

Pure Facts

Newsletter of the Feingold® Association of the United States



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Behavior/learning problems can have many causes

Children with symptoms labeled as ADD and ADHD are often assumed to be suffering from some type of brain defect, but the evidence to challenge this assumption continues to grow.

Child Care Facilities

Children who spend extensive time in day care centers are more likely to be aggressive than those who spend fewer hours there, according to a team of researchers in the United States and Great Britain.

For youngsters spending more than 30 hours a week in care outside the home, the researchers found that 17% of them exhibited behavior problems by the time they reached kindergarten. This was the case for only 6% of the children spending less than 10 hours a week in such a facility.

The study followed 1300 children in 10 sites across the United States. One variable not considered was what the children ate. It would be interesting to track the outcome of the children fed food that was free of synthetic additives



such as dyes, flavorings and preservatives. While natural food is not a priority for most child care providers, there are some notable exceptions. (Two of these are described in this newsletter.)

Sleep Deprivation

Another study seeking causes for disturbed behavior in children focused on the amount and quality of sleep they received. The Kosair Sleep Clinic in Louisville, KY has shown that for some children with ADHD, the culprit is sleep apnea, characterized by loud snoring and frequent awakenings. When the children had their tonsils and adenoids removed, the apnea disappeared, sleep improved, and their ADHD symptoms disappeared.

Some adults have found that their apnea symptoms responded to the Feingold Program. Others with narcolepsy (suddenly falling asleep in daytime) also report they have been helped.

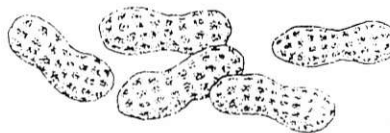
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Food labels are often inaccurate

People using the Feingold Program know that food labels don't always disclose what is really in the product. For those with severe food allergies, trusting labels can be fatal.

An estimated 30,000 people with food allergies go into anaphylactic shock each year in the United States. After consuming a tiny amount of an allergen, their throats swell up, cutting off their breath. As a result about 150 of these people die.

Even experienced label readers can get caught unaware because food manufacturers often fail to provide complete and accurate information on their labels.



A two-year investigation by the U.S. Food and Drug Administration (FDA) uncovered serious problems. Twenty-five percent of the companies investigated failed to disclose that their products contain highly allergenic ingredients like nuts.

The FDA does not require food manufacturers to disclose the ingredients they use in "natural flavoring" so this designation is a handy disguise for allergens, salicylates and MSG.

New York Congresswoman, Nita Lowey, has proposed new regulations that would require greater disclosure and would force companies to use more understandable terminology. For example, the product would list "milk," rather than "casein."

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.

Happy Father's Day!

Sarah isn't angry anymore

“Sarah began having problems in daycare right before her 3rd birthday. During the next year we went through 3 daycare/preschool situations and things just kept getting worse.”

As a first time mom, Mary Redden was careful about what she fed her baby, and Sarah was a happy infant. She would wake up in the morning, and amuse herself with very loud melodic sounds (singing).

But Mary gradually paid less attention to nutrition, and Sarah became an increasingly difficult little girl. Since this was her first child, Mary didn't realize that most people don't have to work so hard at parenting. All she wanted was for Sarah to be happy, but at 3 1/2 the little girl would say, “I wish I would die.”

Sarah became extremely impulsive, was easily frustrated, couldn't sit still, and lacked any self control. She had temper tantrums, wild mood swings, was always irritable and was often mean for no reason.

She developed some noticeable obsessive/compulsive traits (constant need to rub her hands together or on something) and mild autistic traits (rocking, wouldn't look people in the eye, and major problems with social contact). Mary didn't feel that Sarah was autistic, but saw many parallels.

She woke up angry and often told her mother “I hate you!” There were no more naps, and it took a long time to get her settled down for sleep.

Sarah had many sensory problems and hated to be touched. She was agitated if there was too much activity or too many other children.

Getting her dressed was an ordeal. Mary would have to repeatedly remind Sarah to put on her sock, shoe, etc.

