

# Pure Facts

Newsletter of the Feingold® Association of the United States



April 1999

Vol. 23, No. 3

## Life gets easier for Feingold families

The options are increasing, not only for families living close to the stores that sell natural food, but even for those living at a distance.

At the end of March the rapidly expanding chain of natural food stores, Whole Foods, introduced its on-line catalog. This will open a huge variety of choices.

In the September *Pure Facts* we highlighted the chain's chocolate sandwich cookie, an Oreo look-alike, but made with none of the synthetic chemicals we eliminate.



FAUS is in the process of researching many of the other products being introduced under the various Whole Foods labels: "365," "Whole Foods," and "Whole Kids." Because the company's own guidelines are very strict, we anticipate that all of them will probably be acceptable for either Stage One or Stage Two.

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## Social skills problems are a hallmark of Asperger's syndrome

The Feingold Program has been a help — a huge help, especially with your child's behavior, but there are still problems, especially with his peers. Here is one possibility to consider.

Asperger's syndrome was first identified by a Viennese pediatrician more than 50 years ago, but it is only recently that this collection of characteristics has begun to gain recognition. One reason may be the dramatic increase in children with autism, which shares many traits. (There is disagreement over whether Asperger's is a form of autism or a separate syndrome.) Another reason why we have not heard much about it is that the characteristics can be so close to what we perceive as normal behavior, with the difference being only one of degree. For example, many children become fascinated with a particular subject (dinosaurs, astronomy, etc.) but for the child with Asperger's the interest is too intense and too limiting.

How many of us have known a colleague, playmate, relative or professor who has narrow interests in one

subject, to the exclusion of others? He is intelligent, but seems to lack common sense, especially when it comes to social interactions. We consider his behavior to often be rude, or at least inconsiderate, but if we suggest this he is truly baffled. A hallmark of Asperger's is the individual's inability to see how his words and actions affect us, his lack of empathy. If his senses are overloaded, if they are unusually affected by loud noises, bright lights, etc., he is likely to react in ways that seem irrational to us, and this further removes him from the mainstream.

**"The patterns [of Asperger's] include a lack of empathy, little ability to form friendships, one-sided conversations, intense absorption in a special interest and clumsy movements."** *Asperger's Syndrome, A guide for Parents and Professionals*, by Tony Atwood

The rapid increase in the use of computers may be another reason that these characteristics are gaining attention. Good social skills are needed in order to succeed in most jobs. (Daniel Goleman, author of *Emotional Intelligence*, introduced us to the concept that intellect is not the most important factor in success. It's not the class valedictorian who is likely to end up as CEO of a company, but the B student who got along well with the other kids.) But now, there is a vast industry that benefits from the skills of the narrowly-focused young prodigy, and he will find plenty of opportunities for a successful career in computers, without the need for the all of the usual social graces.

The beliefs that it primarily affects boys and that there is a genetic factor at work in Asperger's are supported by practical experience.

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit 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 Asperger's syndrome

## Learning how to help Jesse

by Teresa Nielsen

In his short life, Jesse has had major challenges, but when there are problems there are often solutions. We need to listen carefully to our children, and trust our instincts.

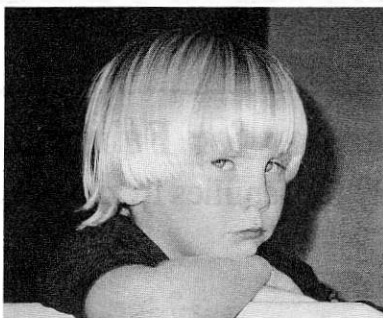
Jesse's troubles began even before he was born. During the last 3 months of my pregnancy I could tell the baby experienced real distress. I couldn't drink a glass of orange juice without sending him into fits which sometimes lasted 48 hours. Everyone said, "oh, you're having a boy, he's just very active," but it wasn't like that at all. The motions he would make inside me were scary, almost like he was trying to rip his way out. I was nervous about it, and of course it was uncomfortable, but that wasn't what bothered me, it was an instinct that told me something was wrong. I couldn't wear perfume at all (I've worn it for years) because it set the baby off. The same was true of my toothpaste; during the last trimester I had to brush my teeth with baking soda.

