

Pure Facts

Newsletter of the Feingold® Association of the United States



June, 2000

Vol. 24, No. 5

ADD, ADHD, violence, and your drinking water

Food additives are not the only substances that can trigger a host of serious behavior, learning, and health problems.

Children in the United States and in areas throughout the world are being exposed to various powerful chemicals that interact with each other, multiplying their toxic effects.

Lead!

Exposure to even tiny amounts of this heavy metal can have severe consequences. Many systems of the body are vulnerable, particularly the nervous system, brain, and kidneys. Children and the unborn are most at risk, and can suffer behavior and learning problems, in addition to physical damage.

Hasn't the elimination of leaded gasoline and paint taken care of this health risk?



Unfortunately, lead is still found in our drinking water. Leaded paint is still found in older houses and other chemicals now added to paints can be harmful. Vinyl mini blinds that are made in Asia and Mexico contain lead that can be released when the product deteriorates. The April 2000 issue of *Pure Facts* described the use of lead in candle wicks.

Our soil contains residues of lead, and industry emissions continue to add lead to our environment. But another factor increasing lead uptake, according to researchers at Dartmouth College, is the choice of chemical used to fluoridate water in the U.S.

Professor Roger D. Masters of Dartmouth and Myron Coplan, a chemical engineer, have found that most communities that fluoridate add "silicofluorides" (fluorosilicic acid or sodium silicofluoride) to water, rather than sodium fluoride (used in toothpaste). "As a result," they write, "water treatment with silicofluorides apparently functions to increase the cellular uptake of lead."

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"I don't want my son to be different."

FAUS receives many phone calls from many people, but most of them come from mothers who want to explore the use of diet.

Frequently they find resistance at home — not from their child, but from their husband. It seems to be most typical that the child is a first-born or an only son. This is a letter to such a dad.

Dear Dad,

It's clear to see how much you love your son. He's already having a hard time fitting in with the other kids, and you don't want him to stand out even more because of the food he eats. The goal of the Feingold program is to enable him to feel comfortable with himself and his peers. It's true that we



do this by making changes in food, but take a closer look at all the ordinary foods (including junk foods and fast food) that he *will* be able to eat.

It's tough being the parent of a child who reacts to additives, and what makes it even harder is that at least one of his parents is usually affected, adding to the stress, and these traits may also be seen on one or more of the grandparents. If you are the chemically-sensitive parent you may have had a hard time growing up too.

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems, and to support its members in the implementation of the Feingold Program. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Celebrate Father's Day!

Fluoride can trigger reactions in some children

The Feingold Program is often the crucial first step in helping children, but some families need to go further as they search for the missing pieces. Sometimes eliminating fluoride is part of the answer.

Dr. Feingold often reminded us that any compound, natural or synthetic, can trigger a reaction in someone who is sensitive to it. Food additives and salicylates are major culprits, but certainly are not the only ones. This is a story of two boys who benefited from the Feingold Program, and who are sensitive to fluoride. It's also about two moms who found the rest of the answers their sons needed.

Tammy Nassar and Teresa Fraker both desperately wanted to help their sons, and both felt overwhelmed when they first learned of the Feingold Program.

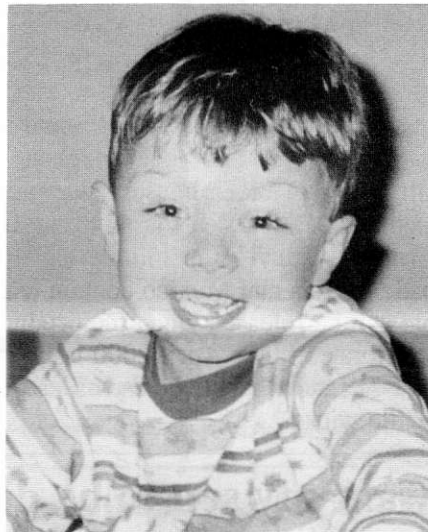
Tammy's mother gave her Dr. Feingold's 1974 book, *Why Your Child Is Hyperactive* when Jacob was only 2 years old. She believed her grandson's extreme behavioral changes were being triggered by food dyes.

Jacob was a fussy baby who didn't sleep well. During his first year he was on a regimen of antibiotics for his chronic ear infections. But his most dramatic problems were bouts of extreme behaviors which began in the second year after introducing milk products and table food. Jacob was happy much of the time, but would lapse into severe sadness and anger, crying uncontrollably and sometimes screaming so hard that he actually broke blood capillaries in his face.

