

Pure Facts

Newsletter of the Feingold® Association of the United States



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How do parents feel about using drugs for ADHD?

Parents of children with learning and behavior problems are often portrayed unfairly, by other parents, by the media and even by professionals who specialize in this field.

These critics often describe parents of children diagnosed with ADD and ADHD as eager to "take the easy way out, by giving him a pill." But research conducted at the University of Florida found that this is not typically the case, that most parents are reluctant to use stimulant drugs (Ritalin) or amphetamines (Dexedrine, Adderall). The results were based on in-depth interviews with parents and primary caregivers of twenty-five children diagnosed with ADHD. Fifteen of the children were on medications and ten were not. The parents expressed concern that the drugs would result in lasting harm to their child. (See the accompanying article on the long term effects of Ritalin.) Lead researcher, Regina Bussing, a University of Florida psychiatrist, acknowledged that long-term studies on the effects of drugs have not been done



(but are underway). Nevertheless, she believes, "we have not seen any indication that careful use of stimulants causes problems in the long run."

Support for the use of medication is generally based on studies such as one in 1999, sponsored by the National Institutes of Mental Health. This research compared the use of drugs to behavioral therapies, such as time-out for unacceptable behavior and positive reinforcement for good behavior. As countless parents of hyperactive children can attest, trying to use a psycho-

logical intervention to address a chemical problem is generally useless. So, actually, the studies compare the effect of a powerful drug vs. nothing, and of course the drug results are more dramatic. These studies do not address the comparative effectiveness of two valid treatments, such as drugs and diet modification or drugs and nutritional supplements.

The parental resistance to using drugs is viewed by many professionals not as a motivation to explore other treatments, but as a problem to overcome. This was the conclusion of the research, published in the September/October issue of the *Harvard Review of Psychiatry*.

It's interesting to note the study found that when parents were asked to name the treatments that had worked for their children, they rarely mentioned prescription drugs.

Ritalin may have long-lasting effects

Support for the use of medicine is based, in part, on the assumption that the effects are short-lived.

The effects of the widely used stimulant, Ritalin, are much more long-lasting than was previously believed. This is the conclusion of research presented to the Society for Neuroscience at their annual meeting in San Diego in November.

Joan Baizer and her colleagues found that the changes Ritalin triggers in the brain may remain long after the effects of the drug appear to have worn off.

"Clinicians consider Ritalin to be short-acting," Baizer noted, "When the active dose has worked its way through the system, they consider it 'all gone.' Our research with gene expression in an animal model suggests that it has the potential for causing long-lasting changes in brain cell structure and function."

Another ADHD drug is in the works. Atomoxetine is not classified as a stimulant and does not involve the

neurotransmitter dopamine, as does Ritalin. Atomoxetine works by increasing the supply of the neurotransmitter, norepinephrine, which helps to control impulsive behaviors. The manufacturer, Eli Lilly, believes the drug will not trigger side effects such as tic disorders that have been attributed to the use of Ritalin. Atomoxetine is being reviewed by the Food and Drug Administration and is not yet available.

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 Feingold Moment”

Have you ever found yourself in the middle of an unexpected event or odd coincidence that leads to helping another parent whose child might benefit from the Program? Many of us have, and one mom, Esther Roberts, described such an experience.

Saturday night I went shopping. I headed to the grocery store down the street that I usually go to, but changed my mind and headed in the opposite direction to another store, despite the pouring rain. I checked my shopping list, and then looked in vain for the salad dressing I needed. I asked the clerk for help but he didn't know where it was so he asked for help from the “courtesy clerk” who knows everything in the store.

We started to talk and, for some reason, I made a statement about my middle son's asthma and why we couldn't eat something. This caught his attention. He started asking me about the diet, and I showed him my Shopping Guide that was in my hand. As he asked me more questions about my 3 kids it became clear that his family *totally* mirrored mine before we went on Feingold: his oldest son was diagnosed ADHD, and is now on Ad-derall. His middle son has asthma, is on steroids and has been hospitalized many times. The youngest girl is very difficult, wets her pants during the day and wets the bed at night.

When I told him that none of my children were currently on drugs he was amazed. I explained that it all came down to the food, that by chang-



ing our whole family's diet — even though it was only one child who we started out to help — we all felt the benefits of the program. I told him that I never would have known how much it would help my other two children if I had not kept them on the diet, both at home and away.