It was a terrible delivery. His heart rate was erratic and the doctor ended up delivering him with forceps. Jesse was bruised and it was hard to settle him down. The nurses said he was hungry and insisted on giving him formula — he didn't sleep at all after that! Looking back it makes perfect sense, but at the time it all seemed very odd.

Over the next few years Jesse had many illnesses and his temperature sometimes rose to 107 degrees! He had numerous rounds of antibiotics and was plagued with rashes, vomiting — as much as 30 to 40 times a day — and sleep difficulties. In fact, as Jesse grew, he 'never slept;' he would just sort of pass out.

Things got really bad after his immunizations. The only way we were able to help him relax was to swaddle him. We could not use the swing, carriage, or any of the baby equipment we had bought. He needed to be held constantly.

I was sure Jesse reacted to the colored medicine and kept saying to his doctors, "You know, I don't think he does so well with red, and I know he doesn't do well with the yellow medi-



This is 4 1/2 year old Jesse during a salicylate reaction. The handwriting samples are from October and November of last year.

cine for congestions." "No No," was their response. Jesse saw many doctors, and I often mentioned that I felt there was a connection between what he ate and how he acted, but they didn't agree. (A special thanks to Dr. Jeffrey Lim and Dr. Linda Fickes...they know why.)

As I introduced new foods I noticed Jesse did really well with pears but not with apricots or peaches. He seemed to tolerate watered-down pineapple juice, but when I gave him apple juice it was like I was pouring rocket fuel into him.

After a preschool teacher told me about the work of Dr. Feingold and Dr. Rapp I realized that behavior was, indeed, connected to allergies and sensitivities. When Jesse was about 2 years old he had an allergy blood test that indicated he was violently allergic to eggs, which explained some of the problems he had after the vaccinations. We got rid of eggs and saw some improvement; Jesse was able to walk and play, to do all the normal things that hyperactive kids learn to do, but he still didn't sleep well and was sick with high fevers, vomiting, etc., about once a month. He had many rounds of antibiotics and X rays.

We reached a crisis point with Jesse just before he turned 3. I could no longer take him anywhere as it was dangerous. He was old enough to get away from me, very strong, and had absolutely no concept of danger. There



was one memorable day at the grocery store. My pediatrician had suggested I read the book *Parent Power* and I was trying to follow it. I was determined to be consistent, to show him that "I was the boss" and that we were going to get groceries. I took him in the store and began shopping, while Jesse became increasingly agitated. By the time the cart was half full, my son jumped out of it, began pulling things off the shelf, screaming, crying, and laying on the floor pulling his hair out. Still following the admonitions in the book, I left the cart, brought him outside, spanked his bottom and said "when you're done crying Mommy will take you back inside; we are going to get the groceries." We repeated this scene three times, with Mom never losing her patience and being consistent, but things were just escalating, and he was hysterical.

I looked into his little face and realized that this was not a discipline problem, this was not a spoiled, indulged child. Something was wrong!

Back home, I looked through all my books, pulled out Dr. Feingold's book and read it. I did the best I could, trying to figure out what foods to give him. Now we began to have some really good days, some fun days. (I always know that when I can go to the bathroom alone it's a good day!) I also started using pear juice, and found it was well tolerated.

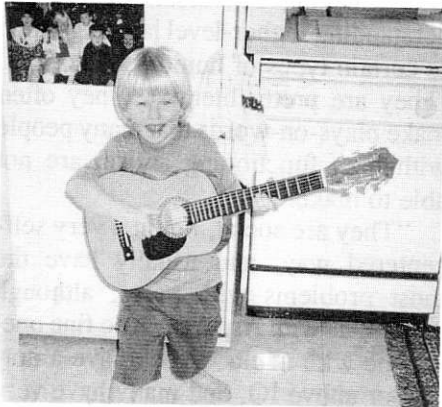
*Continued on page 3*

Jesse, from page 2

We began trying to eat out but even when we thought we were being careful, there were major reactions.

