

Pure Facts

Newsletter of the Feingold® Association of the United States



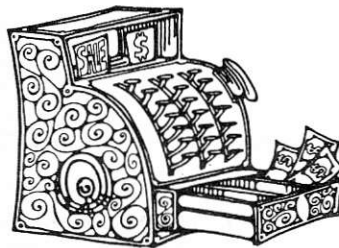
October, 1999

Vol. 23, No. 8

Answers to your questions

Why is there so much resistance to a simple diet to help ADD/ADHD?
Why are food companies allowed to use questionable additives?
Why is it so hard for concerned citizens to make changes in the system?
Here's a glimpse at what goes on behind the scenes.

In the early part of this century men who smoked cigarettes were considered sissies ("Real men" smoked cigars or chewed tobacco.) As for the ladies who smoked, well "ladies" did not smoke! All that changed in 1929 as a result of a very clever public relations (PR) effort. Cigarette smoking suddenly became stylish, eventually leading to the fabulously successful icons of recent times: the rugged Marlboro man, the attractive Virginia Slims woman, and of course, cool Joe Camel.



Industry contributions go in many directions. In addition to political campaigns, they give money to universities, professional organizations, and non-profit support groups. All of these need money in order to operate, and it's hard to refuse huge contributions that can enable them to do worthwhile work. But such funding comes with strings attached, usually buying support for, or at least a bias toward, the donor industry. The group then has the funds to hire PR firms that can carefully craft messages to instill or change attitudes. (The Feingold Association does not receive any covert funding. We operate on member dues, donations, and our fund-raisers such as the School Year Calendar, Conference Journal, and Resource Catalog.)

like a consumer-based or scientific foundation, but which is operated by and for a vested interest. One of the oldest to use this approach is the Nutrition Foundation. Formed in 1941 by 15 top level executives in major food industries, it was the principal critic of Dr. Feingold's early work. Gradually, journalists became aware that the Nutrition Foundation was not an unbiased scientific organization. In what appears to be a response to this "unveiling," other scientific-sounding groups were established: the American Council on Science and Health, the International Life Sciences Institute and the International Food Information Council. As with TV sit-com spin offs, players in one organization often work in the others.

A dramatic change took place in consumer protection. When the Bureau of Foods was first created in the early 1900s its role was to protect the public from potential harm posed by tainted foods or damaging food additives. This bureau later became the Food and Drug Administration (FDA), with an expanded role to also cover cosmetics, drugs and medical devices.

FDA employees were public servants, and there were many regulations in place to ensure that they would not

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Americans are well aware of the role of PR in advertising and politics, but few understand how pervasive it has become in most aspects of our culture. The authors of *Toxic Sludge is Good For You* present a compelling case that much of what we believe to be unbiased news and general information is actually the product of PR organizations who are handsomely paid by companies or other vested interests.

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Even individuals who provide valuable information to the public can find their efforts are thwarted by big money interests. This happened to David Steinman when he attempted to publicize his book *Diet for a Poisoned Planet*.

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**Front groups-** A successful way to influence public opinion and policy is to create an organization that sounds

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.

## A severe speech disorder responds to diet

Sue Wilkinson knew from the start that her son would be a challenge. He was born at 7 pm and at 2:30 in the morning he was still wide awake.

Bradley slept a maximum of two hours a night, and took no naps. Sue thought the sleeplessness might be related to teething; his first two teeth were in by the time he was 2 months old, and he had a full set by 8 months. The baby had chronic ear infections and he lived on antibiotics. As he got older, the ear infections were replaced by sinus and bronchial infections.

But despite the infections and sleeplessness, there were some very bright spots in the young life of this remarkable little boy. He was walking and climbing stairs by eight months and at one year old, when babies are typically into the "Mama, Papa" mode, Bradley was speaking clearly in complete sentences!

Sue nursed him until he was one and a half, when he weaned himself. Bradley's food preferences were as atypical as his other traits. He didn't like apple juice, but preferred grapefruit and cranberry juices. (Sue later understood that the baby instinctively avoided natural salicylates. Cranberry is considered a stage two food even though, technically, it is a "benzoate" rather than a salicylate.)

Things began to change. What had been clear speech gradually deteriorated and when he was two years old, Bradley's speech was clearly deteriorating. By the time he was three it was so bad that it was virtually impossible to understand what he was saying. The frustration for Sue and Steve Wilkinson was terrible, but for their son it was even worse. At this time, Steve was away much of the time, doing his residency as an internist, and Sue was alone with Bradley most of the time. They began to eat out at fast food restaurants and use some of the additive-laden cereals and drinks.

