

Pure Facts

Newsletter of the Feingold® Association of the United States



March, 2003

www.feingold.org

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Drugs for Kids

A new study on the use of drugs for children has once again made headlines and raised objections.

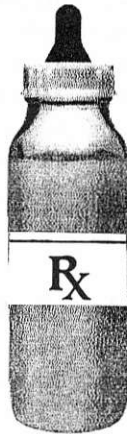
In 1987 the number of children and adolescents taking psychiatric drugs was 2.5 percent. By 1996 that number had climbed to 6.2 percent. The most commonly prescribed drugs were stimulants such as Ritalin, prescribed for attention deficit disorder. There was also a dramatic increase in the use of anti-psychotic medicine for children, and while most of those have not been approved for young children, the Food and Drug Administration has just approved Prozac for ages 7 and older.

“We’re doing these experiments more or less with our own children.”

The report on drug usage in children was published in the January, 2003 issue of the *Archives of Pediatrics and Adolescent Medicine*. The research team was led by Julie Magno Zito at the University of Maryland. Dr. Zito and colleagues published a related article in the *Journal of the American Medical Association* in February of 2000. In it they tracked the increase in the use of drugs being given to children ages 2 to 4. Up to 1.5 percent of these preschoolers were being treated with stimulant, antidepressants and antipsychotic drugs. (See *Pure Facts*, April 2000.)

An earlier study by Marsha Rappley of Michigan State University found that Prozac, clonidine, Ritalin and dextroamphetamine were being given to children as young as one year old. (See *Pure Facts*, September 1998.)

“Have we learned nothing from the 60’s?”
Donald M. Petersen Jr.
Editor/Publisher, DC Magazine



In an article titled “Ritalin Roulette” *Chicago Sun-Times* reporter Mark Skertic described the results of an investigation the paper carried out on prescriptions written in the Chicago area over an 18 month period. They found 4,145 prescriptions written for Ritalin and the generic equivalent, methylphenidate, for children age 5 and younger. Skertic writes, “Of those, 53 were written for infants who had not yet reached their first birthday....None of those babies, experts say, could possibly have the attention span or cognitive skills to demonstrate symptoms of attention deficit/hyperactivity disorder.”

Dr. Zito reported that the drugs are given to boys more frequently than to girls, although the rate of prescribing for girls has increased. They also found that children tend to remain on them for a longer period of time than in previous years.

Clonidine has become a widely used drug for children, particularly as a treatment for the insomnia that may be a side effect of stimulant drugs.

About 1.5 million children are currently take Prozac-type drugs — up 74% between 1995 and 1999.

Some see the use of pharmaceuticals as a valuable tool in treating what appears to be a continually growing number of children with depression, attention deficits, obsessive behaviors and severe anxiety. Others note that the animal studies show such chemicals create changes in the brain, particularly in young subjects. Dr. James Leckman, professor of child psychiatry, pediatrics and psychology at Yale School of Medicine notes, “we’re doing these experiments more or less with our own children.”

When doctors debate the issue of drugs for children they typically see only two options: drugs or behavioral strategies. Yet the list of studies connecting behavior with other factors continues to grow. Recent issues of *Pure Facts* have described many reasons a child could exhibit disturbed

Continued on page 2

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

Special focus on drugs and young children

Drugs for kids, from page 1

behavior. These include: mercury, aluminum or formaldehyde in vaccines, fluoride (which increases lead absorption), excess manganese plus zinc deficiency from use of soy formula, deficiencies in cholesterol and essential fatty acids, and iron fortified formula (reducing the availability of zinc). The harmful effects of food dyes and the preservative sodium benzoate was described in the December 2002/January 2003 issue of our newsletter. And in February, we listed some of the newer studies showing the neurobehavioral toxicity of food dyes.

Our July/August 2002 issue focused on a double-blind study in England that showed a significant decrease in the violent behavior of prisoners when they are given nutritional supplements. And in October we covered the remarkable changes in behavior that were seen at an alternative high school where the usual school fare was replaced with fresh nutritious food.