One day, I thought "if Dr. Feingold was still alive I'd go see him." Living in Hawaii, we're far from everything, but I would have traveled anywhere! Then I thought, maybe there's new research on this, and called the library. They gave me the Association's phone number and that changed everything.

We still have problems, and are seeing some of the symptoms of either autism or perhaps it's Asperger's. But I've learned to keep searching. I realize now that without putting him on the diet, without the information I was able to get from you people, my little boy would have missed so much of his life.



Above, Jesse is feeling a lot better, and notice the difference in his handwriting.

Before he started the Feingold Program he was having hallucinations, he was seeing people who weren't there. He would have blackouts — big time periods that he did not remember. Jesse was fearful. He couldn't go to a carnival or a park with other children around, he couldn't go to birthday parties. There are so many things he's been able to do in the last two years directly as a result of Benjamin Feingold, not to mention the work that you all have been doing. For the past two years, we've not only had good days, but we've had good weeks, though we've never exactly had a good month. We've had some really wonderful, fun times with our son, and we've had about two years without having to go to the doctor once a week! We used to have astronomical doctor bills and no real answers until Feingold.

I see over and over that I have to listen to myself and my son. Nobody knows how they're doing as well as the children themselves; I need to remember to "read" my child and really listen to what he has to say, and to try and find answers.

Jesse has not only been on Stage One for the past two years, but we also have to limit the trace salicylates.

Around October of this past year he began having problems. We noticed dark circles under his eyes. He was very nervous and began developing a lot of little repetitive gestures, things that are indicative of autistic tendencies. I started working part time while Jesse was in school, and I loved it, but I could tell he was beginning to get overloaded. When his senses have

JESSE  
TERESA  
DADDY

maxed out he begins to have difficulty sleeping, doesn't eat well, and is very nervous. Eventually, he ends up being vulnerable to an infection of some sort. I try to head it off at the pass. When I see my child is stressed out I bring him home from school a few hours early or don't send him in at all. I do the minimum of explaining about this, because (of course) I take a lot of flack; but it's worked well.

Now that I had this job, I told myself that Jesse had to learn what the real world is like. He was going to be 5 years old in December, I reasoned, and he's got to learn how to handle stress; but all the while I was telling myself this, I didn't feel comfortable about it. Then over Christmas vacation we got his diet straightened out and he had some good days. But it was obvious we weren't out of the woods yet.

Back in school after the vacation, Jesse was having discipline problems but nobody had told me this. His teachers saw him as rude, trying to manipulate them, and argue with them. His kindergarten has what they call "challenging work" and if Jesse did not complete it he was punished by having to miss recess.

It all came to light one night when Jesse looked up at me with big tears in his eyes and said, "Mommy I'm afraid. I'm afraid of 'challenging work' and I'm afraid of my school because my brain won't do what the teacher tells it to."

They may have been dealing with a little boy with characteristics of Asperger's, a child who was so stressed out from not being able to perform in the way he felt he should that the anxiety itself was causing the behavior problems and the symptoms we've seen at home. Once again, our children can tell us so much if we will listen closely and trust our instincts.

When things haven't gone well, some have suggested "the diet is not working," but that is ludicrous. When I hear that I just want to pop off and tell them, "Give him a glass of orange juice and come back in 4 days and tell me if the diet is working" because what we deal with now is so low level compared to where he'd be without it.

### A new revelation!

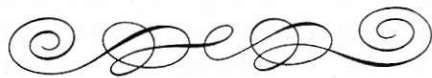
I think we're on to something significant! Here in Hawaii, we have an abundance of fresh fruits, including bananas and papaya. There's a variety of banana which is smaller than the common version. It goes by the name "apple banana" and is just right for a small child like Jesse. Another fruit he has been eating for some time is called "strawberry papaya," which is a little sweeter than regular papaya. It only recently occurred to me that these are hybrids and that they undoubtedly contain salicylates — I just thought they were cute names!