He was a bright, loving child, with a large vocabulary, but his motor skills were only average. A professional the Nassars consulted this fall brought up the possibility of Asperger's syndrome, which some people believe to be a mild form of autism. (Others maintain it is not.)

A year ago, when the Nassars moved to an area without fluoridated water, they obtained supplemental fluoride pills. After giving them to Jacob for a few months his behavior problems were worse so the Nassars began to search for a reason. They knew synthetic dyes were undesirable

and had asked the pediatrician to be sure any medicines prescribed for Jacob were dye-free. Now, taking a closer look at the fluoride pills, Tammy realized they were peach-colored. She called the doctor's office for a new prescription, which turned out to be the same peach-colored pill! Tammy called back and the surprised nurse said, "you mean he can't have *any* color?" Uncolored fluoride drops were substituted, but the frequent tantrums continued.



Earlier this year, nearly two years after receiving Feingold's book, Tammy was finally ready to read it and try out the Feingold Program. She was relieved to learn how much easier it is to use today, compared to the 1970s when the book was first published. She and her husband, Khalil, totally cleaned out their kitchen, and hoped the basic Feingold regimen would be the whole answer to Jacob's problems. There was a clear improvement, but not the magic they had hoped for.

Then, while reading *Why Can't My Child Behave?* she noticed a reference to fluoride being a problem for some children. Despite all she had heard about its benefits, Tammy removed fluoride entirely, and finally did see a big improvement in her son. Still, it was clear there were more answers to be found.

She went back to her Feingold materials and re-read sections of the Handbook that describe other things to consider if one is not seeing success with the basic program. Then Tammy spoke with some of the experienced moms on the Helpline in New York. The Feingold volunteers recommended she read Dr. Shaw's book, *Biological Treatments for Autism and PDD*. Now, everything pointed to the possibility that the long-term use of antibiotics (and possibly milk) led to a yeast overgrowth, and Jacob's subsequent intestinal problems. She read about the difficulties such children have with casein (a milk protein) and gluten, (found

Tammy had always believed it was important to give children fluoride to enable them to have healthy teeth.

in most grains) and thought of how much her son craved milk and bread. Just a few months earlier Tammy had felt overwhelmed by the basic Feingold diet; now she was ready to plunge into a far more restrictive gluten and casein-free regimen.

This family's efforts have paid off! Jacob, almost 5 years old now, is doing well in pre-school. He brings home unallowed treats and exchanges them for his special food. Jacob has vivid memories of how he felt when he was plagued with anger and sadness, and how much he hated being out of control. His younger brother, Joe, is 10 months old and will also follow the Feingold program.

The Nassars live in North Bend, WA, near Seattle. Tammy would enjoy swapping information with other moms, especially those who are using a gluten and casein-free diet. She can be reached at (425) 888-6606 and via e-mail at:

tamara.nassar@hotmail.com.

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Fluoride reactions, from page 2

Teresa Fraker had been using the Feingold Program for about a year, and was glad it was helping her son, Hunter.

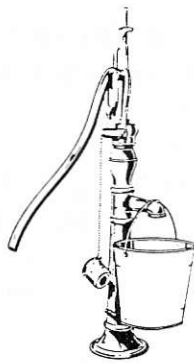
But it had not brought the dramatic improvement she had hoped for. He was cheerful most of the time, but would experience episodes when he became very easily frustrated and felt extremely negative about himself. It seemed like nearly every evening, Hunter would suffer a "meltdown." It's hard for Teresa to describe what her son went through, and there probably is no name for it. He would sort of collapse onto the floor, moaning, whining and clearly feeling miserable.



She consulted with several doctors, but they never witnessed him "flopping on the ground." Instead, when they saw Hunter, he appeared to be perfectly well.

Teresa was careful to give her children their colored fluoride pills every day. However, she left them at home when the family went on vacation. During this time there was a significant im-

provement in Hunter's behavior; his frustration diminished. He was much more positive about himself and had no more episodes of feeling miserable.



Teresa was sure the culprit was the dye in the fluoride pills, and when Hunter resumed taking them after they got home, the symptoms returned. At this point she replaced the pills with a dye-free version. But the negative behaviors continued. Finally, Teresa stopped the fluoride completely, Hunter responded, and the connection was undeniable.