Vitamin supplements and reduced violent behavior

Low-dose dietary vitamin supplements or a well-balanced diet are proving to be preventive medicine against violent behavior, according to a new textbook chapter co-authored by California State University, Stanislaus professor of criminal justice, Dr. Stephen J. Schoenthaler, and Dr. Ian D. Bier, medical director of The Dietary Research Foundation in New Hampshire. The book is a medical text titled *Food Allergy and Intolerances*, edited by Dr. Jonathan Brostoff of the Royal College of Physicians in London.

Dr. Schoenthaler has conducted many studies on the connection between nutrition and behavior. He has shown that both behavior and academic performance improve when nutrition is enhanced either through healthier food or supplementation.



FDA warns of acetaminophen overdose

People who are salicylate-sensitive/aspirin-sensitive are more likely to use acetaminophen. While it is one of the most widely used drugs and the percentage of people having problems with it is small, this still translates to a health problem. The Food and Drug Administration reports that each year more than 13,000 emergency room visits are the result of an overdose of the widely-used pain-killer. Of those adverse reactions, approximately 100 people die, generally from sudden liver failure.

There are several reasons for the overdose:

Patients frequently ignore the printed cautions on the package, partly because the fine print is hard to read.

Many believe that over-the-counter drugs need not be used with as much caution as prescription drugs.

They may take more than one product containing acetaminophen, thus exceeding the recommended dose.

Research from Kaplan and Schoenthaler (see articles below) show that behavior can be influenced by nutrients.

Treatment of Mood Lability and Explosive Rage with Minerals and Vitamins: Two Case Studies in Children, by Bonnie J. Kaplan, Ph.D., Susan G. Crawford, M.Sc., Beryl Gardner, M.D., and Geraldine Farrelly, M.D.

ABSTRACT

A micronutrient supplement containing a broad range of dietary minerals and vitamins is being examined for the treatment of mood lability (instability) in both adults and children (Kaplan et al. 2001; Popper 2001). During pilot work, two medication-free boys with mood lability and explosive rage were studied in an open-label treatment followed by reversal and re-treatment. One child was an 8-year-old boy with atypical obsessive-compulsive disorder, and the other was a 12-year-old with pervasive developmental delay. Both boys were monitored using the mood and temper items from the Conners Parent Rating Scale, as well as the Child Behavior Checklist....Both boys benefited from the micronutrient supplement when examined in ABAB designs: mood, angry outbursts, and obsessional symptoms improved when initially treated, returned when not taking the supplement, and remitted when the micronutrient supplement was reintroduced. Both boys have been followed and are stable on the nutritional supplement for over 2 years. These cases suggest that mood lability and explosive rage can, in some cases, be managed with a mixture of biologically active minerals and vitamins, without using lithium or other traditional psychopharmacologic agents.

Journal of Child and Adolescent Psychopharmacology, Vol. 12, No. 3, 2002

Why are drugs so expensive?

Pharmaceutical companies typically claim they need to charge high prices for their drugs in order to conduct the research and testing required to bring innovative new products to the market. But the nonprofit National Institute for Health Care management reports that only about 15 percent of the drugs introduced in the 1990s were actually new formulas offering improvements over existing drugs. The majority of new drugs actually represented only minor changes in existing products.

Teens abuse cold medicine

Many over-the-counter cough suppressant/decongestants contain the chemical dextromethorphan. Called the "poor man's LSD," it provides a powerful high when taken in large quantities. It has also killed some of the children who have abused it. Although many products contain dextromethorphan, Coricidin Cough & Cold also contains a second potentially harmful chemical: chlorpheniramine maleate.

Strattera, a new player

For those who combine medication with the Feingold Program we offer this information on a new product.

In November of 2002 the Food and Drug Administration approved atomoxetine (Strattera) for the treatment of ADHD in children and adults and in January of this year it was available for sale. Unlike its competitors, it is not categorized as a controlled substance. This makes it easier for physicians to prescribe and for patients to obtain refills. Doctors don't understand exactly how Strattera works; it is believed that it blocks the reuptake of the neurotransmitter norepinephrine.