Bradley was diagnosed as "97% unintelligible with severe articulation disorder and dysfluency (stuttering)." (His hearing was normal, and he could



fully understand what others were saying.) They began speech therapy at that time; the therapists tried to provide Bradley with a means to communicate and, hopefully, reduce his level of frustration. Despite the fact that he tested out as very bright, the therapist predicted "Bradley will always be in a special education class; his speech disorder will always be severe." Bradley hated the speech therapy; he was frustrated and angry most of the time.

From the time he was a baby, Bradley had unusually red ears and cheeks. Sue remembered reading that this could be caused by problems in the diet. Several friends suggested that artificial flavors and colors might be the culprits. Sue had worked with autistic children and knew there were diet therapies, so she asked the pediatrician for more information on this, but he did not have any suggestions.

Sue finally saw the Feingold Program mentioned in a book and asked the pediatrician about it. He was clearly exasperated with Sue for suggesting diet, and advised her not to try it. However, both Sue and Steve decided to go ahead with a trial of the Feingold diet. Steve felt that even if it didn't help, at least the family would be eating healthy food.

By the time the Wilkinsons began the Feingold Program the therapy had helped Bradley's speech improve from a "severe" to "moderate" articulation disorder, but it still meant that few people beside Sue could understand what he was trying to say.

Sue began the Feingold Program by taking away the additives, but did not remove any salicylates. Within a few days both Sue and Steve noticed they could understand Bradley without struggling to do so. One week after they made the dietary changes, the diagnosis would be changed from "moderate" to "mild" speech disorder.

The Wilkinsons had found a new speech therapist and she came to the house after the first week of the diet. The therapist looked at the paperwork and spoke with 5 year old Bradley. "How old is this evaluation?" she asked, believing it was a year or more out of date. "It's one week old," Sue responded.

The new speech therapist was impressed with the effect of diet, especially the time when she watched Bradley experience a reaction. Sue was very careful to eliminate the unwanted additives, but had not removed all of the salicylates. During a therapy session, they took a break and she gave Bradley an orange. The change in his behavior and speech was profound, and his therapist was amazed. She noted that he was fluent at the beginning of the session and in control, but within 15 minutes Bradley could not even do simple speech exercises.

Unfortunately, the pediatrician was not interested in re-examining his prejudices. In response to the dramatic improvement in Bradley's speech, he said the one week jump from moderate to mild was "a major developmental gain" that had nothing to do with diet. He consistently refused to help Sue locate un-dyed medicine, or to cooper-

*Continued on page 3*

**Speech disorder, from page 2**

ate in any other way, even when Steve showed him medical studies that suggested positive benefits from the diet. The Wilkinsons finally fired the doctor and found a pediatrician who listens to his patients.

When he was one year old Bradley spoke clearly, in complete sentences.

As she removed more of the salicylates, Sue began to see how they were connected with the red cheeks and red ears Bradley had since infancy. Even more exciting, he was finally able to get to sleep easily.

Today, at 10 years old, Bradley has a minimal residue of his problems. He has a very mild stutter, but it is no problem for him and has not stood in his way. He makes friends easily, excels in many sports, and is doing well in school. He received the highest score in his school on a standardized

test — so much for the early prediction that this little boy would “always be in Special Ed.”

The Wilkinsons have said good-bye to: ear infections, sinus infections, red ears and cheeks, sleep difficulties, and nearly all of the speech disorder. Bradley has some seasonal allergies, and avoids overdoing the salicylates but he’s too busy enjoying life and pursuing his goal of becoming an Eagle Scout to let these nuisances stand in his way.

**Answers, from page 1**

be influenced by the industries they were charged with regulating. Just as the government is separated into the executive, congressional and judicial branches, the FDA provided a balance of powers among the industry, the consumer and the regulators. Then, in 1980 all this changed. With the stroke of his pen, the newly elected President, Ronald Reagan, issued an executive order that changed the balance, placing most of the decision-making power of the FDA under his office and requiring FDA’s scientific decisions to first be approved by its parent agency (the Department of Health and Human Services) headed by a political appointee.