It's been almost a year since the Frakers removed fluoride. Today, Hunter no longer experiences the profound frustration and negativity that used to be such a problem.

His report cards this year have been filled with positive comments from his teacher. She noted that Hunter "displays a positive attitude, consistently exceeds expectations, works independently, and demonstrates organizational skills." The teacher's comments this year show a significant improvement from the previous year.

Teresa believed the dye in the fluoride pills was setting Hunter off. But it was the fluoride she gave her children, to strengthen their teeth, that was to blame.

When he was first on the Feingold Program, Hunter didn't like having to avoid food he once enjoyed, but as he saw the connection between the additives and the effects they had on him, it has become easy for him to refuse them. He's eight years old now, and does not hesitate to turn down foods away from home. Teresa is grateful that his teachers have been so supportive, and willing to keep Hunter's natural substitutes in the class for times when there are parties.

The Frakers didn't find a quick fix in the Feingold Program, but they are grateful it led them to uncover the additional chemicals that were keeping their son from thriving. And today, the whole family enjoys much better food.

Dear Dad, from page 1

If your dad had a short fuse, the parenting you received probably left much to be desired. Since we learn how to be a parent from our own parents, your schooling in this area would have been sorely lacking. But the good news is that addressing the causes can break this cycle.

The above scenario may or may not apply to your situation, but what surely does apply is that you want your child to have a good life. Typically, the chemically-sensitive child is very bright. You want him to be able to succeed now, and to be a productive, successful adult.



You also want him to fit in...but what do you mean by "fit in?" The child whose behavior sets him apart is likely to find acceptance from a group of youngsters you may consider undesirable. You won't want him to fit in with the other 10 year olds who dare him to steal a candy bar from the convenience store. How about fitting in with the 11 year olds who try smoking, the 12 year olds who try alcohol, or the teens who try drugs? Here's where we all want our children to have the confidence to be able to say "no" to destructive behaviors. Once these children see that they feel and behave so much better on the Feingold Program they become very good at saying "no" to things they know are wrong for them.

We now have watched an entire generation of children grow up on the Feingold Program. We have countless stories of successful young men and women, and a lot of very proud Dads.

Your drinking water, from page 1

This connection between an increase in the blood lead levels in children and the fluoridation of water was published in the *International Journal of Environmental Studies* in September, and presented the following month at the 17th International Neurotoxicology Conference in Little Rock, AR. The data came from studies of 280,000 children in Massachusetts and 120,000 in New York.

The Center for Disease Control has cautioned that lead poisoning can cause learning disabilities, behavioral problems, and at high levels, seizures, coma and even death.

Dr. Masters says that "Lead is a highly significant risk factor in predicting higher rates of crime, attention deficit disorder or hyperactivity and learning disabilities."

Virtually all studies of fluoridation toxicity have used sodium fluoride, not either of the silicofluorides. Yet over 90 percent of Americans drinking fluoridated water are exposed to supplies treated with one of the two silicofluorides.

The Dartmouth researchers are also studying the connection between communities with silicofluoride treated water and higher rates of substance abuse and violent crime.

In addition, they note that "A preliminary survey of high school nurses and administrators in 16 comparable mid-



dle sized New York cities show higher rates of ADHD cases treated with medication and higher rates of learning disabilities in communities using SiF (silicofluorides)."

Dr. Masters and his associates are also finding that a reduction in violent crime and drug use in the U.S. can be correlated with the ban on leaded gasoline in the 1970s. Fewer crimes are being committed by 14-18 year olds

What is Fluoride?

"Fluorine, hydrogen fluoride, and many derivatives of fluorine are gases at ordinary temperatures....Hydrogen fluoride is used in the petroleum industry and in etching glass. Cryolite (sodium aluminum fluoride) is used in aluminum reduction and many other industrial processes. Fluoride salts are used in the prevention of dental caries and in rodenticides."

"The fatal dose of sodium fluoride is 5-10 mg of fluorine per kilogram and toxic effects occur below 1 mg of fluorine per kilogram."

"Fluorine and fluorides act as direct cellular poisons by interfering with calcium metabolism and enzyme mechanisms."

Handbook of Poisoning, Eleventh Edition, by Robert H. Dreisbach,

Fluoride advocates do not disagree that fluoride is a poisonous substance, and recognize that dental fluorosis (mottled, brittle teeth) is a problem for individuals who consume too much, but they maintain that recommended amounts reduce cavities.