Eli Lilly originally developed atomoxetine for use as an antidepressant but discontinued this work when they came up with Prozac. Harvard University psychiatrist, Joseph Biederman, an Eli Lilly consultant, encouraged the development of it as an alternative to stimulants. [Source: Dorsey Griffith, the Sacramento Bee]

Strattera is poised to compete with these following drugs:

Ritalin (Novartis) a central nervous system stimulant, earned \$96.5 million in 2001

Concerta (Alza/Johnson & Johnson) a central nervous system stimulant, earned \$68 million in 2001

Adderall (Shire) contains the amphetamine dextroamphetamine, earned \$350 million in 2001

This new drug has been a topic of great interest to financial analysts and investors.

"Some stock analysts have estimated annual sales for Strattera could be as high as \$500 million, profits they say Eli Lilly needs to help offset losses from losing its patent protection on Prozac." [Source: Sacramento Bee]

"The adult [ADHD] market, which is growing by 18%, is a relatively immature market with the majority of patients remaining untreated. Merrill Lynch analysts expect Strattera sales of \$80 million in 2003...and \$747 million in 2008." [Source: MedAdNews]

"Strattera is an important development in the treatment of ADHD, and we are excited about its future. It gives patients, families and physicians an effective new tool for treating this complicated disorder."

Sidney Taure, Chairman, President, & Chief Executive Officer of Eli Lilly

Dr. Lawrence Diller, author of *Running on Ritalin*, which is critical of stimulant use, reported he was given \$500 to attend a dinner and hear a presentation on Strattera. (He donated the money to charity.)

A 30-day supply of Strattera will cost about \$105 (versus \$98 for Concerta, \$83 for Ritalin and \$120 for Adderall or \$188 for timed-release Adderall). Strattera will be available in white, gold, and blue colored pills.

Not necessarily a "Quick Fix"

It can take anywhere from a few days to several weeks for the effects of the drug to kick in, and switching from a different medicine to Strattera can result in a return of the disruptive symptoms during the transition.

The Public Citizen Health Research Group warns consumers to wait seven years after a new drug is introduced to determine if it is more effective than the current alternatives. Critics believe the trials were too short to provide adequate information about the new product. It has not been tested in children younger than 6 years old.

Drugs typically have unwanted side effects, and Strattera is no exception. The column on the right lists the adverse reactions for children and adults that have been reported in patients; the information is provided by the manufacturer, Eli Lilly.

[See <http://pi.lilly.com/us/strattera-pi.pdf>]

Strattera's potential side effects:

Abdominal pain
Anorexia
Arthralgia
Back pain
Blood pressure increase
Chest pains
Constipation
Cough
Crying
Decreased appetite
Decreased libido
Decreased weight
Depression
Dermatitis
Diarrhea
Dizziness
Dry mouth
Dysmenorrhea
Dyspepsia
Ear infections
Ejaculation disorder
Erectile disturbance
Fatigue
Flatulence
Flushing
Gastroenteritis viral
Headache
Hot flushes
Increased sweating
Impaired sexual function
Impotence
Influenza
Insomnia
Irritability
Menstrual disorder
Mood swings
Myalgia
Mydriasis
Nasal congestion
Nasopharyngitis
Nausea
Palpitations
Paraesthesia
Peripheral coldness
Prostatitis
Pruritis
Pyrexia
Rhinorrhoea
Sedation
Sinus congestion
Sinus headaches
Sinus tachycardia
Sinusitis
Sleep disorder
Somnolence
Sore throat
Tachycardia
Tearfulness
Upper respiratory tract infection
Urinary retention
Vomiting

Boys are dropping to the bottom of the class

Ruth Aranow, Ph.D.

