

# Pure Facts

Newsletter of the Feingold® Association of the United States



October, 2003

www.feingold.org

Vol. 27, No. 8

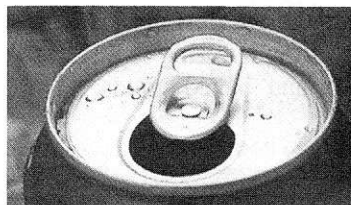
## Does a popular synthetic sweetener pose a public health risk?

Aspartame was originally devised as a drug for treating peptic ulcer. Once it was discovered that it is intensely sweet (nearly 200 times as sweet as sugar) the potential for a guilt-free sweetener and huge sales propelled the drive to get it onto the market. But there were problems.

**H**. J. Roberts, MD, has collected over a thousand case histories and written numerous books and articles on the effects of aspartame (best known as NutraSweet™ and Equal™). Much of the information in this article is drawn from his enormous (1038 page) new book, *Aspartame\* Disease, an Ignored Epidemic*.

### What is Aspartame?

Aspartame is created from two amino acids (L-phenylalanine and L-aspartic acid) plus the ester of methyl alcohol, also known as methanol or wood alcohol (a poison). The body changes the methyl alcohol into formaldehyde, another poison. The formaldehyde then changes to formic acid or formate, which appears to be the major cause of the many side effects. Also, the process uses up folic acid; folic acid deficiency has been linked to birth defects.



### Recognized hazards of working with aspartame

Material Safety Data Sheets (MSDS) provide details on how workers are to be protected against exposure to hazardous substances in the workplace. "MSDS on aspartame lists its potential adverse effects on the eyes, skin and respiratory tract, along with required personnel protective equipment (including an approved air purifying or mist respirator) and first aid measures. Visitors to an aspartame manufacturing plant are advised to wear protective clothing in order to avoid hazardous exposure." (Roberts page 810)

### Heat and storage - when aspartame breaks down

"Each of the three components of aspartame - phenylalanine, aspartic acid, methyl ester - and their multiple breakdown products (following exposure to heat or during storage), are potentially neurotoxic and addictive. The mechanisms may involve dopamine, serotonin, cerebral cholecystokinin (CCK), endorphins, other important neurotransmitters, insulin, and the unique permeability of the blood-brain barrier to phenylalanine." (Roberts, page 327)

Aspartame critics have suggested that some of the illnesses experienced by Gulf War veterans could be the result of drinking diet sodas that were stored in the desert and exposed to intense heat.

*Continued on page 3*

## Britain issues warning on antidepressant for children and teens

**I**n June the British government warned that doctors should not prescribe the antidepressant drug Paxil for children and teens. Paxil (called Seraxat in Britain) is associated with an increased risk of self-harm as well as suicidal thoughts and behavior in people under age 18.

The manufacturer, GlaxoSmith-Kline, submitted reports involving more than 1,000 pediatric patients taking Paxil for depression. Suicidal thoughts and attempts were approximately twice as high among children taking Paxil than among those taking placebos.

Paxil has not yet been approved by the U.S. Food and Drug Administration for use in children and the agency has not issued any warnings. But Paxil and other antidepressants are often prescribed for children and teens. [For additional information search "Paxil" at the Alliance for Human Research Protection — [www.ahrp.org](http://www.ahrp.org).]

Reprinted from *Latitudes*, published by the Association for Comprehensive NeuroTherapy, offering new and complementary approaches to ADHD, autism, behavior disorders, learning disabilities, obsessive-compulsive disorder and Tourette syndrome. See [www.Latitudes.org](http://www.Latitudes.org).

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.

## Jessica's story

As an infant and toddler, Jessica was an easy spirit. I could take her anywhere and know that she would be a good little kid.

**B**ut as she approached age four, this beautiful girl started to turn into a little monster! Her behavior pattern was perplexing. She could go from crying to laughing in a matter of 30 seconds. Jessica stayed up until 10 p.m. and was awake the next morning at 6 a.m. She was unable to sit still, talked unbelievably fast, and could not pay attention or follow directions. My formerly sweet little girl was mean to the other children at the daycare and none of the many different types of discipline I tried even fazed her.