Two leading fluoride advocates reconsider

Canada's leading advocate of fluoridation now warns the public about the dangers. New Zealand's fluoride expert reversed his support and worked to warn of its dangers.

Dr. Hardy Limeback's credentials are impressive. He has a B.Sc., a Ph.D. in biochemistry, and a D.D.S. He is the head of the Department of Preventive Dentistry for the University of Toronto and serves as president of the Canadian Association for Dental Research.

Last year, Dr. Limeback reversed his position, cautioning that "Children under three should never use fluoridated toothpaste or drink fluoridated water. And baby formula must never be made up using Toronto [fluoridated] tap water. Never."

Journalist Barry Forbes of the Mesa, AZ *Tribune*, interviewed Dr. Limeback, who told him the reason for his change of heart: "...the crowning blow was the realization that we have been dumping contaminated fluoride into water reservoirs for half a century. The vast majority of all fluoride additives come from Tampa Bay, Florida smokestack scrubbers. The additives are a toxic by-product of the super-phosphate fertilizer industry."

who were no longer exposed to leaded gas fumes at birth. They point out that although all lead is toxic, lead fumes (from gasoline) are far more damaging than lead which is ingested, as with

John Colquhoun had been the Principal Dental Officer for New Zealand's largest city, Auckland, and was responsible for the fluoridation of many areas in his country.

But his enthusiasm did not keep him from taking a careful look at the data that was offered in support of fluoridation. The closer he looked, the less he found to show that fluoride was a benefit. After challenging the New Zealand Department of Health to look at the evidence and stop fluoridation, he was forced to resign. Dr. Colquhoun devoted the remainder of his life to research and work to uncover the real effects of water fluoridation.

Most fluoride additives are a by-product of the fertilizer industry.

Dr. Colquhoun's revealing description of the story behind water fluoridation can be found at:

www.fluoridation.com

paint or water. "Aerosol lead is absorbed 40-50% whereas only 5-15% of ingested lead is retained in the body."

More on page 6

Walnut Acres — revisiting a pioneer

If you are new to the world of natural foods, you might not know about Walnut Acres. They were providing healthy products long before the food industry recognized that there is a big market for good, wholesome food.

Walnut Acres Organic Farms still operates as it always did, tucked away in Penns Creek, Pennsylvania, but now you can order via fax or their web site:

www.walnutacres.com.

Their mail order catalog covers all the basic food categories, not just soup to nuts, but fruits, cereals, desserts, jams, meats, mixes, and non-food products such as bread machines, supplements and personal care products.

Try to avoid looking through the Walnut Acres catalog when you're hungry — it might be more than you can deal with. You'll see pictures of mouth watering stacks of pancakes, cinnamon crumb coffeecake, chilled fruit drinks, pies that look real enough to dig right into. Some treats are available as mixes, while others are baked and ready to eat. Here is one of the



few places you will find a truly natural fruitcake. They also offer carrot cake and double fudge brownies.

You can choose between bread mixes and various kinds of flour; or, for the highly motivated, order the grains and a mill to grind your own. They can even sell you a bread making machine.

Summer sun without the burn

If you are on Stage One of the Feingold Program you may have difficulty finding a salicylate-free sunscreen.

If there's a well-stocked health food store nearby, check out the labels of their various products and see if there is one that fits your needs. Also, see if the store carries books that offer alternative suggestions for non-food items like sunscreen.

One mom, Laura Macomber, found a great solution for her pale six year old. Billy has been on the Feingold Program for 4 years now, ever since he was 2 years old. Summer was a real challenge since the family lives on the New Jersey shore and they enjoy the ocean. The solution was to dress Billy in the same "wetsuits" designed to protect surfers from the sun and from abrasions as they lie, face down, on the boards.

Laura buys child-size pull-over tops from a Hawaiian company. Even though the shirts Billy wears have long sleeves, the special fabric actually enables him to remain comfortable in the



hot Jersey sun. The shirts have a lot of built-in stretch so they will last more than one season, and they are machine washable. The prices begin at around \$30.00 for long sleeves, but Laura considers it a good value to keep her son happy and protected.

For information on these wetsuits call the company, XCEL Hawaii, Inc., at (808) 637-6239.