In October on the CBS TV program "60 Minutes" Lesley Stahl reported on the trend that across all levels of society and in all 50 states, boys are dropping to the bottom of the class academically. This is a very broad trend observed at all educational levels.

Educators, sociologists and psychologists are searching for sociological and interpersonal explanations. However, physiological factors should also be considered. At the same time the scholastic performance of boys has been declining, the use of food additives, particularly synthetic dyes, has been soaring.

The educational trends headlined above are not just a sociological problem but are also a public health problem.

The claim Dr. Ben Feingold made over thirty years ago that certain food additives can trigger hyperactivity in some children has been the subject of a large number of studies. (A bibliography has been assembled by the Feingold Association.) Both positive and negative results have been a subject of controversy. Research design issues abound (i.e. amount of a particular artificial color used and the "measure" of hyperactivity). There is one area of agreement, however, that the particular symptom of hyperactivity is more prevalent among males.

Feingold Association members typically report that the program (which removes synthetic food dyes and some other additives) not only improves behavior, but that it also results in greater scholastic success.

Statistics on the amount of synthetic dyes certified for use in the United States are maintained by the Food and Drug Administration's Center for Food Safety and Applied Nutrition. Their figures show that the amount of food dyes produced increased approximately 34% between 1997 and 2002.

Synthetic food dyes certified for use in the United States

1997 - 12,273,116.90 pounds
2002 - 16,518,548.67 pounds

The population increase in the 10 years between 1990 and 2000 was 13%; but the synthetic food dyes increased 34% in just 5 years between 1997 and 2002. Thus, the use of dyes increased at a far greater rate than the population.

The question must be asked: Are all of us being affected by these additives? A recent study in England hints at the connection ("The effects of a double blind placebo controlled artificial food colorings and benzoate preservative challenge on hyperactivity in a general population sample of pre-school children," Bateman B et al, *International Society for Research Into Child and Adolescent Psychopathology*, June 2001). Here normal 3-year-olds on the Isle of Wight were studied. Approximately 25% reacted to very small amounts of additives in their diet.

Research shows that diets high in additives and low in nutrients lead to both cognitive and behavior problems.

Bernard Weiss, Ph.D., a toxicologist at the University of Rochester, years ago asserted that the dyes have a toxicological (i.e. dose dependent) effect as compared to an allergic (individual sensitivity) effect. The rapidly increasing amount of synthetic colors available to a population growing at a lower rate suggests the number of pounds ingested per person per year is increasing. The implication is that normal individuals ingesting high doses may also be reacting. Incidentally, many of these colors are being used for products such as blue oatmeal, blue applesauce, colorful cereals and ice creams, green or purple ketchup,

and brightly colored "fruit roll-ups," i.e. products aimed at a customer base of children. Hence children may be getting an even larger proportion of these colors.

Enticing hints of what might happen if the diet were purified come from Central Alternative High School in Appleton, Wisconsin where since 1997, only pure, whole foods have been served at lunch and good drinking water is provided. Since 1997, Principal LuAnn Coenen reports that the number of students who have dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide is zero (*Pure Facts*, Vol.26, No. 8, October 2002). Of course the students can be getting additive-laden foods at home, but the total load of such chemicals has been reduced.

Editor's Note: Twice a year the Appleton school has a "junk food day" where the students are given typical cafeteria fare and asked to keep a journal of how they feel and function as a result. After the first experience the students are shocked to note the negative changes and glad to return to the healthy food. They are very unhappy about the second junk food day that comes later in the year. This suggests that they are likely to seek out healthier foods outside of school as well. Students may also opt to eat a healthy breakfast at the school, and nutritious drinks are available throughout the day.

Research needs to be done on the epidemiology of this problem. Normal individuals need to be studied, both with and without additives, using modern tools such as brain scans and studies of electro-encephalographic patterns. If a connection can be shown between additive increase and cognitive decrease, a solution is obvious.