I would ask myself, "Is this how all four-year-olds behave?" No! Jess was a lot wilder than most kids her age. When I talked with other people about her behavior, some told me that I was not disciplining her enough. Others thought she was getting too much sugar, and others said maybe she's hyperactive and should go on medicine.

Jess' grandmother, Carol Bailey, suggested I try the Feingold Program, saying "Just try it; what can it hurt?" She had first hand experience with the Program because Jessica's dad was on it thirty years ago. As I swapped stories with Carol, it became obvious that Jessica's symptoms were very similar to her Dad's when he was a child.

I would ask myself, "Is this how four-year-olds behave?"

I ran out to the public library and borrowed Dr. Feingold's book, *Why Your Child is Hyperactive*, that Carol had read many years ago. The book gave me a better understanding of what chemicals can do to our bodies. I searched the Internet to see if I could get more information about this program. There it was — a complete website dedicated to this effort: [www.feingold.org](http://www.feingold.org). I immediately ordered a membership package so I could get all of the materials and access to the members-only message and recipe boards.

Despite my enthusiasm, I still had doubts that the program could change my little monster back into her cute self again. But I was willing to try anything to get Jess back on track, so I headed out to the grocery store with my Foodlist book. My first trip to the supermarket took about two hours because I became so engrossed with reading food labels. I was amazed to learn that red dye is added to cocoa mix, that marshmallow fluff has blue dye and that yellow coloring is added to some breads and baked goods. Unbelievable!



Since Jessica was enrolled in daycare I had to find a way to control the food she ate there. Along with her lunch I packed enough snacks and fun stuff that I knew she would enjoy eating while her daycare friends had their red punch and pre-packaged artificial crackers and cheese. I set up a meeting with the daycare provider and explained both the Feingold Program and the changes I expected to see in Jessica's behavior. She and I would work together to monitor my daughter's progress. At home I dedicated a kitchen cabinet to snacks that Jessica could eat any time she wanted.

Lo and behold, within three weeks I started noticing a change in my daughter. She would sit down during dinner and pick up her toys after being asked only one time. A friend noticed that Jess' speech was clearer and slower.

Now, after more than a year on the Program, I have no doubt that food additives triggered those earlier problems, and I am proud that I made the effort to try this program instead of heading down the medication path.

At the beginning it seemed like a lot of work because I decided to make nearly everything from scratch. This included chicken nuggets, cookies, cakes, French toast, pancakes, and fish sticks. I even got home-made hot dogs from my brother — no additives! There are many processed foods allowed on the Program, but my family loves my cooking and I like knowing exactly what is being added to our bodies.

Jessica has asked a few times, "Why do I have to be on this diet?" I explain that certain chemicals in food don't agree with her body. At 5 years of age, Jess knows the details of the diet. The rule in our house is if she's not sure, she is not to eat the food. There are many times when she gets candy from a friend or from school; she knows to bring it home and she can trade it in for Feingold-approved treats I keep on hand.

At Halloween Jessica goes trick-or-treating and then trades in the unacceptable candy for a trip to Toys-R-Us where she can pick out anything she wants.

Occasionally, we try an unapproved product and I usually then have two to three days with a rambunctious child. As Jess gets older, however, I am able to tell her to try to control herself when she is having a reaction.

Our family will stay on the Feingold Program for years to come. In addition to Jess' better behavior, I know we are all eating good food. I urge anyone to try Feingold — as I was told, "Just TRY it!"

*Debbie Bailey*

Sweetener, from page 1

## How did aspartame get into our food supply?

For eight years FDA scientists denied approval to Searle, the sweetener's manufacturer. Then in 1981 a new FDA Commissioner (Arthur Hull Hayes) overruled his own scientific panel to give approval to the additive. Hayes soon resigned his FDA post and went to work (at a salary of \$1,000 a day) for the public relations firm handling the Searle account.