For those times when Billy does get a sunburn, bee sting, poison ivy, or when there are other minor health is-

For gourmets in a hurry, Walnut Acres calls on the talents of Chef Nora Pouillon, a leading advocate of fresh, seasonal organic foods and owner of the popular "Restaurant Nora" in Washington, DC. Ms. Pouillon has created three lines of mixes for Walnut Acres: Organic Vegetarian Soups, Organic Risotto mixes, and Organic Mashed Potato mixes.

Not quite so gourmet, but satisfying, are the Walnut Acres broths, chilies and soups. For a meal in a hurry, consider heating up a can of their Organic Beef Stew and serving it over your favorite pasta. For variety, there's an Organic Chicken Stew.

You can call for a free catalog:
1 (800) 433-3998

Looking for a unique gift for Dad?

If Dad's a fishing enthusiast, buy him a bait pail, and fill it with Planet Harmony's very realistic Gummy Worms. Unlike the multicolored junk candy sold in bins at the mall, these little critters are the same color as the real thing. The difference is that the Planet Harmony version are designed to be eaten by humans.

You will find these tasty (but gross) little guys at some health food stores or you can order them from the Squirrel's Nest Candy Shop in Delaware; phone (302) 378-1033.

sues, Laura has found that homeopathic products have been very helpful and well tolerated. Homeopathy is a system of medicine that was developed about 200 years ago. It uses a tiny amount of the offending substance to produce a beneficial result.

You can learn more about homeopathy from the non-profit National Center for Homeopathy at 801 N. Fairfax St., Alexandria, VA 22314. Phone (703) 548-7790 or check their web site:

www.homeopathic.org.

Fluoride and Tooth Decay

In June of last year the *Journal of the American Medical Association* reported that children with higher levels of lead in their blood have more tooth decay than other children. The Dartmouth research suggests that fluoridation increases lead levels, thus resulting in more, not fewer cavities.

Former fluoride advocate, Dr. Colquhoun, found that the surveys of dental health in the United States show communities that do not have fluoridated water generally have fewer cases of tooth decay than those that do. In surveys taken in other countries there is either no difference or a slight increase in tooth decay when water is fluoridated.

He cites the improvement in nutrition and living standards as the major factor in the reduction of cavities. Others also note better preventive dental care.

Warning from a fluoridated toothpaste label: "Keep out of the reach of children under 6 years of age. If you accidentally swallow more than used for brushing seek professional assistance or contact a Poison Control Center immediately."

Fluoride and central nervous system damage

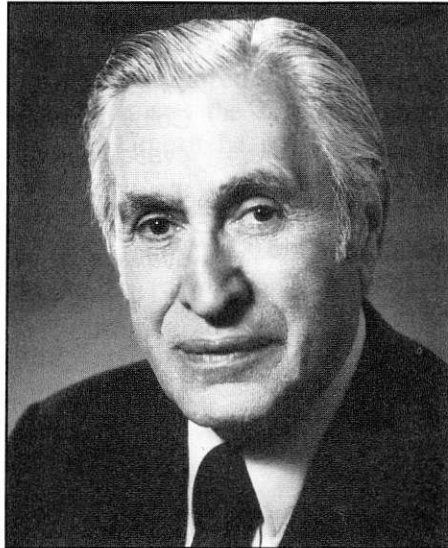
Dr. Phyllis Mullenix has conducted studies on the effects of fluoride on the central nervous system (CNS). She was in the Department of Psychiatry at Boston's Children's Hospital and Neuropathology at the Harvard Medical School. She writes, "Our 1995 paper in *Neurotoxicology and Teratology* was the first laboratory study to demonstrate...CNS function was vulnerable to fluoride, that the effects on behavior depended on the age at exposure and that fluoride accumulated in brain tissue." In other words, "humans are being exposed to levels of fluoride we know alters behavior in rats."

Aluminum and Fluoride

In 1998 the peer-reviewed journal *Brain Research* published a paper

Some more controversy in dentistry

The California Board of Dental Examiners has agreed to advise dentists in the state to inform their patients about risks from the mercury used in dental fillings. The action is a result of pressure from Consumers for Dental Choice, an organization of holistic dentists, health activists and people who believe they have been harmed by silver fillings (which are 50% mercury). "There is nothing more toxic in a dentist's office than mercury," the organization's counsel stated, "unless you have some plutonium laying around." Mercury is a heavy metal which has long been acknowledged to cause serious damage. The American Dental Association says the amount in fillings is too small to have an effect.