She had always been a handful for other adults as well. At just 18 months old, Sarah was able to open doors and taught the other toddlers at the day care center how to do it.

While Mary and her husband, Alex, worked full time and tried to cope with Sarah, they had their hands full caring for their younger daughter, Emily, who was frequently hospitalized with chronic asthma.

The Reddens were desperate for help, and got on a waiting list to have

4 year old Sarah evaluated. This was when her pediatrician told them about the Feingold Program. Anxious to “do something” — even if it didn't help — they started the Program using Dr. Feingold's 1974 book. (Several months later, they learned of the Feingold Association and sent away for the materials.) The diet connection was not totally new to Mary; early on she noticed that if she gave Sarah certain foods the little girl would be “flying.”



Two weeks into the Program, the preschool director told Mary “Sarah looked me in the eye for the first time today.” Her teacher noticed she was more relaxed and began to participate in class activities. And instead of wandering around the room, Sarah could now go to the circle for story time.

So many of the problems fell away, the Reddens were able to focus on the ones that remained. Sarah has bene-

Mary knew Sarah was full of life, but had assumed that her younger daughter, Emily, was a quiet child. But it was just that Emily didn't feel well; now she's full of energy.

During the first year on the Feingold Program, Emily was well except after she went to parties and ate synthetic additives. Now, Mary watches her diet more closely, and at age 4, it's been a year since she has had to see the doctor.

fited from social skills training. She enjoys school and her friends. There have been big improvements in sensory issues and she can stand in line without becoming upset.

The changes at home have been equally remarkable. Now, Sarah gets to sleep easily, wakes up in a good mood and dresses herself without any prompting.

Best of all, Mary and her husband, Alex, now hear their oldest daughter tell them, “Mommy & Daddy I just love you so much!” To Mary, it felt like layers of problems just fell away and she now could see the child she always knew was in there.

Today, 6 1/2, Sarah loves swimming and gymnastics and takes pride in her appearance. She is 2-3 years ahead academically in some areas and loves anything having to do with science, insects, etc. Just last week on a camping trip, she brought a new specimen to show her mother. Mary remarked, “Oh, you caught a lizard.” “No, Mother,” Sarah corrected, “It's a newt.”

Most of the papers she brings home from school are graded 100% and she has good organizational skills.

Sarah is extremely generous and will share whatever she has with other children. She takes her lunch and snacks to school every day and has great support from her teachers.

Sarah can tolerate tomatoes but has trouble with apples and grapes, and can't overdo the salicylates. Too many make her jiggle or, as Mary dubs it, “pingy.”

One time when Sarah had a fever, the only medicine in the house was artificially colored and flavored. Two hours later, Sarah was still very sick, lying in her bed, but she started wiggling and twitching, making non-verbal noises and her limbs would jerk out. This scared Mary and Alex; it was a reminder of how things used to be.

Mary's goal for her daughter was to be happy, and today she is. In fact, her proud mom reports, “She's great!”

Child care at its best

There's more out there than weenie beanies and bright yellow mac & cheese. Here's one day-care provider with a recipe for success.

Margo Gray has been caring for children just about as long as she can remember, and operates a day care home in Herndon, VA. Raised on a farm, her family has always enjoyed food very close to the way it comes from the land. To Margo, it's only logical to give the same wholesome food to "her kids" — which can number up to 12 children, from infants to age 2.

She knows a lot about babies, when they feel well and when they don't, and understands how they learn and develop. "You can take a baby and look into its eyes," she says, "and see the intelligence."

The children in Margo's care receive nurturing and stimulation, but most of all they are given very good food. It begins early in the day when she likes to shop for fresh produce; the employees at neighborhood markets know her well and help her find the quality items she wants. Every morning her two bread makers turn out whole grain loaves, and the day's meals are begun. The food varies depending on the age of the child. Infants are given formula, while toddlers explore the many different tastes and textures of foods.

"I want them to experience the different flavors and textures. You can teach children about colors and numbers, etc. through food."