"Food additives are big business. The chemical and drug industries have joined the food industrial complex that the FDA is supposed to regulate. The result is a proliferation of food chemicals that are unnecessary, an unknown number that are unsafe, many of them untested, and most of them poorly monitored, at best."

*Sen. Gaylord Nelson 1972*

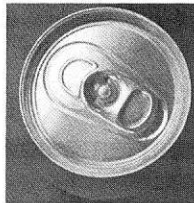
## Bressler Report

The story of aspartame's approval is a textbook case of all the things that can go wrong when money and politics win out over duty and conscience. It is described in detail in the 1977 report by Jerome Bressler and other FDA scientists. This 58 page paper details the many fraudulent aspects of the studies (conducted by the manufacturer of the sweetener) which were used as the basis for approval. For the full study see [www.dorway.com/bressler.txt](http://www.dorway.com/bressler.txt).

Even before the 1981 approval there were charges leveled at the FDA for their alleged cozy relationship with industry and their efforts to rush the approval of the sweetener. In the 1970s Senator William Proxmire chastised the FDA for allowing a mere 30 days for scientists and the public to comment on the impending approval. There was a "mountain" of data that would need to be examined. The Senator demanded additional testing to determine if aspartame could cause brain damage in children, especially when it is used in combination with MSG (monosodium glutamate), an additive that has a similar effect.

## Safe or not, it goes into the food supply

The first approval for aspartame took place in July of 1981 when Commissioner Hayes allowed it in dry products. Two years later it was approved for use in carbonated beverages and a multi-billion dollar industry was born. Diet sodas are the major culprits identified as the trigger for symptoms of "aspartame disease."



"...this product (aspartame) was approved by the FDA in circumstances which can only be described as troubling."

*Senator Metzenbaum 1985*

## PR campaigns

Once aspartame was approved for use in food the company initiated a massive advertising campaign to present it as a natural substance. Two of the ingredients in aspartame, phenylalanine and aspartic acid, are amino acids that are also found in natural foods, but foods contain many other substances that prevent those amino acids from causing harm. Similarly, just because carbon is found in carbon dioxide, the air that we exhale, you can't assume it's harmless. Carbon is also found in carbon monoxide, and it can kill.

## One Senator's valiant efforts

"...we should learn a lesson from the NutraSweet® experience. If a food additive has potential neurological or behavioral effects, it should undergo human clinical testing, similar to the process a drug must undergo, before it is put on the market."

*Sen. Howard Metzenbaum 1987*

Senator Metzenbaum introduced a bill that would require ingredient labels to disclose the amount of aspartame contained in the product. His bill was defeated. He was also unsuccessful in his attempts to subpoena papers that he believed would show the concealment of facts and issuing of false statements on the effects of aspartame. Metzenbaum called the FDA "more of a handmaiden of the food and chemical industry than it is a defender of the health and safety of American consumers."

*Continued on page 4*

## Diet soda, an aspartame bonanza

Dr. Roberts has documented case histories of patients who believe they were "addicted" to diet sodas, feeling a need to continually consume more and more until they were drinking several litres a day. (One case history describes a young man who drank several gallons each day.) When they tried to give it up they

experienced severe withdrawal effects, typically: extreme irritability, tension, depression, tremors, nausea and sweating.

Some people claim they had a harder time giving up their diet drinks than they had quitting alcohol or cigarettes. Since many sodas contain added caffeine, that could be a contrib-

uting factor to the addiction, but some people found that switching to caffeine-free versions did not lessen their addiction.

A common side effect reported by consumers is drying of the eyes and mouth. They experience intense thirst, which they try to relieve by drinking even more.



## Carcinogens in our grocery cart?

The 1956 "Delaney clause" forbids the approval of any chemical in food if it was found to cause cancer, but the law has long been violated. Lawyers at the FDA tried unsuccessfully to have Red No. 3 banned because it is a known carcinogen. The issue of aspartame and cancer was neatly resolved when the Senate passed a Comprehensive Regulatory Reform Act in July of 1995. The act stated that a chemical would not be banned if it "presents a negligible or insignificant foreseeable risk to human health." So now we are left to puzzle over what is meant by "negligible" and "insignificant."