Ben F. Feingold, M.D.
1900 - 1982

We remember Dr. Feingold on this month that would have marked his 100th birthday.

showing that rats given fluoride in their drinking water absorbed twice the amount of aluminum in their brains than those given water without added fluoride.

In describing these findings the Health Action Network Society of Alberta, Canada writes, "The pathological changes found in the brain tissue of animals given fluoride and aluminum-fluoride were similar to the alterations found in the brains of people with Alzheimer's disease and other forms of dementia."

The other side of the controversy

For information supporting the use of fluoride in drinking water, refer to the web site of the National Center for Fluoridation Policy and Research at: www.fluoride.oralhealth.org

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Kathy Bratby

Lynn Murphy

Donna Curtis

Debbie Jackson

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, a telephone and e-mail 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 (631) 369-9340.

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

www.feingold.org

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"There is evidence that fluoridation does not prevent tooth decay and may cause serious illness, birth defects and premature death."

Dr. Richard Foulkes, special consultant to the British Columbia Minister of Health

The next Pure Facts will be our combined July/August issue.

June 2000

Conference 2000 in September - don't miss it!

Plans are being finalized for another outstanding Feingold Conference. This year, for the first time, FAUS will be co-hosting the conference with the State University of New York at Stony Brook (SUNY), on Long Island's lovely North Shore.

The all-day seminar on Friday, September 22, will address "The Relationship of Diet to Behavior, Learning and Health." You will have the opportunity to meet and hear those outstanding professionals who dare to challenge the status quo and explore the implications of diet and its relation to public health.

The seminar will run from 8:30 a.m. to 5:00 p.m., in the Student Activities Center, SUNY Stony Brook Main Campus. The fee, which includes both breakfast and lunch, is \$100 for members of the Feingold Association and \$110 for non-members. Continuing education certificates will be available.

Our Keynote speaker will be **Rita Goodman, MS, RNC, FNP**. She is the Chief Nurse at the Bureau of Primary Health Care in the Office of Surgeon General of the United States. Ms. Goodman will represent the Assistant Surgeon General, Marilyn Gaston, who will be testifying before Congress at the time of the seminar.

Our special guest speaker, **Bernard Rimland, Ph.D.**, is a familiar name to the many families of children with autism who have been helped by this outstanding pioneer. Dr. Rimland is the Director of the Autism Research Institute in San Diego, CA and founder of the Autism Society of America. He is also the moving force behind the dynamic DAN (Defeat Autism Now) campaign.

Getting Together

Columbus, Ohio - Ann and Jerry Winans and their 5 year old daughter will be moving to Columbus this summer and would like to speak with area members. Their phone number will be (937) 599-6878. You can also e-mail: jerrywinans@hotmail.com.

Charlottesville, VA - Joanne Gersbach would like to be in touch with other Feingold families in the Charlottesville area. You can reach her at (804) 978-3813.

Jacksonville, FL area - Stacey Hess tells us her 6 year old son, Devon, would like to meet other Feingold children. Please call (904) 273-5907.

L. Eugene Arnold, M.Ed., M.D. is Professor Emeritus Psychiatry, at Ohio State University. He is the man who was chosen by the National Institutes of Health (NIH) to explore the alternatives to drugs for ADHD, and report to the 1998 NIH conference. Dr. Arnold accepted the task, found that the Feingold Program was a promising option, and recommended further testing. To date, the NIH has not given any indication that they will act on this recommendation.

Arnold Brenner, M.D., also participated in the NIH conference, demonstrating that the scientific research shows clear support for the Feingold Program. Dr. Brenner is Chief of the Division of Pediatrics at Northwest Hospital Center in Randallstown, MD.

Sandra Howard, M.Ed., is the Inclusion Specialist at the Baltimore City Public Schools. She has worked with children of all ages and with various needs, including special education, and has been honored for her outstanding work.

On Friday night, September 22, we will hold our annual Banquet. This year it will be a dual celebration, of the Association's 25th anniversary, and our opportunity to honor our one-and-only Pat Palmer. The banquet and lodging will be at the Best Western MacArthur Hotel in Holtsville, NY 11741. The hotel is convenient to the MacArthur Airport.

Thank You Thank You Thank You Thank You

...to all who wrote to Mrs. Clinton at the White House, expressing your concern about the growing use of behavior-modifying drugs for very young children. You can also e-mail first.lady@whitehouse.gov.

...to Judy Schneider, Leslie Fowler and Pat Palmer for the many hours they donate to helping provide FAUS with funds for some of the vital equipment used in our office and to help fund various programs, including the annual conference.