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This cozy relationship between the regulators and the regulated industries has progressed steadily since that time. In 1982 *Pure Facts* described a \$7 million state-of-the-art facility given to the Food and Drug Administration. The generous donor was CPI International, Inc. (Corn Products Company). It was to be called the National Center for Food Safety and Technology (NCFST) but it would not be used by government scientists alone. They would work side by side with representatives from the Illinois Institute of Technology, the University of Illinois and 38 major food/chemical/packaging companies. FDA Commissioner, David Kessler, hailed the gift as a great benefit to the American consumer. But here’s what the NCFST director

disclosed: “the center was created so that government, academic, and the food industry would have a common ground on which to meet and share new food technologies.” Kessler said the center would speed up the approval of new developments, “If we hadn’t done some of the work ourselves, or if we hadn’t been there scientifically, it will be all too easy for FDA to say ‘no’ to

new advances as they come in for review.” Critics believe it has been all too easy for the FDA to say “yes” to questionable food additives, genetic engineering, irradiation, and other such advances.

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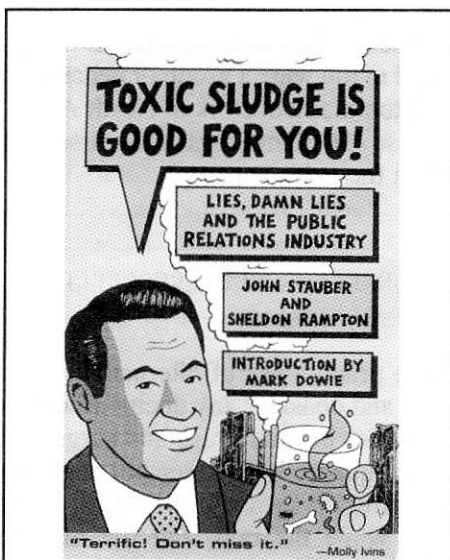
**Government and industry are cozier than ever.**

Do food additives lead to problems such as hyperactivity and learning disabilities? Who would be better suited to answer this question than our tax-supported Food and Drug Administration? Check out their web site for an answer: <http://vm.cfsan.fda.gov/~lrd/> — you will find the text of a brochure created by the federal agency and the industry lobby, the International Food Information Council. It reads “U.S. Food and Drug Administration FDA/IFIC\* Brochure: January 1993.”

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In response to the question regarding the connection between food additives and hyperactivity, the response refers to the 1982 National Institutes of Health consensus development conference, which concluded that some hyperactive children are helped by diet. However, the studies at that time dealt primarily with dyes, and ignored the other additives. The NIH panel concluded that these studies were too badly designed to yield any conclusive information. In a distorted version, the FDA/IFIC claims that this conference

*Continued on page 4*



“Your worst cynicism pales before reality in this blistering and often hilarious expose of secretive, little-known mega-firms...the ‘invisible men’ who control our political debates and public opinion, twisting reality and protecting the powerful from scrutiny.”

## Treatment of ADHD called into question

The over-diagnosing of attention disorders and over-treating of children with psychostimulants continues to bring criticism.

“concluded that there was no scientific evidence to support the claim that colorings or other food additives cause hyperactivity.” A complete copy of the NIH panel’s actual report (which notes that for some children, the Feingold diet is worth trying) is available from FAUS and can be found on the Internet at: <http://text.nlm.nih.gov/nih/cdc/www/32txt.html>.

There are many techniques that have been honed to influence public opinion and policy, and many well-paid PR pros who pull the strings. Here are a few favorite strategies:

**Hire a few professionals with good credentials;** you don’t need many of them, and can “recycle” them, using the same person for various causes.

**Create front groups with legitimate sounding names.** The Federation of Sewage Works Association was formed in 1928. In 1950 it was changed to the Federation of Sewage and Industrial Wastes Association. Then in the environmentally aware 1960s it was again changed; this time it became the “Water Environmental Federation,” which has been a key player in getting communities to accept toxic waste materials imported from other states, and spread them on farm lands. In a similar makeover, the term “toxic sludge” has been changed to “biosolids.”

**Set up “astroturf” organizations.** These are the synthetic version of grassroots organizations. They are established as needed to give the impression of massive consumer support for a client’s position and are generally created to meet a current crisis.

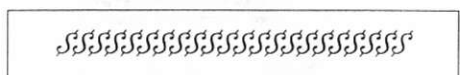
Some groups persist for years because they continue to fill a need. In many cases these groups include genuinely concerned consumers who donate their time and efforts to further a cause in which they believe. They might be families of individuals with health or behavior problems who have found that drugs are useful. They could be health care consumers who have been harmed

The *American Journal of Public Health* reported the results of a study that monitored the use of drugs for children with ADHD in Southeastern Virginia.