Chicken is prepared by roasting, and after cooling, the meat is removed and used plain, in soups, or coated with a bit of flour and sauted in butter for a change of taste and texture. She has meat ground to order and cooks it in a little water, which is then drained off with the fat. This provides a tender food little hands can pick up and eat. Beef is used in homemade soups, that always have beans added for extra fiber and protein. Occasionally, toddlers are given some fish for variety.

Meals generally contain one of three carbohydrates: potatoes, pasta or rice. She uses large russet potatoes, baked in their skins. They might then be mashed, scalloped with some cheese, or cubed and sauted in a little butter.

Often, pasta is made in the pasta maker; all it takes is flour, eggs and some water or milk. The older children help stir the mixture, using their own little bowl and a spoon. It's kind of messy, Margo laughs, but they learn so much and love to see their food being made. Noodles are popular in any form, with a sauce, a little butter, or in homemade chicken soup. Sometimes this soup is the afternoon snack.



The short brown rice Margo buys in bulk is so sweet and good, it doesn't need to have much done to it. She serves it with some butter, combined with vegetables or fruit, or adds it to soup.

Vegetables are either a high quality canned product or are fresh and steamed. Carrots that are cut in thin strips and then lightly steamed are easy for little fingers to grasp and eat. Vegetables like broccoli and cauliflower are avoided, but many others are offered (and well accepted) by the children.

Quick breads often have vegetables added to them. Starting at 6 months, the babies are offered vegetables, and Margo says, "I have never had a problem feeding a child a vegetable." She doesn't use salt, but finds that onion powder and celery powder will perk up the flavor; they are well tolerated, even by the little ones.

"The greatest pleasure I can have is to see that child enjoying his food. This is something he's going to take with him his whole life."

Fruits are mostly non-salicylates with a lot of bananas and pears on the menu. Margo does not buy typical fruit juice, but prefers to get fruit concentrate from her nearby health food store. She dilutes it and adds just enough sugar to take away any tartness. The concentrate is expensive, but it makes so much juice, it ends up being an economical option. Margo dislikes the commercial juices that are loaded with corn sweeteners and apple juice. Grapes and raisins are out as well, both because they are salicylates and since she considers them a potential choking hazard.

"This is just the way I do things."

Occasionally the children have pudding, generally tapioca or rice; cake or cookies are even more infrequent. (Of course, they are always home made!)

Margo's home is well known to area moms, and there is no shortage of parents who want her to care for their children. She can afford to be fussy, and she is. That's not to say that she won't accept children with health or behavior problems, and she has cared for many of them. What she is particular about is the parents. She interviews

Continued on page 4

Child care, from page 3

them before she will consider taking their child. She wants to know something about them, and about any family illness that could alert her to what's happening with the baby. Parents are told not to feed their babies any breakfast; in fact, they don't even need to dress them. Margo prefers to have the babies brought right to her where she will take care of dressing and feeding them a nourishing breakfast.

She works hard to teach parents about giving their children wholesome natural foods, but they don't always follow it and Monday typically is a very rough day! By Tuesday, they are calming down, and the rest of the week goes smoothly, until the children eat additives at home over the weekend.

Margo's kids tend to want the same type of food when they are at their homes and most of them don't like fast food.

It may take parents awhile to catch on to the routine, but most of them understand and are glad to cooperate.

One little boy had very bad diaper rash that cleared up after he was given a high quality whole milk yogurt. Even though he could not tolerate milk or cheese, he thrived on the yogurt.

Margo frequently cares for children with asthma, and two of the the youngsters are currently on gluten-free diets.

Here is a place where children sit calmly at the table, feeding themselves with a spoon. They can wash their hands and know to wipe their face with a napkin.

How to have a natural day care center

While she has never done a careful comparison of the cost of her food vs. processed foods, Margo believes that the high quality foods she offers are probably less expensive than their con-

venience counterparts. She plans in advance and buys in bulk. Meat is a condiment instead of a main course, and is often enhanced with beans. "If you are making macaroni and cheese from a mix, you still have to boil water and cook the macaroni," she explains. "Instead of mixing in dyed powder, why not just sprinkle on a little real cheese, along with a pat of butter, and let it stand. Stir to create a favorite

dish in a hurry. You have to put it together anyway, so why not use quality ingredients?"