He interrupted me four times to ask me to write down the phone number and web site for FAUS, then he would ask another question. This went back and forth until I finally wrote it down and handed it to him. He said, “I'm going to look this up *tonight!*” I told him it would cost \$69 (+shipping) for the Program Kit, but he said, “It's worth every penny to help my chil-

dren. That's just a drop in the bucket.”

Then the conversation got even better. He told me how Kaiser Permanente Hospital (the biggest hospital in my town) tested his asthmatic son and gave him a list of things that he wasn't supposed to eat. They were strange things, he said, so I pressed him for more information, “What kind of things?” I asked, already knowing what the answer would be. “*Tomatoes*, isn't that strange?” “No,” I told him, “tomatoes are salicylates. They gave you the list of the KP diet that was created by Dr. Feingold, who had been the chief of allergy at Kaiser in San Francisco. That's what I'm using; see my Foodlist book from the Feingold Association. They have continued his work.”

As I was standing in line to check out it occurred to me that maybe I should leave my e-mail address for him, so I asked that he be paged as I wanted to speak with him. But I was told he had left for the night; in fact, when he stopped to help me, he was on his way out of the store to go home. I believe that the Lord works in mysterious ways. I see his signs loud and clear and hopefully this gentleman did too.

Diet can have far reaching effects

The lack of an essential fatty acid could be responsible for many behavior, health and learning problems.

- “Western diets are deficient in n-3 fatty acids (also called omega 3), compared with the diet on which humans evolved and their genetic patterns were established.” [A.P. Somopoulos, the Center for Genetics Nutrition and Health] The traditional Greek diet, which relies on fresh natural foods, including oils rich in EFAs, has been recognized as a very healthy regimen, and a major factor in a longer, healthier life, as well as a reduction in heart disease and cancer.
- A balance of EFAs has been found to be essential for healthy development of the brain and various system. [Salvati, S. et al, Dev Neurosci 200 Sep-Dec;22(5-6):481]
- Ten month old infants who received EFA supplements were better able to solve problems than a similar group who received none. [Lancet 1998;352:688-91]
- Clinical depression has been estimated to cost American businesses an estimated \$44 billion a year in lost time and job impairment.
- Depression can be a side effect of many different drugs. Those used to lower cholesterol appear to imbalance the fatty acid ratio, and lead to symptoms of depression. [Bruinsma, Nutr Rev 200 Apr;58(4):98-108]
- Research conducted at Harvard found that subjects who suffered from depression were dramatically helped by taking pills containing fish oils rich in EFAs. Pharmaceutical companies are now attempting to create a synthetic version. (Supplements made with fish oils are neither patentable nor profitable.)

Depression is a growing problem in children and adults

The World Health Organization lists major depression as the world's leading cause of disability in people age 5 and older. In May of 2001 *Teacher Magazine* reported "Every year, one in 13 high school students attempts suicide."

Duke University psychiatrist, John March estimates that at least a half million children in the United States are currently taking antidepressants. But the drugs typically prescribed for depression have been tested on adults, and have not been approved by the Food and Drug Administration (FDA) for use in children and teens.

The FDA's Thomas Laughren heads the agency's division responsible for approving psychiatric medicines. He notes that teenagers do not necessarily process these chemicals in the same way as adults. "They're going through a lot of physiological changes that probably make them more vulnerable to the effects of drugs. We don't have enough information to draw the conclusion that they're safe and effective for children."

Physicians are allowed to prescribe drugs for uses other than they are intended. The practice, called "off label" prescribing, is common and can be very beneficial for the patient. But with so many children on antidepressants, the clinical research is long overdue. **New studies** are expected to get underway soon, but it will be about five years before the results are in.

Many professionals are concerned that too many kids are being given drugs alone, with no psychological support and no opportunity to work out the issues they face. For cost-conscious HMOs, a prescription is the most economical option. Typically, the prescription is given by a pediatrician or family physician with **no psychiatric expertise**.

In 1998 University of Michigan pediatrician Jerry Rushton conducted a survey of pediatricians and family doctors in North Carolina. 72% said they prescribed antidepressants for children, but only 8% of the doctors said they had adequate training in childhood depression. Rushton expressed concern that 40% of the physicians sur-

veyed said they had given the antidepressants in combination with other drugs. The researcher points out that drug interactions can result in serious problems and need to be carefully monitored. When the patient is a teenager, and he consumes alcohol while taking the drugs, the results can be dangerous. Alcohol and some of the newer drugs can make the teen driver more likely to fall asleep at the wheel.