We're back to the familiar (stage one) bananas, papaya, and other fruits I am sure of, and — guess what — the neat little Jesse is back as well!

Asperger's, from page 1

"People with Asperger's Syndrome perceive the world differently from everyone else. They find the rest of us strange and baffling. Why don't we say what we mean? Why do we say so many things we don't mean? Why do we so often make trivial remarks that mean nothing at all? Why do we get bored and impatient when someone with Asperger's syndrome tells us hundreds of fascinating facts about time-tables, the individual numbers carved on lamp posts in the United Kingdom, the different varieties of carrots or the movements of the planets?" *Asperger's Syndrome, A guide for Parents and Professionals*, by Tony Attwood

Literature, theater, film and television have always exploited the humor in situations where one or more characters is just a little out of sync with the rest of the world. More recently, Star Trek's Mr. Spock — the very rational, factual, detail-oriented individual — brings another facet of Asperger's to life.

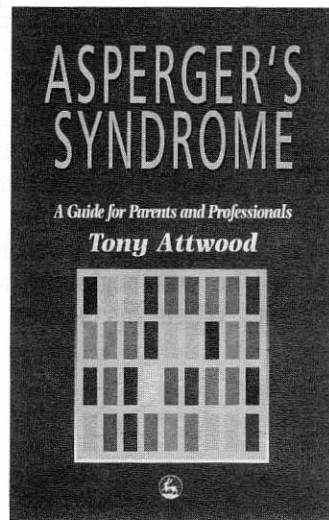


"But the salient feature of the disorder is the child's preoccupation with a favorite subject ... and will talk about it, often in a monotone or in strangely affected speech patterns, at great length and at inappropriate times. Nor will the child detect, understand or heed attempts by others to stop. He or she will often avoid making eye contact with others....

"The child can memorize numerous facts and understand what they mean. In fact, the child with Asperger's Disorder is described as a 'little professor,' spewing out facts and figures with the air of an expert in the field."

"How to tell Asperger's from autism," by Edward Susman. *The Brown University Child and Adolescent Behavior Letter*, Jan 1996.

For a long time 5 year-old Kevin was preoccupied with a home video that had been taken during his birthday party. He played it over and over, paying close attention to the screen. His mom thought he was merely interested in seeing himself on the tape, but after he attended another child's party she realized Kevin had a different purpose. At the party he behaved appropriately; he remembered all of the activities on the tape, the verbal directions he had been given in the film, and put them into practice. Kevin had used the tape as his tutorial, his "how to behave at a birthday party" lesson!



*Asperger's Syndrome, A Guide for Parents and Professionals*, by Tony Attwood. Jessica Kingsley Publishers, London. 1998.

Resources are beginning to be developed for parents of children with Asperger's syndrome and for affected adults. One of the early organizations formed to provide information and support is the Asperger's Association of New England. Information on finding professional help in New England is available by calling (617) 527-2894 or accessing their web site at:

[www.autocyt.com/aane](http://www.autocyt.com/aane).

Other suggested resources are:

ASPEN: (904) 745-6741 and

Oasis: [www.udel.edu/bkirby/](http://www.udel.edu/bkirby/asperger)

asperger

One parent of a child with Asperger's describes the characteristics as he understands them.

"Asperger's is not the same as high functioning autism, although many clinicians seem to want to equate the two. It is a similar neurological dysfunction which results in children/adults who have superficially normal expressive language, although they have difficulty having conversations and understanding higher-level language such as certain types of humor and teasing. (They are pretty literal.) They often make plays-on-words that many people with high functioning autism are not able to make.

"They are social, but in a very self-centered way, and usually have the most problems with peers, although many kids with Asperger's do fine one-on-one with adults. They have a normal or above IQ, and many have very intense interests ranging from the same things as other kids (only more intense) to rather bizarre interests such as obsessions with maps or street names or doorknobs. Many, if not most, also are rather clumsy or have significant fine motor skill delays. Also common are attentional difficulties similar to those seen in ADHD."