"When you feed a child correctly their mind expands. I've had 18 - 20 month old kids who can hold a conversation like an adult."



What should parents look for in a child care facility?

Speaking from years of experience, Margo has these suggestions.

- Her door is "always open." Others are welcome to come into her home based center any time they wish. She encourages parents to look for a facility that allows you to visit at any time. If that is not the rule, then plan to stop by when you are not expected; that's the best way to see what the place is really like.
- Ask to see a menu for the week.
- How does it feel to be there...literally, do your feet stick to the floor?
- Does anything smell unpleasant?
- Ask if you can check the refrigerator and see what's in it.
- See if there's enough room for play for the number of children at the facility.
- Does each child have his own bed, blanket and chair?
- Take a good look at the bathroom.
- Don't be impressed by a center that is too neat; children are messy and you should expect to see toys and books on the floor. A child-centered facility will have some clutter.

One of the things you notice at Margo's home is that it is generally quiet. It's not that babies never cry, but when they do, their needs are taken care of quickly.

Margo is very modest about what she does, and believes that there are many thousands of other parents and providers who do what she is doing, and that "it's all just common sense."

Pure Facts asked her if she believes that the recent study on the connection between aggressive behavior in children and the long hours spent in day care was related to the use of poor quality nutrition and foods loaded with synthetic additives. She responded, "I think it's probably 90% of the problem."

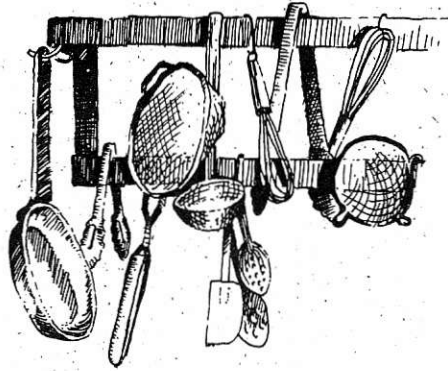
Good Food Company

Why not create a company that provides a high quality of natural food to children in day care centers? Is it possible? One company in Arlington, Virginia, has been doing this since 1979.

Inspired by the work of the Feingold Association, a catering company was established in the Northern Virginia city of Arlington, just across the Potomac River from Washington, DC. The company was founded by a day care director who was unable to find the quality food she wanted for her center. She started the catering business with three day-care centers and today the company feeds 4,500 people each day.



Most of the clients are children in day-care facilities, but food is also provided for elementary schools and adult care centers.



All of the food is prepared in the modern facility. Good Food Company bakes its own breads and rolls each morning. They grind their own beef to assure quality, and make most of the food from scratch. Soups, sauces and entrees are prepared fresh, and even the mashed potatoes are made from scratch. Foods are not deep fried; the chefs use real butter, and very little sugar or salt.

In the morning vans transport the meals in insulated containers to clients throughout a wide area. They are served "family style" from large pans, which eliminates the need for excess paper and packaging.

It isn't easy to provide homemade meals to so many people every day and do so at an affordable price. There are plenty of shortcuts available, but the mission that gave rise to this company has not changed. One of their biggest challenges is not just that there is little competition among the food suppliers they use, but that a growing number of children are so accustomed to fast food, the old fashioned cooking tastes unfamiliar to them. It's sad to realize that a generation of children is growing up whose fond memories of "Mom's cooking" will be associated with burgers and fries.

Pure Facts thanks the Frog Pond, an outstanding child care center in South Alexandria, for telling us about the Good Food Company.

Down on the Farm — Barry Farm

If it seems like the old-fashioned food that was once the staple of farm life has gone forever, take a look at the Barrys.

It's a fairly small farm (80 acres) but it produces an impressive variety of vegetables, fruits and berries, all grown organically. The Cridersville, Ohio farm even has its own on-site cannery to process the produce when it's at its ripest. The Barrys offer foods with what they call "the taste of Grandma's kitchen," sold at their area's farmer's market as well as through the Internet.

FAUS has researched a large number of products under the Barry Farm label, most of them Stage Two.