The National Center for Health Statistics reports that between 1962 and 1995 suicides in children age 5 to 19 tripled to just under 4 per 100,000. Today, nearly 1 child out of ten who develops major depression goes on to commit suicide.



As valuable as drugs can be for the family in crisis, the most important research will come not in testing new drugs, but in uncovering causes of this epidemic. **An exciting new study on treatment for depression** was published in the December issue of *Journal of Clinical Psychiatry*. For five years Canadian researcher, Bonnie Kaplan, and her colleagues at the University of Calgary worked to develop a nutritional supplement to help patients suffering from bipolar disorders. They formulated a blend of 36 vitamins, minerals antioxidants and amino acids and gave them to 11 patients age 19 to 46, all of whom had been on multiple medicines and had been hospitalized at least once.

Although the patient sample was small, the results are very promising. Within two weeks, according to the researchers, between 50% - 66% improved in all areas. Some of the patients were able to discontinue their medicines and use the supplement mixture alone.

The researchers write in their conclusion: "Some cases of bipolar illness may be ameliorated by nutritional supplementation. A randomized, placebo-controlled trial in adults with bipolar I disorder is currently underway, as well as open trials in children."

[Note: *Pure Facts* does not have information on the supplements used in the mixture. Please consult with your health care professional who may be able to access more information. The journal citation is: *Effective Mood Stabilization With a Chelated Mineral Supplement: An Open-Label Trial in Bipolar Disorder*, Bonnie J. Kaplan, et al, *J Clin Psychiatry* 2001;62:936-944.]

The use of **supplements for mental disorders** is not new. For many years, Dr. Abram Hoffer has researched and written about the link between disturbed behavior and the need for certain nutrients. His work has helped patients with various mental disabilities including schizophrenia. The use of minerals to treat depression is not new; the mineral lithium, has long been prescribed by traditionally trained psychiatrists.

Depression can have many causes; one that is seldom considered is **celiac disease**. Researchers at the University of Bologna in Italy wrote about three adults whose depression was caused by their body's inability to handle gluten. As children these patients were diagnosed with celiac disease and successfully followed a gluten-free diet until they were teenagers when the typical intestinal symptoms disappeared. At that point they returned to a standard diet containing gluten. Then, as adults they began experiencing symptoms of depression. When they returned to a gluten-free diet, their depression disappeared. [Depression in adult untreated celiac subjects: diagnosis by the pediatrician, Corvaglia et al, *Am J Gastroenterol* 1999 Mar;94(3):839-43]

There are many triggers for depression

Adults following the Feingold Program have reported that they see a direct correlation between diet and their moods.

Jeanne posted this note on our web site's message board: "Yellow dyes leave me despondent, as do apples. Peanuts (not eliminated on the Feingold Program) make me feel confused and paranoid. Mystery ingredients at church suppers send me home with a vague but urgent sense of mental despair and hopelessness. After a few hours I improve significantly, and can recognize that there were no actual reasons for my feelings (being depressed), except that I ate something wrong. Preservatives trigger irritability. Sometimes I feel like I'm going to explode out of my skin if I don't move, or if I can't cool off. It's almost claustrophobic in my body sometimes. When I eat only the food I prepare according to my sensitivities, I'm emotionally stable. I am SO glad to have finally found a way to avoid so much depression!"

Julie responded: "It's nice to hear you feel 'hopelessness' too and this diet helps! I feel that way a lot, along with the depression. And I can see so clearly that it's directly related to eating. Thanks for telling your symptoms. It helps me a lot to know others have my symptoms and have been helped by Feingold. Because depression and the feelings of hopelessness are a regular part of my life, it's often hard to make the effort to stay on the diet. Thanks!"

A dad wrote to FAUS: "I suffered from increasingly severe depression for several years. I went on the Feingold Program to help the household logistics since our doctor had recommended it for our son who has ADD. While waiting for some improvement in my son, I was suddenly without depression for the first time in years. I have been free of symptoms as long as I stay on the diet.

"Every person suffering from depression should try the diet first to see if it will help them. I have urged the doctors who treated me to try the diet on others they are trying to help."

Antidepressants are often given to children diagnosed with ADHD

Some physicians routinely prescribe Ritalin plus Prozac to treat the anticipated depression which can be a side effect of stimulant drugs.