## Behind the scenes

Dr. Roberts provides detailed information on the manipulations that have taken place behind the scene. The questionable decisions of medical journal editors, the industry's financial gifts to professional organizations and the doctoring of study data are all described and documented in his 1000+ page book.

## Consumer complaints

By 1986 over 10,000 complaints of adverse effects of aspartame were sent to the FDA, the Centers for Disease Control, the manufacturer, medical investigators and consumer organizations. They have not shaken the agency's confidence in the additive.

## Behavioral effects

Among the many effects attributed to the use of aspartame, behavioral changes are often mentioned. Here is one of many case histories Dr. Roberts describes in his book: "A 7 1/2-year-old boy experienced a seizure while running to his parent's room 'in desperate pain from a headache.' There had been no significant prior illness. He developed another seizure in the hospital as a lumbar puncture was being performed. A CT scan of his brain was normal.

## Children and infants are at high risk

The sweetener that was once expected to be used only by diabetic adults is now finding its way into more and more products for children.

Aspartame is increasingly being added to pediatric medicine (in addition to synthetic dyes and artificial flavorings). And many parents who consume diet soda believe it is suitable for their toddlers and preschoolers.

One of the biggest threats to children, in the opinion of many Feingold volunteers, is the tendency of well-meaning health advocates to blame ADHD and many other ills on "sugar." Parents then seek out sugar-free foods that are likely to be sweetened with aspartame.

"We cannot use America's children as guinea pigs to determine 'safe' level [of aspartame]."

*Sen. Howard Metzenbaum 1986*

One mother reported her experience drinking a diet cola while nursing her infant. The baby experienced convulsions, which the mother attributed to the aspartame in her drink.

"Unless the FDA acts decisively, aspartame could be another thalidomide tragedy in the making."

*John W. Olney, MD  
aspartame researcher*

"After leaving the hospital, the child complained of 'fuzziness' several times daily. Others commented he was irritable, hyperactive, and had difficulty concentrating on his school work.

"The parents sought consultation from a nutritionist. They were advised to eliminate chocolate, wheat and eggs. The mother wrote 'Since we were going to try the nutrition route, we decided on our own to take him off the aspartame drink he had been consuming for the past four months...He was drinking four to six glasses a day...It's been five months since the nightmare of the last

"There is considerable evidence that subsequent behavior and intelligence can be influenced by exposure of a fetus to neurotoxic chemicals which cross the placenta. This is well known in the case of ethyl alcohol, and also may apply to methyl alcohol [an ingredient in aspartame]." (Roberts page 291)

## Blond and blue-eyed

*Aspartame\* Disease* describes a warning from a Russian medical academy that pregnant women who chew aspartame-sweetened gum may expose their unborn child to the risk of retardation, delayed growth, and nervous system disorders. Roberts notes, "Blond and blue-eyed persons were regarded as being at higher risk due to possibly deficient enzyme activity involving the metabolism of phenylalanine."

Doctors and parents dealing with ADHD have long noted that, although all of us are vulnerable to the effects of synthetic food additives, fair skinned people seem to be especially sensitive.

## End of Part One

seizure occurred' and the child's electroencephalograms normalized within two months after aspartame products were stopped."

Twitching, restless legs, hyperactivity and aggression are among the symptoms reported from aspartame consumption.

Roberts writes, "Irritability, aggression, hyperactivity, crying, whining, impulsivity, slurred speech, and learning problems have been associated with or aggravated by the use of aspartame products."

*(Roberts, page 503)*

## McDonald seeks to improve its image

You have to feel sorry for McDonald's. It used to be that their biggest worry was Wendy's, Burger King, and what to do with all that money rolling in. But earlier this year they actually lost money.