Dr. Gretchen LeFever and colleagues studied 30,000 children in grades 2 through 5, and found that 8% to 10% of them were on behavior-modifying drugs. The number of children who have ADHD is usually quoted as 3% to 5%, so the number of Virginia children taking drugs was far out of line.

The study was conducted during the 1995-1996 school year, and there is no reason to believe these numbers have gone down.

In 1997 the British Psychological Society warned physicians and psychologists not to follow the practices for treating children in the U.S. and Canada. The label of ADHD is applied to too wide a group of behaviors, and too many doctors in North America use stimulant drugs as the first, and often the only, approach.



by a practitioner of alternative medicine and consider any doctor who uses therapies beyond drugs and surgery to be a “quack.” The member activities are directed by a well-paid staff at the top, while the rank and file may be unaware of the source of their group’s funding.

The power of advertising revenue reaches nearly all parts of the media -- medical journals, newspapers, magazines, TV, and radio. When this does not work there is always the option of buying the offending publication. Sometimes industries seek legislation to protect themselves from criticism. This came to light in the legal battle Oprah faced when she made an unfavorable comment about hamburgers.

Here are some excerpts from the British Psychological Society’s report:

“Many factors affect the way attention is displayed in particular situations and professionals should be wary of describing children as having ADHD without a thorough investigation of alternative explanations.”

The treatment of attention deficits and hyperactivity in the United States and Canada differs greatly from the rest of the world.

The report noted that ADHD is categorized as a mental disorder, but “it has become so widely used...that it has a prominent place in the contemporary culture.”

In contrast to the U.S. and Canada, “The idea that children who don’t attend or don’t sit still in school have a mental disorder is not entertained by most British clinicians.”

[Source: Harvey McConnell, *The Medical Post*, 1/21/97]

*Toxic Sludge is Good For You* is an eye-opening experience for any consumer — even for those who believe they are wise to the ways of the PR world. You might think you know who wears the “white hat” when it comes to championing the public good, but the authors name many well-known individuals and organizations who are actually working on the other side.

The book is, available from FAUS @ \$16.95, is published by Common Courage Press and is available from FAUS (\$16.95 + \$5 shipping).

It is a project of the Center for Media & Democracy, a public organization dedicated to investigate reporting on the PR industry. For a sample of the Center’s quarterly news-magazine, send \$1 to: PR Watch, 3318 Gregory St., Madison WI 53711-1725. Phone (608) 2333-3346 or visit [www.prwatch.org](http://www.prwatch.org).

## The Best Chocolate Chip, Planet-Friendly Gum, and other Yummies

Here's a company with a refreshing way to look at food, people, and our world.

Cloud Nine is a fairly new company, formed in 1991, which promises to shake up the chocolate industry — long dominated by a few megacompanies. Over the years, Feingold members have watched the smaller candy companies being gobbled up by the giants, and shortly afterward the candies we once enjoyed were reformulated to contain synthetic additives.

In contrast, Cloud Nine chocolates are free of synthetic dyes, artificial flavorings, and preservatives. The milk they use is provided by farmers who have pledged to boycott bovine growth hormones (rBHG).

The company's Tropical Source chocolates, introduced in 1993, have no dairy products or refined sugars. Milk is replaced by soy flour to keep the creamy chocolate texture. The sugar is an unrefined cane juice crystal obtained by simple evaporation and natural milling.

Last year the magazine *Cook's Illustrated* tested seven brands of chocolate chips and rated Tropical Source their first choice.



The *Chicago Tribune* labeled Cloud Nine and Tropical Source as "the first politically correct adult candy bars" because of the company's policy of funding environmental philanthropies, and supporting sustainable agriculture. They use recycled paper for their wrappers and print with soy-based ink, and all of the chocolate bars are Kosher. 10% of the company's annual profits are donated to rainforest preservation and the protection of indigenous people.

### Speakeasy Gum

Last year Cloud Nine introduced six flavors of natural chewing gum. The gum base comes from 80 million Chicle trees in the rainforests of Guatemala, Mexico and Belize. Tapping natural Chicle from the trees does not harm either the trees or the rainforest. No motorized machinery is allowed in the rainforests so the Chicle is carried out on foot. By providing an income to the Chiclero families and keeping the trees as a valuable resource it means these rainforest areas are not being destroyed.