Please seek the help of a qualified professional if you suspect your child has any of the various developmental delays.

Katie was only five years old, but her social skills were unusually good. When she approached a new situation — perhaps a party or other social event — she stood quietly on the sidelines, sizing up the actions of others. Once she had a "handle" on it, she entered the group with behavior that matched the others. Her older sister, by contrast, would march right in, confidently entering a new situation with little awareness of how others behaved. She operated from within, and did not understand she should adapt her actions so they would match the event.

# A personal perspective on Asperger's syndrome

by Marilee Jones

To introduce you to Asperger's syndrome (AS) in a quick, concrete way would be to quote from someone as noteworthy as Ami Klin or Fred Volkmar from the Yale Child Study Center. To introduce to you AS from a personal point of view I'd have to insist that you see the strengths, vulnerability and profound tenderness that has a resilience of super human ability that I have seen.

To introduce you to AS from a child's point of view — a child with AS would show a picture of despair, distortion, confusion and yearning.

Referred to by some as "Jr. Autism" or "Autism Light," it is a milder manifestation of what we call autism. Currently the politically correct term to use is "Spectrum Disorder." By definition AS is "a severe developmental disorder characterized by major difficulties in social interaction and restricted and unusual patterns of interest." (*Ami Klin, Ph.D.*)

The behavior of individuals with AS is often disruptive in social situations. This is due to their concrete thinking and lack of understanding of how to behave in social situations. The disapproval they receive from others is confusing to them, and can then trigger more inappropriate responses.

"Very typical looking children can have very atypical responses to what appears to be very typical situations. This is often the result of their over or under responsive sensory system." (*Debra Dickson, R.P.T.*)

Research suggests that AS is a neurobiological language based disorder. Interestingly, AS shares many similarities with other nonverbal learning disabilities, as the children are

likely to possess an above average IQ. Because the child with these characteristics appears to be bright, and speaks well, others expect him to do well both in school and in social situations. When he cannot do this, he is accused of deliberately being disruptive.



Because the child's inner world is one of chaos, he feels a desperate need to organize his surroundings; as a result others see the child as too controlling.

His verbal or physical attempts to control the outside world are clumsy, and bring about resentment in others. Such a child might be helped by a variety of interventions, including: sensory integration therapy, diet management, removal of gluten and casein, the rote teaching of social skills, and structured support in the classroom. These children can be helped to fit in better with their peers.

Some of the characteristics of people with AS can include: avoidance of eye contact, tactile defensiveness (not wanting to be touched), poor coordination, hyperactivity, poor visual spatial organization, difficulties in problem solving and understanding humor, fear of loud noises, a need for sameness, difficulty in understanding the feelings of others, and repetitive speech or actions.

They must be taught even the simplest skills, such as saying "uh-huh" or "I see" to acknowledge that they have understood what another person is saying to them. They need to be taught that when they receive a phone call and are busy, they should say "I'm sorry, I can't talk now; may I call you back?" Not "I'm busy." Click.

The good news is that, if they are provided with the help they need, these children can learn the appropriate behaviors that come so naturally to others.

Few adults understand that the child with AS is behaving in a way that seems appropriate to him, and even fewer children understand this. These are the children who are teased unmercifully by the other kids. This is one of the saddest parts of Asperger's syndrome. The child is so close to "normal" that he is expected to act like others. He is bright, and understands that he doesn't fit in, but he does not know what to do to change this.

As a parent and an advocate you have to educate yourself and pass this information on.

You cannot sit idly by and hope that each professional who works with your child will understand AS. It's crucial that each member of the team that determines the fate of these children be as educated as possible, and that includes parents.

Many experts agree that when they receive effective treatment these children have a high degree of recovery.