The rapid expansion into countries around the world has made the company a symbol of what's wrong with globalization. Now, with the epidemic of obesity in the United States, it's becoming a symbol of what's wrong with our food.

Subway has taken a huge bite out of the burger market, and now some of the moderately-priced restaurant chains (including Outback, Ruby Tuesday's, Applebees, Macaroni Grill, Chili's) are entering the fast food business by offering carry-out meals. At some restaurants you can drive up and they will bring your packaged food out to your car.

While they haven't made any attempts to remove synthetic additives from their standard menu items, Mickey-D is fighting back with a line of salads, topped with Newman's Own salad dressing. Based on the information provided on the company's web site, here is what we suggest.

### McDonald's Salads acceptable choices:

Grilled Chicken Caesar Salad (contains MSG in chicken, and trace amount of paprika, served with tomatoes)

Caesar Salad without Chicken (served with tomatoes)

Side Salad (served with tomatoes)

Newman's Own Ranch Dressing

Newman's Own Creamy Caesar Dressing (CS)

Newman's Own Cobb Dressing\* (CS, red bell pepper, trace paprika)

Newman's Own Light Balsamic Vinaigrette\* (red bell pepper, trace of paprika)

### Salads with one or more unacceptable ingredients:

Grilled Chicken Bacon Ranch Salad contains **smoke flavoring** in the bacon bits.

Crispy Chicken Bacon Ranch Salad; the chicken is cooked in oil that contains **TBHQ**. The bacon has **smoke flavoring**.

Bacon Ranch Salad without chicken contains **smoke flavoring** in the bacon.

Crispy Chicken Caesar Salad has **TBHQ** in the frying oil.

Grilled Chicken California Cobb Salad has **smoke flavoring** in the bacon bits.

Crispy Chicken California Cobb Salad has **TBHQ** in the frying oil.

California Cobb Salad (without chicken) has **smoke flavoring** in the bacon bits.

Butter Garlic Croutons contain **artificial flavors, smoke flavoring and TBHQ**.

While it's encouraging that the fast food giant is expanding its menu to include salads, it's sad to see that they included so many unnecessary additives in their "healthy" options. This brings up another point: to many people, the only foods that they perceive to be healthy are salads. But many of the food choices can be healthy if they contain good ingredients and are prepared wisely.

Take a look at those little croutons. It's easy to make croutons that are free of artificial flavors, synthetic smoke flavoring and TBHQ. Grilled chicken does not need monosodium glutamate or autolyzed yeast extract and frying oil doesn't require TBHQ. "Shakes" used to be called "milk shakes" because they were made with milk, not guar gum, imitation flavor and dye.

## Wendy's

The baked potato selection at Wendy's was eliminated from the current Fast Food Guide since most of the toppings are unacceptable. But one clever mom has found a way around that.

First, what's wrong with the toppings? The cheese sauce contains dye. Bacon bits have an unacceptable type of smoke flavoring. Both the liquid margarine and sour cream contain artificial flavors.

The potato itself is o.k., and the broccoli (generally served with cheese sauce) is acceptable. One mom reports "I order the plain baked potato and have them put shredded cheese and broccoli on it. I am very specific about the shredded cheese, and always double check to make sure they understand. Then I 'smoosh' the cheese around with the potato and it melts. We've never had a problem with this."



Note: *Pure Facts* has spoken with a representative at Wendy's headquarters to be sure the cheese is acceptable. The shredded cheddar and American cheese slices that are used in cheeseburgers contain "artificial" color that is derived from a natural source. Such colors are listed as "artificial" since they do not occur naturally in the food. The cheese sauce at Wendy's contains synthetic dye and is NOT acceptable.

### Help us find more restaurant foods

The FAUS web site contains a form letter you can use to write to restaurant chains, requesting information about ingredients in their foods. You will also find a listing of major chains and their addresses.

[www.feingold.org/restaurant.html](http://www.feingold.org/restaurant.html)

## "Anecdotal" evidence — some editorial observations

Dr. Feingold and Dr. Roberts have many experiences in common.

