (Autism, Intolerance & Allergy) News

Congratulations to the AiA of the United Kingdom on their groundbreaking conference.

In October the AiA-UK Parent Support Group presented a conference entitled "The Medical Basis of Autism."

This was a major undertaking for AiA-UK, drawing together internationally acclaimed medical professionals and parents worldwide from as far as Japan.

The first of its kind in the U.K., the conference was devoted entirely to the medical issues in autism, including gastro-intestinal research, gluten & casein-free diets, MR/MMR vaccine and immunogenetic association with autism.

To learn more about the conference and the work of the AIA-UK check their web site at: www.demon.co.uk/charities/AIA/aia.htm or write to: AiA, 3 Palmera Avenue, Calcot, Reading, Berkshire RG31 7DZ, UK.



New AIA Director

Our grateful thanks to Deborah Tritschler for all her work in initiating the AIA Program for FAUS. She will be stepping back due to family commitments.

This work will now be directed by Jean Curtin, whom some of you will remember from the 1996 Conference in Orlando, FL. Jean is the parent of an eleven year old son with autism, Michael, and a fourteen year old daughter, Lisa, also has special dietary needs.

The new AIA Program telephone number, located in New York, is (315) 597-6749. Jean will be available to take your phone calls during the months of January and February on Mondays and Wednesdays between the hours of 8 am and 1 pm.

The conference speakers were:

Mr. Richard Barr
Dr. Ann Mari Knivsberg
Dr. John Linnell
Dr. Hugh Fudenberg
Prof. Michael Gardner
Dr. John Martin
Dr. Sue Minney
Dr. Paul Shattock
Dr. William Shaw
Dr. Michael Tettenborn
Dr. Andrew Wakefield
Dr. Rosemary Waring
Dr. Reed Warren
Mr. Paul Whiteley

Pure Facts

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Pat Palmer

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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