Journalist, Sara Solovitch wrote, "The parameters of 'normal' child behavior are shrinking. Boys who once had ants in their pants are now diagnosed as having ADHD. If Tom Sawyer lived today, you know he'd be on Ritalin. Or Trazodone. Or Prozac."



She goes on to quote Fred A. Baughman, a retired child neurologist who is an outspoken critic of some of these practices: "I'm a biologically oriented doctor. For years, I've seen kids sent to me by parents, teachers, and principals, all telling me that they have something wrong with their brains. And they don't."

Baughman disagrees with the use of adult anti-depressants for children. "The anti-depressants are often prescribed for ADHD for children who don't respond to Ritalin – and yet the potential for serious side effects is higher in the anti-depressants.

"There is no precision as to how these drugs work in the brain. It's kind of like throwing industrial strength weed feed on your orchids. It's that precise."

Long-term exposure to solvents may damage parts of the brain.

A study in Pennsylvania compared the incidence of depression and anxiety found in women who had been exposed to organic solvents compared with a control group that had not. Researcher Lisa Morrow and her colleagues found that 71 percent of the solvent-exposed subjects met the psychiatric criteria for anxiety and mood disorders, compared to only 10 percent of the women in the control group. The study was published in the *Journal of Psychosomatic Medicine* 2000;62(6):746-50

Researchers have linked very low levels of blood cholesterol with depression and anxiety.

A psychologist at Duke University, Edward Suarez, found that women with low levels of cholesterol were twice as likely to be plagued with depression and anxiety as those with higher levels. He believes that when the level of cholesterol dips too low, the brain cells cannot get enough serotonin, a chemical that contributes to a feeling of well-being.

People with depression may be low in omega-3 polyunsaturated fatty acids

Red blood cell membrane levels and dietary polyunsaturated fatty acid intake were measured in 10 depressed patients and 14 healthy control subjects. The levels were significantly depleted in the depressed subjects. While the number of individuals studied was small, the variables were well controlled. The researchers (R. Edwards et al at the University Department of Psychiatry, University of Sheffield, UK) summed up the results: "The findings raise the possibility that depressive symptoms may be alleviated by n-3 polyunsaturated fatty acids."

The candy holidays are coming up

Valentine's Day and Easter can be a challenge for the Feingold family. Although most of the candies you will see in stores contain the unwanted additives, there is still an impressive assortment of luscious natural treats. Check the "Dessert" section of your Stage One and Stage Two Foodlist for suggestions. Also, refer to the mail order information in your 3 ring binder, and the advertisements in our School Year Calendar. If you plan to mail order Easter candy, place your order early. This year Easter falls on the last day of March.

Note: If your Foodlist includes the R.M. Palmer chocolates, please cross that listing out; they have recently been changed and now contain synthetic vanilla (vanillin).

The variety of sweeteners used in candy and other products, and available for consumers, is growing. Here is a list of some of the main sweetening agents.

The Feingold Association recommends its members avoid the use of these synthetic sweeteners:

Aspartame (NutraSweet, Equal, NatraTaste, Spoonful, Equal-Measure), and similar products: Neotame, Alitame
Saccharine (Sweet 'N Low, Sugar Twin)
Cyclamate

These are relatively new sweeteners; we don't have much unbiased information about them. If you use them we suggest you test them cautiously.

Acesulfame-k, Acesulfame potassium (Sunett, Sweet One, Sweet-n-Safe)
Neohesperidine DC - manufactured from oranges
Sucralose (Splenda) - manufactured by treating sugar with chlorine.
Tagatose - a low calorie sweetener under development, made from whey.
Trehalose - manufactured from starch. It is about half as sweet as sugar.

These sweeteners have been found to trigger reactions in some people who use the Feingold Program.

Fructose, Corn Syrup, Dextrose, High Fructose Corn Syrup

These sweeteners are derived from plants and appear to be suitable for use (but allergic reactions are always possible).

Agave - the nectar of the agave or "century plant"
Amasake - a syrup made from brown rice
Dimorphandra Gardneriana (Nature's Taste) from a Brazilian plant
Fructooligosaccharides (FOS) - a sweetener commonly used in Japan.

It is said to have many health benefits.