Both doctors initially viewed FDA-approved food additives as safe. Both began to question their views after hearing reports from numerous patients. Both investigated the history of the additives and discovered many highly questionable practices of the industries that sell and use them, and the agency responsible for regulating them.

Both doctors refused to be silenced despite the backlash they endured. Both are part of a long, sad tradition in medicine that ridicules any physician who steps out of line and dares to question the status quo.

The job of the clinician, Dr. Feingold used to tell us, is to help the patient get well. The job of the academic researcher, on the other hand, is to learn why a particular technique works or fails to work. Some of Feingold's most outspoken critics have been those people who have the training and resources to do the academic work, but who have failed to do so, and blame the clinician (or the parent volunteers) for not conducting this research.

The anecdotal aspect of medicine might be currently out of favor, but it has a long history, dating back at least as far as Hippocrates, the father of medicine.

"Anecdotal reports of neurotoxicity in humans [as a result of using aspartame] need to be pursued vigorously with clinical surveillance and follow-up."

National Research Council, 1991

## The first steps to a successful life

Enclosed with this newsletter is an envelope for your participation in our annual Giving Campaign.

The Feingold Association is the only organization devoted to helping families help their children to a future free of the learning, behavior and health problems that are triggered by the harmful additives being used in more and more food.

We have been doing this work since 1976. Please help us continue and to reach another generation.



Here is one of the many stories we hear from our member families: "A woman I work with took one of the *Pure Facts* issues home with her. Her grandson is out of control at 1 1/2. She started reading labels, restricting some additives, mainly colors and in 10 days he is a different child. She is amazed."

Beatrice Trum Hunter, a member of FAUS's Advisory Board has addressed this issue: "Is every clinician who reports on adverse health effects from substances expected to take time from a busy practice to seek funding, conduct costly and time-consuming double-blind studies, and then seek journals willing to publish the results? If so, this would have a chilling effect on medical reporting of adverse effects suffered from a variety of consumer substances. Rather, the Food and Drug Administration, which approved aspartame and has allowed it to proliferate wildly in the marketplace, should have mandated the manufacturer to conduct double-blind human studies before approval....Let's not kill the messenger, but instead address ourselves to the cautionary message." (Roberts, page 876)

As he began to collect clinical data on his patients' problems with aspartame, and to speak out publicly about its damaging effects, Dr. Roberts received reports from many people who believe they have been harmed by the sweetener. He sent them a questionnaire survey and collected the results. His newest book, *Aspartame\* Disease*, includes the findings from 1200 such responses as well as results of his years of experience helping patients. Among those writing to Dr. Roberts are physicians who have personally experienced the down side of this sweetener. They had initially scoffed at the reports of adverse effects...until they experienced it first hand.

## Gluten-free Guide

This month the Celiac Sprue Association's 8th edition of their CSA Gluten-Free Product Listing is available. The book lists gluten-free products from both national brands and natural lines including Health Valley, Mr. Spice, Ener-G, Annie's Naturals, Arrowhead Mills, Food for Life, Amy's Kitchen, Imagine, Pamela's, Bob's Red Mill, Fantastic Foods, Tamarind Tree, Barbara's, Erewhon, and Nature's Path.

It also gives phone numbers and web sites, and provides detailed information on grains.

The cost of the book is \$18; for first class shipping, add \$5 per book and for shipping outside the U.S. add \$10 per book. Call their toll free number at (877) 272-4272 or order online at [www.csaceliacs.org](http://www.csaceliacs.org), or write to: CSA, PO Box 31700, Omaha, NE 68131.

## Coupons for you!

Thanks to the efforts of our own Esther Roberts, you will now receive nearly \$8 worth of coupons when you purchase a *Foodlist & Shopping Guide* or renew your Feingold membership. The coupons are from these favorite food companies: Annie's, the Breadery, Eden Foods, Fantastic Foods, Ian's, and nSpired.