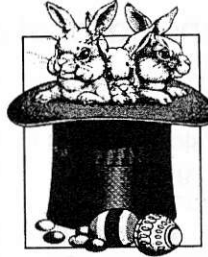
Dr. Aranow is a Senior Academic Advisor; she received her doctorate in chemistry at The Johns Hopkins University.

Easter Candy

This year Easter falls on the 20th of April, so we have extra time to find those natural treats that will enable our kids to enjoy the holiday without the risk of a meltdown.

Both Trader Joe's and Planet Harmony jelly beans are acceptable for use (although they are on Stage Two). The Stage One section of your Foodlist has many choices and you can easily make chocolate treats in a microwave oven. (Melt pieces of natural chocolate, stir in nuts, cereal or dried fruit, drop teaspoonsful of the mixture onto waxed paper.)

The Squirrel's Nest has a wonderful selection of delicious natural treats, but get your order in early as they get very busy this time of the year. Call Nancy at (302) 378-1033 or to to www.squirrels-nest.com.



Gluten-Free Cakes

During Passover some Jewish families use potato starch in place of flour for their delicious, traditional cakes. These are both wheat-free and gluten-free. Manischewitz Potato Starch and is acceptable for use on Stage One. Consult kosher cookbooks for recipes using potato starch.

Recipe for "Dots"

One of our moms posted this clever recipe on the Message Board:

"I took the frozen bread dough (dinner rolls) and after they were thawed, cut them in half. Then I baked them for about 15 minutes (along with the pizza that we made with the dough as well.)

"While they were still hot I poured on some melted butter along with a cinnamon/sugar mixture. Then I made some icing with powdered sugar, a little milk and a bit of (pure) vanilla extract. I poured the icing on the dots while they were still hot and within 5 minutes of snarfing down their pizza, 3/4 of the pan of 'dots' was gone! I only allowed myself one (darn that weight watchers!) so the rest were eaten by two very hungry little girls and their daddy.

"My Dear Husband claimed they were almost as good as my cinnamon rolls, but these were a hundred times easier to make, so I'm thinking I'll skip the cinnamon rolls from now on and let's just do DOTS!

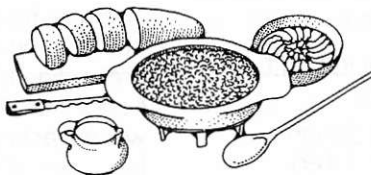
"Thanks, Domino's, for the idea!"

Side dishes in a hurry!

If you haven't tried Simply Organic's all natural flavored rice mixes you are in for a treat. Pour the contents of the mix packet into a saucepan; add water and some butter, and simmer for 20 minutes. The result is delicious, without the need for synthetic ingredients, including MSG.

Simply Organic is the line of packaged convenience foods from Frontier Brands, the folks who sell spices. (See the September 2002 issue of *Pure Facts* for information on their main dish mixes.) This is a company with an attitude, and a good one at that. "We're here to fill your life with honest-to-goodness good food," they tell us on their package, and they add, "if it was any more comforting you'd call it 'Mom.'"

Simply Organic Cheddar & Broccoli Rice is acceptable for Stage One and their Herb Chicken & Roasted Garlic Rice is on Stage Two because it contains a small amount of tomato.



Phthalates

Phthalates (pronounced THAY-lates) are a group of widely-used chemicals; one of them – diethyl phthalate or DEP – is used in personal care products including fragrances, where it enables the scent to last longer. The additive is not required to be listed on ingredient labels.

Researchers at the Harvard School of Public Health found a correlation between DEP exposure and damage to the DNA in sperm.

Dr. Ted Schettler of the Science and Environmental Health Network cautions, "The correlation found in this study is extremely troubling and deserves urgent follow up. The last thing you want is DNA damage to sperm, which can lead to infertility and may also be linked to miscarriages, and birth defects, infertility and cancer in offspring."

Jim Pirkle of the Centers for Disease Control and Prevention agrees that the data obtained from animal studies show that DEP injures health, but adds that the damage seems to be related to the amount of exposure and there is no information about what is a safe dose for humans.