The following foods are acceptable Stage One items:

- Beet Preserves
- Pear Butter
- Pears in Light Syrup
- Pickled Beets
- Pickled Corn

If you miss having pickles, consider these non-salicylate alternatives, a



great stand-in for pickled cucumbers:

- Summer Harvest Sweet Pickles
(made with squash)
- Zucchini Sweet Chunks
- Zucchini Sweet Spears

Some of the non-salicylate jams and jellies are listed on Stage Two because the pectin they use is derived from oranges. People who are not very salicylate sensitive could probably tolerate them.

Please note that some of the other brands sold on the Barry Farm web site contain unacceptable additives. To learn more about the products log on to www.barryfarm.com.

Aggression, Day Care and Food

What role does diet play in the new findings that children who spend extended time away from their parents are more likely to be aggressive than those who do not? There's no way to know. Many day care centers use additive-laden foods, but many families do as well.

While there are countless variables in this issue, there is scientific documentation that synthetic food additives have an adverse effect on the behavior of children — all children, not only those with a diagnosis.

The Feingold Association hopes that this subject will be explored and clinical studies will be initiated. A fairly simple study could compare day care centers using the same food they now serve, with similar centers that serve foods free of synthetic additives.

June 2001

Conference Update

The planning continues for our annual conference, which will be held October 4th through 6th, with the all-day seminar on Friday, October 5.

The hotel we had planned to stay at will be undergoing renovation during this period, and the painting, new carpeting, etc., could pose a problem for chemically sensitive people. We have switched and will be at the luxury Holiday Inn Select at 700 Main Street in Stamford, Connecticut.

Holiday Inn "Select" hotels are upgraded versions of the old favorite, designed to pamper the busy executive.

Mark your calendar and plan to join us in October.

More on Sucralose

In the February issue of *Pure Facts* we described the many natural and synthetic sweeteners available and in development. One of these sweeteners, sucralose, is sold under the name Splenda, and manufactured by McNeil Specialty Products.

McNeil's director of product safety disputed some of the claims made by critics of sucralose, that were referenced in the article, stating "There is some sucralose information available in the public domain that is inaccurate and poorly informed."

In the same article, *Pure Facts* discussed the difficulty we had in finding unbiased information about all of the sweeteners. Consumers should not have to question if the food they are using is free of adverse side effects, but, unfortunately we have learned that the system does not always function well. So where does that leave the consumer? The web site for Whole Foods Market expressed it well:

"With regard to safety, very little information exists except for safety studies that were commissioned by organizations standing to gain from the acceptance of sucralose. However, sucralose has been widely used by consumers since 1991. The fact that it has generated very little negative press stands in its favor. However, a paucity of information may not mean that sucralose is safe or problem-free. Rather, it may mean that we do not yet have adequate, balanced information."

Pure Facts readers can obtain more details on sucralose from these web sites:

www.wholefoodsmarket.com, www.splenda.com and www.1st-sugar-free-products.com

Cool places to shop on Long Island, NY

The Lewin Farm Market is located at 830 Sound Ave. in Calverton. You can pick your own fruits and vegetables or buy field fresh produce. There's a big variety of locally grown foods at their height of flavor.

Fresh Fields, a natural market, is on Northern Blvd. in Manhasset's famous "Miracle Mile." New Feingold members will find many acceptable products here, and for seasoned members, there's a dazzling assortment of items you can test out.

King Kullen - The first supermarket in the United States opened its doors when Michael Cullen came up with a better way to sell groceries to the public. Member families report that they are able to find many of the items they need at this chain.

Wild by Nature This large, attractive natural foods market is owned by King Kullen. Their two stores are located in East Setauket and Huntington.

Trader Joe's has six stores on Long Island: in Commack, Hewlett, Lake Grove, Merrick, Oceanside and Plainview. There are many natural products, and a growing number are being researched and approved for use on the Program.

IGA - Some families report that their IGA manager has been very helpful in ordering items on our *Foodlist*, but not carried in their store.

Waldbaum's, Stop & Shop, and Pathmark are popular supermarkets on the Island, with many Feingold-acceptable foods.