## PIC Report

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

### Stage One

ALBA BOTANICA Certified Organic Stick Deodorant - Aloe Vera Unscented ([www.avalonorganics.com](http://www.avalonorganics.com))  
ALLGOODE ORGANICS\* Real Food Bars: Chocolate Delight, Chocolate Peanut Pleasure, Peanut Butter Chocolate Chip  
(1-800-421-1223, [www.allgoodeorganics.com](http://www.allgoodeorganics.com))  
AMY'S\* Vegetarian Organic Traditional Refried Beans  
ASAP Popcorn: Butter (with Scooby Doo on the bag), Extra Butter (with Taz on the bag), Low Fat Butter, Natural  
ENVIROKIDS\* Organic Crispy Rice Bars: Chocolate, Peanut Butter  
KASHI Peanut Butter & Chocolate Bar (CS)  
KASHI Ready to Drink Shake: Chocolate, Vanilla  
KASHI Waffles  
KASHI TLC Honey Sesame Cracker  
KEEBLER Peanut Butter Sugar Wafer Cookie (CS)  
KEEBLER Ready Crust pie crust (CS)  
KEEBLER Waffle Cones, Waffle Bowls  
MARTHA'S ALL NATURAL Mixes: Low Fat Chocolate "Killer" Cake; Old Fashioned Buttermilk Coffee Cake; Southern Pecan Pancake & Waffles; Swedish Oatmeal Pancakes (800-973-3966; [www.marthasallnatural.com](http://www.marthasallnatural.com))  
OETKER\* Organic Pudding & Pie Filling Mix: Chocolate, Coconut, Vanilla ([www.oetker.com](http://www.oetker.com))  
RIMA'S Dragon Toast Magic Rice Crystals (sold retail in WA and OR only; [www.rimasdragontost.com](http://www.rimasdragontost.com))  
THE BREADERY 100% Fresh Milled Breads: Honey Whole Wheat; A Seed Sensation - 5-Seed; Fabulous Fiber; Grains Galore; Whole Grain Spelt; Garden Herb; Kids Delight Montana White ([www.TheBreadery.com](http://www.TheBreadery.com) or call 877-EBREADS)  
TUMARO'S\* Healthy Flour Tortillas (CP,SF): Honey Wheat, Low Fat Honey Wheat Wraps [www.tumaros.com](http://www.tumaros.com)  
VERMONT Certified Organic Bread: Hearty White, Multi Grain, Oat, Wheat  
VERMONT Soft Bread: 10 Grain, Whole Wheat (800-721-4057)

### Stage Two

ALBA BOTANICA Suncare: SPF 15-Fragrance Free (green tea), SPF 20-Fragrance Free (tea, octylsalicylate), Very Emollient Body Lotion: Unscented (green tea, grapes, cucumber) ([www.avalonorganics.com](http://www.avalonorganics.com))  
CALIFORNIA BABY\* SPF 30+ Sunscreen Citronella Bug Blend (contains strong smelling natural ingredients) (tea) [www.californiababy.com](http://www.californiababy.com), 310-277-6430

## Product Alert!

Please do not use KEEBLER Toast & Peanut Butter Crackers, which were listed in the September PIC Pure Facts. They contain **synthetic dye**. The other Keebler products listed last month are still acceptable.

## Great News!

Does your local bread company use pan sprays that contain TBHQ? Is this keeping these breads from being accepted? If so, we have good news for you! There are several Stage One food service pan sprays that are made for bakeries which **do not contain BHA, BHT or TBHQ**:

VEGALENE Pan Coating (aerosol)  
VEGALENE Golden Canola Mist  
BAK-KLENE All Purpose (aerosol)  
TRYSON GOLD Topping & Griddle Oil

They are all manufactured by Par-Way Tryson Company, 107 Bolte Lane, St. Clair MO 63077 (636) 629-4545. ([www.parwaytryson.com](http://www.parwaytryson.com))

These oils are available in restaurant supply stores, and can be found at Smart & Final stores in the Southwest. They can also be purchased for home use.