The seldom-seen side of these children is that once humor is taught they are the funniest. Once thoughtfulness is taught they are the kindest. Once feelings are taught they are the ones who love with a depth that is unparalleled. As the mother of a child with Asperger's I can tell you that he is the kindest soul I know; he has the heart of a prophet and he is the steady light that illuminates this uncertain path we travel together.

How lucky I am that for now he is mine for safe keeping.

## Life gets easier, from page 1

You will be able to order from a selection of more than 6,000 non-perishable grocery, nutritional and health & body care products at [www.wholefoods.com](http://www.wholefoods.com).

**Wild Oats/Alfalfa's** is a chain of natural food supermarkets located primarily in Colorado, but they have recently opened stores in: Santa Monica CA, Miami FL, Dallas TX, Indianapolis IN, Las Vegas NV, Memphis TN, Tempe AZ, and Albuquerque NM. Wild Oats is also in Sunnyvale, CA.

They anticipate opening (or relocating) new stores in these cities during 1999: Eugene OR, Hinsdale IL, Kansas City KS, Miami FL, Salt Lake City UT, and Santa Fe NM. Call them at (800) 494-9453 for more information.

You can buy many of their products on-line from Wild Oats via their web site:

[www.shopwildoats.com](http://www.shopwildoats.com).

"ADHD Angels" is the name of a new business established by two Feingold moms living in Illinois.

They offer mixes for cakes, breads, muffins, brownies, cocoa, and puddings. Both chocolate and carob versions are available. And ask them about their regular and low fat cookies.

Call Cindy at (815) 657-8134 or Angie at (815) 657-7551 for a free catalog.

For those on a restricted diet, **Wilde Temptings** offers alternative flours, mixes, pastas, sweeteners, and more.

You can order their catalog by calling (800) 434-4846 or visit their web site at: [www.wildetemptings.com](http://www.wildetemptings.com).

If you follow a gluten-free diet, and especially for members living in Canada, there is a mail order resource that has been providing hard-to-find products since 1964. **De-Ro-Ma, The Food Intolerance Centre**, is located in Quebec, but ships to the U.S., as well as throughout Canada. They also offer foods for various allergy diets. To obtain more information phone 1 (800) 363-DIET or visit: [www.cosmo2000.ca/deroma](http://www.cosmo2000.ca/deroma).

The mail order section in your 3 ring binder contains many of the favorite places where Feingold families are able to buy the hard-to-find products. Call them for free catalogs if you don't already have them.

For candies, you will find a luscious assortment of Feingold-acceptable treats at the **Squirrel's Nest Candy Shop** in Delaware; also, here's the place to order your kit of natural food colorings.

Contact Nancy Kemble at (302) 378-1033.

Natural gourmet foods, mixes, chocolate chip cookies and mini marshmallows are available from **For Pete's Sake** in Eastern Pennsylvania.

Pam Weldon (800) 864-7383 will assist you in finding what you need.

Both Nancy and Pam are experienced Feingold moms.



## April Fools Winner

What's wrong with this ad? Kraft/General Foods promotes its well-known Cherry Jell-O as "naturally fat free." While that statement is true, fat has never been an ingredient in gelatin mixes. It's as misleading as if Perrier ads were to claim their water is "fat free."

As for the use of the word, "naturally" this is really stretching the point. A product made up of sugar, gelatin and a long list of synthetic chemicals seems pretty far from what most of us regard as natural.

## School Year Calendar

Each year FAUS publishes a School Year Calendar, with information and tips on using the Program, plus advertisements for hard-to-find products.

The Calendar also features photos of our Feingold children and teens. We are looking for informal photos, especially those of youngsters engaged in seasonal activities. (No portraits or school photos, please.) If you like, include a description of the activity, or some information about your child and the effect the Program has had.

Please write your child's name and address on the back of the photo and they will be returned to you when the calendar is printed in late summer. Photos can be either color or black & white as long as the image is sharp.

Mail to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.

## Pure Facts

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*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 telephone Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/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.