Deer Park, Texas

...and surrounding areas. A new support group will be forming and a meeting is being planned for the Deer Park area. For more information contact Taunya Stevenson at (281) 817-1964 between the hours of 8:00 - 5:00 Monday - Friday.

Long Island, NY

Brookhaven Hamlet - Karin and Richard Morgan would like to meet other families in their area. They have been using the Feingold Program for 3 months for their 7 year old son. You can reach them at (631) 286-0694 or e-mail richmorgan2001@yahoo.com.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

LUCERNE (Safeway supermarkets) Cherry Lowfat Yogurt and Natural Strawberry Prestirred Yogurt now contain synthetic color.

DURKEE Family Style Sloppy Joe Mix contains artificial color.

These products should be removed from your *Foodlist*.

Whole Milk with Vitamin A Palmitate

We have had scattered reports of vitamin A palmitate being added to whole milk. (Normally it is only added to lowfat and skimmed milks. Vitamin A palmitate is often preserved with BHT.) We are now cautioning members to be aware of this and check ingredient labels of the whole milk you buy. If you do find whole milk in your area that has the vitamin added, please submit it to us to be researched. (Refer to the inside back cover of your *Foodlist and Shopping Guide* for details on how to have products researched.)

Auntie Anne's

We have received additional information from Auntie Anne's pretzels since our article on the products appeared in the May *Pure Facts*. The following items are acceptable on Stage One:

- Plain Pretzel
- Salted Pretzel
- Original/Kidstix Pretzel
- Cinnamon Sugar/Kidstix Pretzel
- Garlic Pretzel
- Parmesan Herb Pretzel (CS)
- Sesame Pretzel
- Whole Wheat Pretzel
- Auntie Anne's At Home® Pretzel Kit - Original (CS)

Laura's Lean Beef

Washington, DC area - Safeway and Giant supermarkets now carry LAURA'S LEAN BEEF. Any fresh uncured, unmarinated beef is acceptable for use on the Feingold Program, but some members prefer to use meat such as Laura's Lean Beef that has been raised on natural grains and grasses and is free of antibiotics and growth hormones.

Laura Freeman, founder of the company, reports an increased interest in their beef as a result of mad cow disease in Europe. She writes, "As you may know, scientists believe cattle get mad cow disease from eating the remains of infected animals. We want to assure you that at Laura's Lean Beef, we don't feed our cattle any reprocessed animal tissue or by-products — and we never have. Our cattle are vegetarians."

PIC Report

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

Stage One

DURKEE Pure Lemon Extract

HANOVER Baked Soft Pretzels (CS)

found in the Northeast, Mid Atlantic and Midwest

INTERNATIONAL GOURMET Cookie Mix:

Chocolate (CS), Mild Spice (CS),

Spiced Lemon (CS), Spiced Mango (CS)

Note: The consumer adds the fruit as directed.

Order from www.TheInternationalGourmet.com

INTERNATIONAL GOURMET Quick Bread or Muffins

Mix: Banana Walnut, Carrot Pineapple,

Pumpkin Pecan, Spiced Walnut, Spiced Zucchini

Note: The customer adds the fruit as directed.

MAMMA BELLA frozen products: Cheese Garlic

Toast (CS), Traditional Garlic Toast (CS),

Homestyle Garlic Bread (CS),

Cholesterol Free Homestyle Garlic Bread (CS),

Homestyle Parmesan Cheese Garlic Bread (CS),

Homestyle Garlic Dinner Rolls

Sold in all areas except the South Central and

Northwestern states

PATHMARK (Pathmark supermarkets) 100% Whole

Wheat Bread (CS,CP) *Northeastern states*

SCHWAN'S (home delivery) Breaded Chicken Breast

Tenderloin Strips, Ready-to-cook Breaded Chicken

Breast Tenderloin

TOSTITOS 100% White Corn Restaurant Style

Tortilla Chips

WHITE WAVE* Baked Tofu: Italian Style Garlic Herb,

Snack'n Savory Style Ready to Eat, Zesty Lemon

Pepper Style

Stage Two

INTERNATIONAL GOURMET Quick Bread or

Muffins Mix: Apple Walnut, Blueberry Orange,

Cranberry Orange

Note: The mix itself is Stage One, the fruits to be added are salicylates.