Dues alone do not cover our operating costs, so we appreciate their dedication and commitment to the Association.

FAUS Product Information Center Report

from Donna Curtis

Sunscreen

PreSun 29 for Sensitive Skin and PreSun for Kids 29 have been discontinued. The manufacturer has similar products, but with slightly different names. We are working with the company to see if some of these can be added to your Foodlist & Shopping Guide.

Butter

Many of you have questioned the comment in your Foodlist regarding butter: "Any sweet (unsalted) butter without added color or flavorings." Based on more recent experience, we have now changed this to read: "Any butter containing only cream - with or without salt."

Stage One Juice Box

We are extremely pleased to announce a Stage One juice box with no corn syrup. SANTA CRUZ Organic Lemon Drink from Concentrate is available in aseptic packaging which makes it an excellent choice for lunch boxes and on the road.

The ingredients are: "filtered water, organic cane sugar, organic lemon juice, organic lemon juice concentrate, ascorbic acid (vitamin C)."

When you're eating out in a restaurant, do-it-yourself natural lemonade is almost always available. If the restaurant can provide: ice water, sugar, and fresh lemon, then you will be able to mix them together.

Natural Sweetener

In the April issue of *Pure Facts*, we wrote about a natural alternative to synthetic sweeteners. The product, "Sweet Balance" is a granular sweetener made from kiwi, contains zero calories and is 15 times as sweet as sugar. It should be tolerated by people with hypoglycemia or diabetes.

Before the article was printed, *Pure Facts* received the assurance from the company that our members would not have difficulty obtaining it. Unfortunately, we have received reports that both individuals, and For Pete's Sake have not been able to get it.

The good news is that there is an identical product sold under the name "OPTI-SWEET" and it is available via mail order, both from For Pete's Sake and from the parent company, Optimum Nutrition (800) 705-5226.

Correction

The address for ANDREA ROSE SALICYLATE FREE SKIN CARE was incorrectly listed in the April *Pure Facts*. It is 5555 North Sheridan Road, Unit 1517, Chicago IL 60640.

PIC Report

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

Stage One

AMY'S* Organic Soups: Cream of Mushroom, Lentil, No Chicken Noodle (MSG/HVP)

CABOT Cottage Cheese (CS)

not available in all states

CABOT Cheese: Classic Vermont Sharp, Hunter's Extremely Sharp Vermont Cheddar, Vintage Choice Cheddar, Colby Vermont, Colby Jack Vermont, Roasted Garlic Vermont Cheddar
available in most eastern, southern & southwestern states or via www.cabotcheese.com

EARTH BALANCE* Natural Buttery Spread
available in some locations throughout the U.S.

EDEN* Golden Amber Durum Pasta: Vegetable Alphabets

HORIZON ORGANIC Fat Free & Reduced Fat Milks in aseptic packages

NATURAL OVENS OF MANITOWOC WISCONSIN Better White Bread (CS), Soft Hearth Bread (CS), Zesty-Flax Energy Mix (CS)

available retail in the Midwest; for other areas, order via (800) 558-3535 or www.naturalovens.com

SHADYBROOK FARMS "Only One": Breast Roast, Ground Breast of Turkey, Tenderloins, Turkey Cutlets

STONYFIELD FARM* Nonfat Frozen Yogurt: Chocolate (CS), Vanilla (CS)

TERRA* Original Chips; Yukon Gold Potato Chips: Original, Salt & Pepper

WILDE TEMPTINGS Gluten-Free Bread Mix, Muffin Mix
order via (800) 434-4846 or www.wildetemptings.com

Stage Two

AMY'S* Organic Soups: Cream of Tomato, Minestrone (MSG/HVP, tomatoes)

ARROWHEAD MILLS* Multigrain Flakes Cereal (apples, grapes)

CABOT Tomato Basil Vermont Cheese, Tomato Basil Flavor Vermont Cheddar

GIRARDS Caesar Dressing (CS, SB, CP, MSG/HVP, SF, cider vinegar), Olde Venice Italian Dressing (CS, MSG/HVP, SF, cider & wine vinegar, bell peppers, *may include more salicylates*)

LET'S DO* Mixed Fruity Baby Bears Gummi Candies (CS, apples, apricots, currants), Mixed Fruity Bears Jelly Candies (CS, apples, apricots, currants)

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