The professional pastry chefs who evaluated the products concluded:

"This natural food store brand ranked well above all the chips for its 'velvety' smooth mouthfeel and its complex, slightly bitter chocolate flavor. 'Best mouthfeel yet, combined with deep, complex flavor makes for a good chip,' one taster commented."

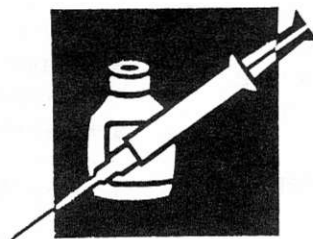
In contrast, two well-known national brands were judged to be: "artificial, acidic, sacchariney, a little like sweet cough syrup, flat, waxy, chalky, and like a cardboard box."

## Vaccines — Seeking a More Balanced View

A new vaccine developed to prevent childhood diarrhea may be causing more harm than good. The Centers for Disease Control has recommended discontinuing use of what is called a rotavirus vaccine after it was learned that the rate of intestinal obstructions in vaccinated children was found to be 30 times the number that might be expected. One million infants have received the vaccines since its approval last year.

"The situation with the rotavirus vaccine may be a clue to a far more serious problem with the vaccine approval process," according to Dr. Jane M. Orient, Executive Director of the Association of American Physicians and Surgeons.

Appearing earlier this year before a congressional committee chaired by Rep. John Mica of Florida, Dr. Orient



"So while state health officials only required children to show proof of smallpox vaccination to enter school in 1949, in 1999, most states require children to be injected with [a total of] 33 or 34 doses of nine or 10 different vaccines." from *Next City* magazine, by Barbara Loe Fisher, President of the National Vaccine Information Center

testified, "It is apparent that critical medical decisions for an entire generation of American children are being made by small committees whose members have incestuous ties with agencies that stand to gain power, or manufacturers that stand to gain enormous profits, from the policy that is made.

"Once a vaccine is mandated for children...the relationship of patient and physician is dramatically altered: in administering the vaccine, the physician is serving as the agent of the state. To the extent that the physician simply complies without making an independent evaluation of the appropriateness of the vaccine for each patient, he is abdicating his responsibility under the Oath of Hippocrates to 'pre-

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## Vaccine, from page 5

scribe regimen for the good of my patients according to my ability and my judgment and never do harm to anyone.”

### Here are some of the issues raised by critics of current policy

While the benefits of many vaccines are recognized, critics point out the flaws in the current system, which include the following:

- \* New vaccines are not adequately tested before being introduced.

- \* The child's risk of an adverse reaction is not sufficiently evaluated.

- \* Adverse reactions are greatly under-reported.

- \* Booster shots are often given even after a child has had an adverse reaction to the first one.

- \* The reporting of adverse reactions is not adequate.

- \* Parents are not given complete information on potential risks.

- \* Parents are coerced into complying with mandated vaccines.

- \* Some of the vaccines given to children in developed countries are more appropriate for youngsters in third world countries.

- \* Physicians are discouraged from questioning current policies.

- \* The financial incentives of vaccines interfere with sound judgments.

- \* Will widespread use of vaccines lead to vaccine-resistant diseases?

## United Way/CFC

This is the giving season for the United Way Community Health Charities and Combined Federal Campaign. FAUS can receive donations when an individual fills out a designated donor form, provided by many (but not all) agencies.

To have some or all of your United Way/CFC contribution routed to the Feingold Association, please ask your representative for a designated donor form.

If you have questions, leave your name and phone number on our tape (800-321-3287). We will call you back and work with you to have the Association added to your agency's list of recipients.

## Hepatitis B Vaccine

Those at risk of contracting hepatitis B are health workers and adults with high-risk behaviors. While it is a serious problem in some countries, Canada and the U.S. have the lowest incidence. Why, then, do American newborns need to have another vaccine? Fisher writes, "The CDC (Centers for Disease Control) insists on vaccinating all newborns and young children on the grounds that they may act irresponsibly later in life.... Yet the vaccine manufacturers themselves don't know how long vaccine-induced immunity will last."

"The worldwide acceptance of mass vaccination to suppress infectious childhood diseases — once fiercely resisted — is one of the most successful public relations stories in the history of medicine." *from Next City, Summer 1999 issue*



"Today vaccines are big business. In 1995, an international high-technology research firm, Frost & Sullivan, projected that the worldwide human vaccine market will increase from \$2.9 billion to more than \$7 billion by the year 2001."