WELCH'S Juice Cocktail from Concentrate:

Grape (CS), Strawberry Breeze (CS, apples, grapes,

oranges), White Grape (CS,SF), White Grape Peach

(CS, apples), Wild Raspberry (CS, apples, grapes)

WELCH'S Juice: White Grape (SF), White Grape

Peach (apples)

Correction: The May *Pure Facts* listed two "WELSH'S" products. It should have read "WELCH'S."

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.

Many causes, from page 1

What's wrong?

Children who are aggressive or disruptive could be behaving in this way for a variety of reasons. In addition to a sensitivity to food additives or salicylates, there are many other potential triggers.

While drugs might reduce the symptoms, they don't allow parents and doctors to uncover the real causes.

The Association believes that children with learning/behavior problems deserve to receive the same careful evaluation provided for children with other symptoms. Underlying sensitivity, deficiencies, physical illness or dysfunction should be ruled out. A brief trial of a simple, inexpensive elimination diet is one such test. It is not an alternative form of treatment, but rather a very traditional, conservative medical approach.

The All-In-One Guide to ADD and Hyperactivity

This new book guides parents and professionals as they evaluate the child. It describes the range of treatment options.

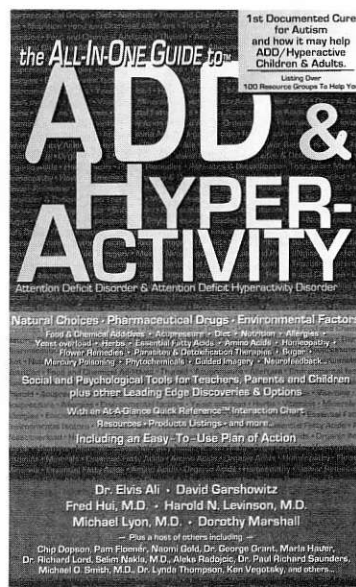
One of the book's chief strengths is its conviction that ADD/ADHD is a complex condition that can't be reduced to a single point of origin. Ken Vegotsky, the author/editor, believes "It is unfortunate for children diagnosed with ADD/ADHD that the North American perspective tends to take a 'one-size-fits-all' approach."

Most of the focus is on natural choices, but there is an impressive amount of information about the ten major drugs currently used, and their potential side effects. This includes an At-a-Glance Quick-Reference Interaction Chart and Side Effects Reference Chart.

Experts in many fields have written about the treatments they have successfully used. Chapters include:

- Inner ear/cerebellar-vestibular origins
- Healing the hyperactive brain through functional medicine
- Natural & complementary choices

- Environmental factors and organic acids
- Parasites and detoxification
- Thyroid gland and hyperactivity
- Acupressure
- The autism/ADD/hyperactivity connection
- Mercury poisoning and chelation
- Chinese medicine
- The Feingold Program
- Essential fatty acids
- Herbs
- Amino acids and proteins
- Homeopathy
- Bach flower remedies



The book is available in some health food stores or can be ordered from AGES Publications. \$12.95 US/\$14.95 Canada. Call (888) 545-0053 or log on to www.agespublications.com.

- The benefits of exercise
- Neurofeedback
- Mediation of cognitive competencies
- Music and guided imagery
- Empowering teachers

Each of the chapters offers guidance on where readers can find more information and help, including phone numbers and web sites. Products and support groups are listed for the United States and Canada.

Patients, doctors more open to alternative medicine

"Researchers at respected academic medical centers are conducting controlled clinical studies to test practices that once were waved off like snake oil treatments. And a growing number of conventional medical practices offer herbs, meditation, music therapy and acupuncture along with standard medical practices."

"The American Assoc. of Medical Colleges says 76 of the USA's 125 medical schools offer courses in complementary and alternative medicine as part of the required curriculum..."

Anita Manning, USA Today

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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, a telephone and e-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$8 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.

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