In November a panel of scientists known as the Cosmetic Ingredient Review (CIR), concluded that there is no new evidence to indicate that phthalates in cosmetics pose any health risk for women who use them or for their babies. They maintain that phthalates are "safe as currently used." The CIR is funded by the industry lobby: the Cosmetic, Toiletry and Fragrance Association, but claims that this financial tie does not influence their decisions.

The Food and Drug Administration announced that it still considers the use of phthalates in cosmetics to be safe and did not see any cause for concern.

Bryony Schwan of Women's Voices for the Earth disagrees: "Cosmetics linked to birth defects and infertility do not belong in fragrances, deodorants and other products we use every day. We demand that cosmetic manufacturers act responsibly and immediately remove these unnecessary and risky chemicals from their products."

Let's hear it for the "quick fix"

some editorial comments

There is a pervasive belief that using drugs for health, learning, and behavior problems is a "quick fix" and that addressing causes, such as diet, is a slow, difficult process. Not necessarily. While drugs can bring about fast, dramatic improvements in many cases, they can also have serious side effects and can take weeks of trial and error to find a suitable product and dose. (In rare cases they can cause violent behavior, psychotic behavior or death.)

Similarly, some people who use a dietary approach find that improvement is slow, and in rare cases a child actually gets worse before he improves. But for others like myself, the Feingold Program was the ultimate quick fix; our success was immediate and profound. We never had to deal with the

side effects of depression, insomnia, failure to grow, or worse. As we became more comfortable with our changed diet, we learned how to find all the foods we loved, to speed up meal preparation, and how to enjoy the best foods while we saved money on our grocery bill. Before long, the new diet was routine and the problems that brought us to try it were a fading memory.

I wish that every family using the Feingold Program could have the same fast response as mine — their own quick fix — but I know some will not. For those who don't, the best my colleagues and I can do is to provide you with what we hope will be useful information, and support you in your search for answers.

D.A.N. Conference

The Defeat Autism Now 2003 Conference will be held in Philadelphia May 16 - 18. See www.defeatautismnow.com.

Time * Money * Talent

There are many ways you can help!

* **FAUS Endowment Fund:** Your contribution will annually produce 5% to directly support the Association's operating budget.

* **Special projects and restricted donations:** Some people wish to support a certain project within the organization such as donations to pay for:

- membership for needy families
- the printing of one issue of Pure Facts
- outreach programs

For information on other special projects call our New York office at (631) 369-9340.

* **When making purchases on-line,** go through the web site www.iGive.com, connected to over 230 stores. You can designate the Feingold Association to receive a dollar percentage of your purchase.

* **5% Day:** Some food stores have a 5% day where they donate a portion of their profits for the day to a non-profit organization. Call our Virginia office at (703) 768-3287 for more information on how you can help with this.

ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE
WE NEED YOUR HELP NOW!

Send contributions to: Feingold Association
127 East Main Street, Riverhead NY 11091

March is Nutrition Month

The International Food Information Council (IFIC) encourages consumers to develop lifelong healthy eating habits. The slogan they have chosen is "Healthy Eating, Healthy You."

The IFIC is funded by the major food/beverage manufacturers in the United States, and its former president was the CEO of Coca-Cola. Pepsi-Cola is also a member.

How reassuring to learn about good nutrition from the folks who bring you blue Pepsi!

An Amusing Dilemma

Feingold Mom and board member, Ginny Goerg told us about her son's challenge: to behave like a hyperactive kid. 7 1/2-year-old Timothy has a part in an off-Broadway play called "The People Garden." He plays Eddie, a hyperactive boy and the "class clown," who must act silly, and be eager to make others laugh. Eddie says and does strange things, and is unable to sit still for long. The part calls for Timothy to wear a brightly colored Hawaiian shirt and sun glasses.

Ginny writes: "This child has been on Feingold since birth just to make life easier. He's been 100% on Stage One since he was 3 1/2 because he began showing those too familiar behaviors that made us go on Feingold with our older son, Trevor. So, I am doing Feingold for this child (which is a Godsend, allowing him to have a normal life) and then he gets a role playing hyperactive Eddie!