[www.feingold.org](http://www.feingold.org)

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# Feingold



# News

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April 1999

## You and I can make a difference!

If your family is enjoying the benefits of the Feingold Program, then a portion of the credit for your success goes to Pat Palmer. Many years ago she began as a volunteer for what was formerly the Feingold Association of New York. She was a local president and then in the 1980s began sharing her talents with the national organization. After serving on the FAUS board Pat was elected President, a job she held for more years than any of her predecessors. She writes:

When I came to the Feingold Association 25 years ago most doctors had not even heard about Feingold, and today they are still uninformed. We must change that! When Dr. Feingold first presented his findings to the medical community, he called on the government and researchers to begin the work that would help to explain what was happening to our children. Little has been done by those who should be investigating this important issue.

We must change that. WE must begin the research that verifies our program. In February FAUS announced a new study we want to undertake. WE MUST DO THIS!

Like many other early Feingold members our grandchildren now need this program. My grandson is fortunate; we have a few pediatricians in our area who know diet works. We must make this a reality for all our children.

Bill and I have donated \$500 to this research fund. If I have spoken with you over the years and touched your family in some small way, we ask that you reach down into your pocket and send a minimum donation of \$5 or more. Perhaps your company will match donations or you can afford to match my family's donation. Please help us make a difference. Maybe your child's grandparents would donate. This is a wonderful way to honor a loved one, and to make the future better for all our grandchildren.

If you write "Pat" on your check I will send a personal thank you to each of you. Drop me a note today and enclose your check, even if you have already donated to our work. If you would like to tell me how your family is doing, I'd love to hear from you.

FAUS Medical Research  
127 East Main Street, #106  
Riverhead NY 11901

For each donation of \$100 or more, FAUS National Director, Jane Hersey, will send you a copy of her book *Why Can't My Child Behave?* She wants to make a difference too.

*Thank You Thank You Thank You Thank You*

...to Diana Pinkham, the staff and parents at the Waples Mill Elementary School for hosting a Feingold workshop, and for their enthusiastic reception. The school is located in Fairfax County, VA.

...to the Fresh Fields store in Vienna, VA for providing the wonderful food that workshop participants sampled. If you have not been to the Fresh Field's on Maple Avenue, you have a treat in store!

...to Autism Treatment Options for inviting FAUS to participate in their March conference in Charlotte, NC.

...Shula Edelkind and Colleen Smethers for representing FAUS at the Health Federation Expo in Southern California, and to Shula for her work at the Atlanta Learning Disabilities Association conference. (That girl gets around!)

...Gail Wachsmuth for hosting the recent FAUS executive board meeting at her lovely home.

## Help Wanted

Do you have a background in English or journalism? Do you enjoy writing articles? Would you like to have your work published in *Pure Facts*?

If you're interested, please contact Jane at the Virginia office (703) 768-3287.

## AD/HD Seminars

Dr. John Taylor will be giving his popular, information-filled seminar, "Beyond Ritalin: Mega Answers to AD/HD" or free workshop at these locations on:

- April 22 Vienna, VA 7:30 - 9:30pm (703) 690-3071
- April 23 Linthicum, MD 8am-3:30pm (410) 931-1017
- April 23 California, MD 7 - 9 pm (301) 862-4278
- April 24 Oakton, VA 9am - 6pm (703) 690-3071
- April 25 Timonium, MD 9am - 6pm (410) 931-1017

Dr. Laura Thompson will be speaking on April 25 in Oakton, Va. Her topic will be: "Our Children Are...What Our Children Eat; How Nutrition Can Help Improve Behavior, Health & School Performance." Call (703) 690-3071 for details.

To learn when the next seminar will be in your area you can either call (800) 847-1233 or access the web site at: [www.add-plus.com](http://www.add-plus.com).

## Getting Acquainted

Newberg, OR - Laurie Dean would like to meet other Feingold moms in her area. Newberg is south of Portland. She can be reached at (503) 537-4939.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

Reminder: Don't forget to move NEWMAN'S OWN Ranch Dressing from your Stage One to the Stage Two section of your Foodlist. It has been reformulated and now contains tomatoes.