Glycyrrhiza (Magnasweet) - licorice root extract
Lo Han Kuo, also called magic fruit (SlimSweet) - grows in southern China
Stevioside (Stevia) - derived from a South American plant and widely used in many parts of the world. It is sold in health food stores as a supplement, but is generally used as a sweetener.
Thaumatococcus (Talin) - from a plant, "katemfe fruit," grown in western Africa
Trutina Dulcem - made from kiwi

These are "sugar alcohols" and are acceptable on the Feingold Program, although individual intolerances are possible.

They are used to add bulk and moisture, as well as sweetness to candies. While they appear to be tolerated by most people using the Program, over-use can cause diarrhea.

Sorbitol	Mannitol	Erythritol
Malitol	Isomalt	Hydrogenated starch hydrolysates
Lactitol	Xylitol	(a blend of several sugar alcohols).

There are many forms of sugar

Most of the common sweeteners are tolerated by people using the Feingold Program (granulated and confectioner's sugar, brown sugar, honey, molasses, maple syrup).

Many of the new food products that are designed to appeal to health conscious shoppers are being sweetened with a less processed form of sugar. These are made from sugar cane:

Evaporated cane juice
Florida Crystals
Sucanat
Rapadura

Grains can be used as the source of sweeteners. Suzanne's Specialties offers many choices including:

rice nectar, barley malt syrups, and even oat syrup. Suzanne's also has natural sugars, molasses and honey, all are free of genetically modified plants.

To learn more about their products, see the ad in our School Year Calendar, or call (800) 762-2135.

Juice-based sweeteners

The natural sugars found in fruits can be used to create sweeteners. Juice-based concentrates taste sweeter than sugar, and twice as sweet as honey, with fewer calories. Wax Orchards offers a Stage One product: Pear Sweet Concentrated Fruit Juice. You can use it to replace sugar in your recipes. Substitute 2/3 cups of Pear Sweet for one cup of sugar, and reduce the liquid in the recipe by 3 1/2 tablespoons.

For recipes and information on where you can buy Pear Sweet call Wax Orchards at (800) 634-6132 or log on to www.waxorchards.com.

February 2002

British researcher pressured out of a job

Dr. Andrew Wakefield, a British physician whose research has connected the MMR (measles/mumps/rubella) vaccine to the onset of autism in some children, has been pressured to resign from his post at the Royal Free and University College Medical School in London. Wakefield, a gastroenterologist, believes that the measles virus in the shot can result in inflammatory bowel disease in susceptible children, disrupting the body's chemistry and leading to autism.

Britain's Department of Health has conducted an expensive PR campaign to assure parents that the triple vaccine is safe, but many of them remain unconvinced.

Wakefield told the press he was asked to resign "because my research results are unpopular." He added, "I have no intention of stopping my investigations."

In the United States, recent work at Utah State University supports the link. The researchers announced preliminary findings that 90% of the 200 autistic children they evaluated had adverse reactions to the measles component of the shot.

The number of children in the United States who are being diagnosed with autism has skyrocketed in recent years, and authorities have not been able to offer an explanation.

Many parents report that their baby experienced a drastic change following a routine vaccination. Some suspect that the onset of autism was triggered by thimerosal, a preservative that has been used in vaccines. Thimerosal is nearly 50% mercury, a dangerous substance. These parents are calling for unbiased research to determine what has caused this damage to their children.

The January issue of *Pediatrics*, the journal of the American Academy of Pediatrics, published a report supporting the safety of infant vaccines. Surveys have found that about one US parent in four is concerned about the safety of vaccines.

The report noted that today children in developed countries receive 11 vaccines routinely and will have had as many as 20 shots by age two. It went on to say that, by a conservative estimate, infants have "the theoretical capacity to respond to as many as 10,000 vaccines."

Practice guidelines for ADHD

In October the American Academy of Pediatrics (AAP) released its new guidelines to doctors for diagnosing and treating ADHD. They recommend medication and behavioral therapy -- only. There is no mention of any other approach, or even what other conditions might mimic ADHD.

Dr. L. Eugene Arnold, professor emeritus of psychiatry at Ohio State University, prepared a report on the status of all alternative treatments at the request of the National Institutes of Health in 1998. The AAP seems to have ignored his work.

We have asked Dr. Arnold for his advice to parents:

Ask for a complete history and physical exam to look for medical conditions that might mimic or cause ADHD, such as thyroid dysfunction, congenital heart problem, lead or other toxicity, allergies and sensitivities, dietary deficiencies (e.g., junky diets), and side effects of already used herbs or drugs (both prescription and over-the-counter). This is especially important for preschoolers.