"Now how hysterical is this? I make sure everyone is 100% in compliance and he has to act the very way I am preventing him from behaving! Fortunately, the director believes that Timothy wouldn't know how to be hyperactive without acting. I guess if he really were, he would never have been considered for the part."

FAUS Product Information Center Report

from Donna Curtis

Product Alert

We have learned that two of WELCH'S Juice Cocktails from Concentrate now contain artificial color. Please remove Grape and Strawberry Breeze from your Foodlist.

KING KULLEN (King Kullen) is using a pan spray which contains TBHQ. Therefore any of their breads baked in pans are unacceptable. Please remove the Soft Rye and White Breads from your Foodlist.

Behind the Scenes

Lorraine Cordo of Chandler, AZ is taking over management of FAUS's 10,000-plus record product database. She will be responsible for preparation of your Foodlists, Mail Order Guide and Supplement Guide.

Lorraine, her husband and two children have been using the Feingold Program for 3 years and she has volunteered with PIC for the past year. Her enthusiasm, insight and wit will be a wonderful addition to our staff, and a benefit for all at FAUS.

Snickers Munch Bars

Posted on the members message board: "For those who were trying to find Snickers Munch bars, go to www.snickers.com and you can pick which kind of candy bar you're looking for, enter your zip code, and it gives you all the nearest stores that carry them. Every food manufacturer should have this kind of web site!"

Phenylpropanolamine

The Food and Drug Administration (FDA) has asked all manufacturers to discontinue marketing products that contain this chemical.

Phenylpropanolamine (PPA) is an ingredient in many over-the-counter cough and prescription cold medicines and a decongestant, and in over-the-counter weight loss products.

The decision comes after scientists at Yale University found that taking PPA increases the risk of hemorrhagic stroke (bleeding into the brain or into tissue surrounding the brain). Although the FDA considers the risk of stroke to be very low, they consider it unsafe for over-the-counter use.

Stimulant drug in a patch

MethylPatch contains methylphenidate (the drug in Ritalin, Metadate DC, and Concerta) in a patch, delivering the drug through the skin rather than orally. It is designed to be worn on the hip for up to 12 hours.

During the drug trials, the same side effects were seen in children as are typically found with the oral versions: loss of appetite, insomnia and stomachaches.

Noven Pharmaceuticals, manufacturer of MethylPatch, expects to begin sales before the beginning of school this fall and to earn more than \$100 million in its first year.

PIC Report

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

Stage One

BELL'S All Natural Salt Free Seasoning

BOULDER BROWNIE* Brownies: Classic Munchie Pecan, Mountain Munchie Peanut Butter, Original
(See www.boulderbrownie.com)

BREYER'S All Natural Frozen Yogurt: Vanilla (CS)

BREYER'S All Natural Ice Cream (*black containers only; not "no sugar added" variety*) Natural Chocolate Chip Mint, Natural Light Vanilla (CS)

FARMLAND Extra Tender: Bone-In Pork Loin (CS), Bone-In Shoulder Boston Butts (CS), Bone-In Bladeless Pork Loins (CS), Bone-In Boston Butt (CS), Bone-In Pork Shoulder Picnic (CS), Boneless Leg O' Pork (*fresh boneless ham roast*) (CS), Boneless Pork Loin Roast (CS), Pork Spare Ribs (CS)
(To locate products in your area visit their web site www.farmland.com/consumers)

FARMLAND Spiral Sliced Ham - Bone In Half Honey Cured (CS,N) (*Note: The glaze packet contents are unknown; please discard it.*)

HAPPY HERBERT'S Handmade Pennsylvania Dutch Pretzels (*available in NJ, NY, CT - regular variety available online when purchased by the case. See www.happyherberts.com*)

NUTRIBIOTIC* Mouth Fresh Natural Mouthwash & Gargle

SAUSAGE-N-STUFF Meat Rub: Herb, Sage, Sicilian
(*available online at www.Sausage-n-Stuff.com*)