### Product Changes

Oops! Department

To members in the Western U.S. only: Some of your Foodlists may contain an error in the **Dairy Substitute** category of Stage One. Sweet Nothings Non-Dairy Frozen Desserts are clearly marked as containing salicylates but they should be listed under Stage Two. At this time our seven regional Foodlists are all updated manually, so we unfortunately must acknowledge human error and cannot point the finger of blame at the computer!

### Bread for Florida Members

Members in Fort Myers, Cape Coral and Naples FL may add a new bread to their Stage One Foodlist: GREAT HARVEST Old Fashioned White Bread (CS). While there are several GREAT HARVEST bakeries throughout the U.S. each local baker chooses the ingredients for the breads baked at their location. This means each baker must complete an Inquiry form before their bread may be added to the Foodlist. If there is a Great Harvest bakery in your area, please let Donna Curtis know and she will be glad to contact them. You can reach her at (217) 357-6693.

### "Why doesn't my Foodlist include that product? It is listed in the Foodlist for a neighboring region, but not in mine; yet it is available in my area."

We occasionally receive calls telling us that a product is available in a member's region, but not included in her Foodlist.

On the Inquiry form we send to manufacturers there is a section asking them to tell us the states where their product is available. Sometimes this section is left blank, and other times the representative of the company does not know the marketing area for that product. If you find that a product is listed as available in other states, but you know it can be found in yours, please let the Product Information Center (PIC) know and we will be happy to add it to the next update of your regional Foodlist.

## PIC Report

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

### Stage One

BALANCE\* Chocolate Nutritional Food Bar (CS)  
NAKANO Natural Rice Vinegar  
NATURAL FOOD STORE\* Soybean Margarine - available in western states  
NATURE'S OWN Honey 'n Butter Sandwich Rolls (CS), Honey 'n Wheat Sandwich Rolls (CS) available in the Mid-Atlantic, Southeast, Midwest, and South central states  
PICKLE EATERS\* Natural Kozmic Kraut  
PUBLIX (Publix supermarkets) Deli Mini Pretzel Twists  
PUBLIX (Publix) Lowfat Milk, Nonfat Milk  
RICHFOOD Lowfat Milk (plant #51-4162, Richmond VA)  
SANTA CRUZ\* Organic Chocolate Flavored Syrup  
SUNKIST Frozen Concentrated Grapefruit Juice  
SUNSPIRE\* Dark Chocolate Rainforest Cashews  
SUNSPIRE\* EPIC Chocolate Drenched Peanut Caramel Bar (This is the same as Peanut Caramel Bar, only individually wrapped.)  
TRADER JOE'S (Trader Joe's) 100% Canola Oil  
TRADER JOE'S (Trader Joe's) Liquid Laundry Detergent - available at Trader Joe's stores on the East and West Coasts

### Stage Two

BALANCE\* Banana Coconut Nutritional Food Bar (CS, almonds, apples, raisins)  
HONEY ACRES Honey Gummy Assorted Flavors (CS, raspberries)  
HORIZON\* Yogurt: Cappucino (coffee, apple pectin), Plain (apple pectin), Vanilla (apple pectin)  
NANTUCKET NECTARS Ruby Red Grapefruit 100% Juice (grapes), Pineapple Orange Juice Cocktail (apples)  
PICKLE EATERS\* Baby Dills - Pookie Size Gherkins (cucumbers)  
SPICERY SHOPPE Wintergreen Natural Flavor (oil of wintergreen)  
SWEET NOTHINGS\* non-dairy frozen desserts: Chocolate, Chocolate Mandarin (oranges), Espresso Fudge (coffee), Mango Raspberry, Raspberry Swirl (cherries), Tiger Stripes, Vanilla, Very Berry Blueberry *All contain apples, peaches in the sweetener and possibly oranges in the citrus pectin.*  
SUNKIST Frozen Concentrated Orange Juice (tangerines)  
SUNSPIRE Toffee Crunch Bar (almond)

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.