*from Next City, Summer 1999 issue*

## Please Note

The articles in this newsletter are offered as information for *Pure Facts* readers. They are not intended to provide medical advice. Please seek the guidance of a qualified health care provider concerning medical issues.

## Solutions?

The National Vaccine Information Center (NVIC) is spearheading the efforts in the U.S. to work for safer vaccines, full disclosure, and the freedom for parents and doctors to select the best choice for each child.

Their book, *The Consumer's Guide to Childhood Vaccines* is available from the Center, and you can read Barbara Loe Fisher's comprehensive article, "Shots in the Dark," at the *Next City* magazine web site:

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

The NVIC is located at 512 Maple Avenue West, #206, Vienna, VA 22180 (703) 938-3783; their web site is [www.909shot.com](http://www.909shot.com).

## 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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October 1999

## California Medical Board Decision

For readers who have been following the case of San Francisco immunologist, Robert Sinaiko, here is the latest chapter in the continuing saga. The dispute is based on the medical board's insistence that: AD/HD cannot be treated with diet, that chemical sensitivity is a symptom of a delusional patient, and doctors may not use their independent judgment to employ any treatment that is not favored by the board. The medical board has set itself up as the arbiter of what treatment is acceptable; just because a treatment is supported by medical research, free of risk, and effective, is not sufficient for the board.

### At last, the Medical Board issued their report.

They have removed their claims that there is no scientific research to support the allergy treatments Dr. Sinaiko used.

They have removed the statements that Dr. Sinaiko shows a lack of skills and knowledge.

That leaves one objection: "His work is outside the standard of practice expected in the community of physicians in California." Apparently, successful, innovative treatments are not approved by the board.

In a protocol reminiscent of the classic book, *1984*, the board has set up a rigorous schedule of training and testing to ensure that Dr. Sinaiko is "re-educated" to wipe out his previous skills and beliefs in the techniques that have proven successful for many patients.

The board will create the training, create the tests, grade them, and charge the considerable expenses incurred to their "student."

Additional information is available on the Internet at [www.treatmentchoice.com](http://www.treatmentchoice.com).

## Getting Acquainted

The mother of a seven year old boy with a possible genetic syndrome is interested in communicating with parents of children with similar issues.

Contact Tracy Rizzo at (703) 781-0928 or e-mail her at [tracyrizzo@hotmail.com](mailto:tracyrizzo@hotmail.com).

Springfield, MO - Amy Jardell would like to meet area members. She is mom to 5 1/2 year old Mitchell and has been on the Feingold Program for two years. If you would like to share information and ideas with an experienced parent/member, you are welcome to call Amy. She can be reached at (417) 886-0569.

*Thank You Thank You Thank You Thank You*

... Carolyn Brocksmitth for a wonderful letter to her area newspaper. Carolyn described how much her child was helped by the Feingold Program and the letter was picked up by other Chicago-area newspapers.

The article was seen by a producer on the Montel Williams show, and they flew Carolyn to New York where she appear on the popular TV talk show.

...to Denna Wheeler and Amy Jardell for giving Feingold workshops to share information with their childrens' schools.

...to you, our members, for the donations you sent in response to our 1999-2000 **School Year Calendar**. The first page is a handy reference to the addresses and phone numbers of our advertisers. Don't be shy about calling them if you have questions or special needs.

If you joined the Association after the calendars were mailed out, or if you would like to order additional copies for friends, relatives or teachers, contact the membership office at: FAUS, 127 East Main St., Suite 106, Riverhead NY 11901. The cost is \$10 for the first calendar and \$5 for each additional.

Our calendar contains many resources for hard-to-find products, as well as seasonal hints that can be used throughout the year to make the Program easier and more effective.

Check out the many resources listed on the calendar for all-natural **Halloween candy**. Also, see the enclosed **catalog supplement** for candy and other specialty items.

## Taylor Workshops

Dr. Taylor's popular workshop "Beyond Ritalin, Mega Answers to AD/HD - Practical Solutions for Academically and Behaviorally At-risk Children and Adolescents" has been planned for:

Milwaukee, WI - Oct 30

Mansfield, OH - Nov 2

Cleveland, OH - Nov 5, 6

Sacramento, CA - Nov 14

N Miami Beach, FL Nov 19, 20

His seminar for professionals is titled: "Reaching the Difficult Adolescent: Answers for Oppositional Defiant Disorder." Parents will also find it valuable.