SISTERS GOURMET (gourmet and gift shops, www.sistersgourmet.com) Gourmet Cookie Mix: Aunt Suzy's Chocolate Chewies, Double Chocolate Oatmeal, Macadamia Mania, Million Dollar Cookies, Moo Moo Bars - Brownies with White Chips, Snowflake
WHOLE KIDS ORGANIC (Whole Foods) Honey
ZION Fig Bars (CS)

Stage Two

BOAR'S HEAD Blazing Buffalo Roasted Chicken Breast (CS, SF, cayenne pepper, paprika)

BOULDER BROWNIE* Brownies: Boulder Express Espresso (coffee), Raspberry (citrus pectin - possible oranges)

FARMLAND Cider House Bacon (N, apples)

GOOD HUMOR Popsicle - The Original Brand All Natural Popsicle made with Real Fruit Juice Multi-pack with Raspberry, Orange & Strawberry (CS, grapes)

HAIKU* Moroccan Mint Green Tea

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.

Cancer Prevention Coalition raises red flag over Ritalin

“Some 40 years after the drug was first marketed by Ciba Geigy, carcinogenicity tests were conducted at the taxpayer’s expense by the National Toxicology Program, the results of which were published in 1995” says Samuel S. Epstein, M.D.

Adult mice were fed Ritalin over a two-year period at dosages close to those prescribed to children. According to Dr. Epstein, “The mice developed a statistically significant incidence of liver abnormalities and tumors, including highly aggressive rare cancers known as hepatoblastomas. These findings are particularly disturbing as the tests were conducted on adult, rather than young mice which would be expected to be much more sensitive to carcinogenic effects. The National Toxicology Program concluded that Ritalin is a ‘possible human carcinogen,’ and recommended further research.”

He goes on to say “While still insisting that the drug is safe, the Food and Drug Administration admitted that these findings signal ‘carcinogenic potential,’ and required a statement to this effect in the drug’s package insert. However, these inserts are not seen by parents or nurses.

“Apart from cancer risks, there is also suggestive evidence that Ritalin induced genetic damage in blood cells of Ritalin-treated children. Concerns on Ritalin’s cancer risk are more acute in view of the millions of children treated annually with the drug and the escalating incidence of childhood cancer, by some 35% over the last few decades.”

Effective non-drug alternative

Researchers in England, France and the United States have connected many behavior and mood disorders to a lack of essential fatty acids.

A. J. Richardson, Oxford, UK, writes: “There is increasing evidence that abnormalities of fatty acid and membrane phospholipid metabolism play a part in a wide range of neurodevelopmental and psychiatric disorders.” He includes ADHD, dyslexia, dyspraxia and the autistic spectrum.



Drugs can be a double-edged sword

Journalist Norah Vincent of the *Los Angeles Times* wrote of her experiences with what she once called “vitamin P.” In an article titled “The Downside of Prozac Nation,” she is critical of some physicians who believe that such antidepressants would be beneficial for folks who simply want to boost their mood.

Vincent sees the prospect of the widescale medicating of a population as frightening, “because the manic side effects of Prozac can be dangerous. Prozac makes you feel better by disabling those crippling doubts and inhibitions that are the hallmarks of despondency, but it often does so at the expense of your better judgment. You stop over-analyzing, but you also stop thinking things through, and that can precipitate some pretty bad behavior from otherwise mild-mannered people.”

Lying, stealing, cheating, reckless and criminal behaviors have been linked to the use of antidepressants like Prozac, Paxil and Zoloft, according to Vincent, who cautions, “This should give us all serious pause, especially now that the Food and Drug Administration has approved these drugs for children.”

“It is also discomforting that nobody knows the lasting effects of drugs such as Prozac, which was just approved by the Food and Drug Administration to treat 7 to 17-year-olds who suffer from depression.”

from *The Toledo Blade*

Pure Facts

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