If a specific cause is implicated, treat that first. If no specific cause is found, stimulant medication is likely to be the most powerful treatment, but not necessary for all cases. Adjunctive/complementary/alternative treatments might reduce the dose of medication needed for optimal benefit and thus save side effects.

Anything contributing to good health won't hurt and might help the ADHD symptoms. Remember, there are many causes of academic under performance and restless inattentiveness, and they don't all require the same treatment. Be alert for learning disorder, depression, anxiety, and poor school environment as possible causes other than ADHD.

The guidelines developed by the AAP are consultative, not binding. They are expert opinion, not law, and as you can see, there can be disagreement among experts.

by Shula Edelkind

reprinted from the Feingold e-mail newsletter

Getting Acquainted

Huntington Beach, CA - Tiare Lindahl would like to meet other families in her area who are using the Feingold Program. Her phone number is (714) 536-0854. Tiare has 2 sons, ages 3 and 6.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

The packaging in PATHMARK Crispy Corn Puffs is now preserved with either BHA, BHT or TBHQ. Please remove this product from your Foodlist. (This cereal is found at Pathmark stores in the Northeast and Mid-Atlantic regions of the US.)

Howard County, MD

Roots Market is a large, attractive natural foods store that carries many of the brands acceptable on the Feingold Program. Families living in the Clarksville area will be able to buy some of the hard-to-find foods such as natural lollipops and other candies. Don't miss their delicious assortment of breads. Roots is located at 5805 Clarksville Square Drive, on Rt. 108 at Rt. 32. Phone (443) 535-9321.

Easter candy orders will be early this year

Easter falls on March 31st this year. If you will be ordering Easter candy from the Squirrel's Nest, please do so early to be sure you have your candy in time for the holiday. The deadline for orders to be received by the shop will be March 15.

Mail order candy resources:

Squirrel's Nest Candy Shop, Middletown DE
phone (302) 378-1033 / www.squirrels-nest.com

Giambri's Quality Sweets, Clementon NJ
(856) 783-1099 / www.giambriscandy.com

What are methyl paraben and propyl paraben?

The full name for parabens is "parahydroxybenzoic acid." They are closely related to benzoic acid and sodium benzoate.

Parabens are often added to foods, drugs and cosmetics. They are used in many processed foods to help prevent the growth of yeast and molds. Parabens are among a group of antimicrobial fatty acids that kill the bacteria that can cause food to spoil.

Although they are generally regarded as safe additives, some research has shown that they can interfere with the normal activity of human cells. Food additive expert, Beatrice Trum Hunter, writes: "a substance that is toxic to one form of life (bacteria) is very apt to be toxic to other forms of life (including humans)."

Some individuals find that parabens in cosmetics and topical lotions cause skin irritation.

PIC Report

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

Stage One

AZTECA Corn Tortillas, Flour Tortillas: Soft & Tender, Homestyle - all sizes (*sold in Southeast and Midwest*)
BARBARA'S* Cheese Puffs: White Cheddar Bakes
BIONATURAE* Organic Olive Oil
BIONATURAE* Organic Pasta: Capellini, Chiocciolo, Fussilli, Linguine, Penne Rigate, Rigatoni, Rombi, Spaghetti, Stelline; Organic Whole Wheat Pasta: Chiocciolo, Elbows, Fettucini, Fussilli, Gobetti, Penne Rigate, Rigatoni, Spaghetti, Spaghettoni
DENTIE* Toothpaste - Peppermint Flavored
DR. McDOUGALL'S* Oatmeal & 4 Grains with Real Maple Sugar (CS), Oatmeal & Barley with Real Bananas & Maple (CS)
EDEN* Shake: Sesame & Sea Vegetable Seasoning
GHIRARDELLI Milk Chocolate Drops
LYNDA SY Essential Cream Medium Sunscreen Makeup (Non-PABA SPF 15+), Moisturizing Oil for Face & Body, Unscented Superfatted Soap for Dry Sensitive Skin, Superior Cream, Untinted ZincO Cream SPF 20, Vita Oil for Delicate Skin.
Order from LINDA SY SKIN CARE www.lindsay.com.
In California: (800) 232-3376, Outside California: (800) 422-3376; In December this company moved to 990 Morgana Rd., Ste B, Lafayette, CA 94549.
MARIN* Rice Cooking Wine
NEWMAN'S OWN Microwave Popcorns: Old Style Picture Show Butter Flavor
SOUTHERN BROWN RICE* Southern Rice Cream, Southern Wild Blend Rice