For details and other dates, call (800) 847-1233 or check out his web site: [www.ADD-Plus.com](http://www.ADD-Plus.com).

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

LIPTON Sugar Sweetened Natural Lemon Flavor Iced Tea Mix now contains the synthetic dye Red No. 40 and should be removed from Stage Two of your Foodlist.

The formula for ROSARITA No-Fat Traditional Refried Beans has been changed. They now contain chili pepper (a salicylate) and should be moved to Stage Two of your Foodlist. PIC has sent a new inquiry form to determine if this product has any other changes.

**Question:** Exactly which Pepperidge Farm cookies are o.k.? What does "cookies without salicylates" mean in the Foodlist? Are the Milanos o.k.?

**Answer:** The information we have from Pepperidge Farm is quite dated and the company has not responded to our newer requests for information. Despite this, we believe that their ingredients have not changed as many of our experienced members continue to successfully use the cookies.

The various cookies which do not contain salicylates (i.e., Chessmen, Milanos, etc.) can be used on Stage One. Cookies with strawberry, raspberry, raisins, almonds, etc., can be tried when you are ready to move to Stage Two.

We strive to have signed forms for every product on our Foodlist, but we will sometimes "grandfather" a product (include it when it has long, successful use).

The information we have on the Pepperidge Farm crackers and Goldfish indicate the likely inclusion of one or more of the unacceptable preservatives, so we do not recommend members use them.

### A mom writes to us

Her five year old son was "extremely aggressive, hyperactive, mean, unruly." The symptom checklist before she began the Program had 37 check marks. Now, there are only 7 check marks.

She writes, "We all eat healthier and have discovered that I have a sensitivity to milk and soy products. Our house is a lot more fun now. I shudder to think what life might have been like if we never knew about Feingold."

Have you had results like this? Consider writing a letter to the editor of your local newspaper to let other families in your area know there is help available.

## PIC Report

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

### Stage One

BOLERO or COST PLUS Wafer Sticks: Peanut, Vanilla, Cocoa Hazelnut

DANDEE Hot Dog Buns: Sesame (CS,CP)  
*available in Florida*

NATREN\* supplements - Healthy Trinity Capsules  
POWER DREAM\* Natural Energy Drink: Chocolate, Vanilla

RHODES Bake N Serve: Cracked Wheat Rolls, Pizza Dough & Italian Bread (CS), Sweet Dough (CS)

SEVENTH GENERATION\* Automatic Dishwasher Powder;

SEVENTH GENERATION\* Free & Clear: Dishwashing Liquid, Ultra Liquid Laundry, Ultra Powder Laundry

SEVENTH GENERATION\* Natural Ultra Non-Chlorine Bleach

*(Seventh Generation products are available via mail order; call 802-658-3773 or check their web site at [www.seventhgen.com](http://www.seventhgen.com))*

STONEWALL KITCHEN Chocolate Moose Sauce (CS)  
*(available by mail order: 800-207-5267 or their web site: [www.stonewallkitchen.com](http://www.stonewallkitchen.com))*

TYSON Breast Tenders Breaded Chicken with Rib Meat  
UPC 2361-921 (CS)

### Stage Two

BOLERO or COST PLUS Almond Wafer Sticks

DANDEE Hot Dog Buns: Yellow (CS, CP, paprika)  
*available in Florida*

NATURE'S CHOICE\* Cereal Bars: Cranberry (apples, elderberries), Peach (apples)

NATURE'S CHOICE\* Fat Free Cereal Bars: Apple, Blueberry (apple, elderberries, grapes, chokeberries), Raspberry (apple, elderberries), Strawberry (apple, elderberries)

NATURE'S CHOICE\* Wheat Free Fat Free Cereal Bars: Cherry (apples, currants, elderberries, raisins), Mixed Berry (apple, raisins)

POWER DREAM\* Natural Energy Drink: Chai (tea), Coffee, Raspberry

ST. CLAIRE'S\* Organic Tarts: Guava (strawberries), Raspberry, Tangerine

STONEWALL KITCHEN Berry Piggy Strawberry Sauce  
*(good on ice cream and other desserts - mail order from 800-207-5267 or [www.stonewallkitchen.com](http://www.stonewallkitchen.com))*

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