Stage Two

BARRY FARM Jams : Mulberry (oranges), Strawberry Rhubarb, White Grape (all contain CS and pectin from oranges); Jellies: Mulberry (oranges), Pear, Red Haw (all contain CS and pectin from oranges); Pickles: Zucchini Dill Pickles (chili peppers), Zucchini Kosher-Style Dill Pickles (chili peppers) www.barryfarm.com
CALIFORNIA BABY* Super Sensitive Bubble Bath (citrus seed extract possibly from oranges/tangerines)
LIFE'S FORTUNE* Multi-Vitamin & Mineral All Natural Energy Source (apple pectin, acerola cherries, rosehips, tea)
Order through www.lifesfortune.com or (800) 714-2322
MARY KAY (Dis: 800-MARYKAY) TimeWise: Age-Fighting Moisturizer (cucumbers)

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.

The curious world of tobacco

Big Tobacco's critics have been having a field day.

Philip Morris is changing its name to the Altria Group Inc. and the pundits have lost no time in giving the event their irreverent spins.

"In Chicago, the land of Al Capone, where I grew up," writes columnist Jim Mitchell of the *Dallas Morning News*, "when a guy got a new name, it meant the old one had a rap sheet."

The cigarette giant is the world's second largest food company after Nestle, owning Kraft Foods, Miller Beer, and recently acquiring Nabisco and its subsidiaries. Mitchell continues, "Philip Morris' corporate image problems aren't that the company has a hard-to-understand name, or that it has an old name with no sizzle, or that its Kraft Food and Miller Brewing products aren't well known....The problem is cigarettes."

David Gresing of the *Chicago Tribune* concurs, "For at least two years they tried to soften their rep with a \$200 million advertising campaign....Now Philip Morris is trying a name change. And many will assume they've picked Altria Group for the same reason people sometimes adopt aliases: Past actions have rendered the old name inconvenient."

Altria is taken from the Latin word "altus," meaning high. Gresing goes on, "Altus means high. High, as in heaven. The not-so-subtle message: Philip Morris' nicotine delivery devices send people to heaven. Don't believe me? I'd tell you to go ask the Marlboro Man. But he's not available. He's up in heaven."

More bad press

The name change announcement came not long after the *New England Journal of Medicine* published a study by the office of the California attorney general accusing Philip Morris of continuing to target cigarette advertisements to teens.

Organic cigarettes?

Most cigarettes contain an amazing collection of synthetic additives, including artificial flavorings. One small company developed a product that not only did not use additives, but frequently used organically grown tobacco. The cigarette is called American Spirit and was developed by the Santa Fe Natural Tobacco Company. The down side is that even though it is free of many synthetic chemicals American Spirit has more tar than other cigarettes and nearly twice as much nicotine.

The company was recently bought by R.J. Reynolds, who seeks to improve lagging sales, for a cash payment of \$340 million.



Nicotine Candy?

Star Scientific, a small Virginia tobacco company, has developed a mint/eucalyptus flavor lozenge they call a "cigalett." The product they named "Ariva" looks like a Tic Tac, but that's where the similarity stops. Ariva is made primarily from nicotine.

It will be marketed to adults who seek a substitute for times when they cannot smoke, and it cannot legally be sold to minors, but critics worry that it will nevertheless introduce children to nicotine addiction. Since Ariva is not considered a food, it does not fall under the jurisdiction of the Food and Drug Administration.

A box of 20 small Ariva cigalettes will cost about the same as a pack of cigarettes. The name is similar to another mint flavored product — Altoids — a brand owned by Philip Morris.

The tobacco ADD/ADHD connection

Tobacco is a particular problem for people diagnosed with "ADD" and "ADHD." In 1996 researchers Nadine Lambert and Carolyn Hart-sough presented their findings at the annual conference of the American Psychological Association.

Beginning in the 1960s, long before the term ADD was coined, Lambert began tracking 492 grade school children with learning and behavior problems. She found that this population is especially vulnerable to smoking. The more severe the symptoms the greater the likelihood the child would later become a smoker. [See *Pure Facts*, October 1996]

Pure Facts

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