Ask your local baker to switch to one of these acceptable products and then either submit their breads to PIC for us to research, or ask them to contact FAUS to have their products reviewed.

## RUDI'S Breads

Members have asked why some of the Rudi's breads are acceptable and some are not. Our Product Information Director, Cindy Harrell, explains:

"The reason for this is the hearth breads and buns do not need pan spray. Loaf breads do, and the company uses a pan spray with TBHQ in it."

## Just in time for cool weather!

There's nothing like a hot breakfast or lunch. Now you can have that in just a few seconds. Pop these products in the microwave and they are ready to eat! All are Stage One.

THE SPICE HUNTER (CS) Maple Cream 3 Grain Cereal Cup; Country Grits Cup: Butter & Cheddar, Ham & Cheddar; Quick Pot Risotto: Onion & Herb, Spinach & Garlic, Classic Cheese ([www.spicehunter.com](http://www.spicehunter.com))

AMY'S\* Bowls: Pesto Tortellini; Organic Lowfat Soup: Butternut Squash, Split Pea

## Stage One Herbal Tea

In ancient Greece, doctors prescribed mullein for everything including the common cold. Greek women rubbed their cheeks with the leaves for an alluring glow  
SEELECT TEA Mullein Premium Herbal Tea - available in many health food stores including Whole Foods and Mother's Market. ([www.seelecttea.com](http://www.seelecttea.com))

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.

## Celebrate without “Halloween Hangover”

Last year one mom posted this note on the Member’s Board:

“How did everyone do with Trick or Treat? I have been half-heartedly following the diet and had a pretty good improvement in my son and then last night we went trick-or-treating and today he has been a holy terror! That was my true test that this diet does work!”

Here are some of the replies she received:

☺ “Halloween was great for us. We talked a few days before and agreed that my son would go trick-or-treating but not eat the candy; he would give all of it to me (and into the trash!) and I would buy him a videotape he wanted. In fact, we just got back from the store and will be watching the tape tonight.”

☺ “This was our first Halloween on Feingold so I was a little anxious. We went to the Parks & Recreation Halloween festival. It was awesome because almost all of the booths had a choice of toys or candy for prizes

The kids had big treat bags of mostly toys. I also gave them 5 cents for every piece of candy so they got a couple bucks to spend on something really good. I think it’s a new family tradition.”

☺ “It’s amazing. After trick-or-treating for an hour my son received absolutely NOTHING he could eat!”

☺ “I made homemade marshmallow ghosts with cookie cutters and they turned out great. Then I took some cocoa and mixed it with the sugar and made brown bats. They are soooo cute and taste yummy.”

☺ “My daughter loves to trick or treat but wouldn’t TOUCH the candy! But she made sure she COLLECTED more candy than the other kids in our group. She was greedy as can be, but she knew there was really good candy waiting for her when she finished.”

☺ One mom reports the family had fun trick-or-treating at an event hosted by their local Whole Foods Market. The children brought home natural candies, snacks and trinkets.



☺ “My daughter has been on Feingold for almost 3 years; Halloween is now about everything BUT candy.

“When we began Feingold she missed everything, but as time goes on, things get easier. Each step we took away from the crud they put in so much food, she got more indifferent to the things she ‘couldn’t have.’

“This Halloween she did all the activities at school. I always make treats for room parties so that one of the things offered to all of the students is ‘clean’ and OK for her. This way she’s not left out.

“When they had a candy-filled pinata in the class party and SHE broke it open, she filled her shirt front with candy and took it to the teacher to put in the class goody bag! Handed it right over — no big deal.

“We trick-or-treated through our neighborhood that night. She took her whole haul to school for the teacher. I made sure I had a few ‘clean’ treats for her and gave her non-food trinkets — cute little Halloween things, and she loved it. One thoughtful neighbor prepared a little treat bag just for her.

“The candy is no longer an issue. It’s kind of weird because 3 years ago I would not have believed this, but it just isn’t a big deal any more, and hasn’t been for a long time. Maybe it’s partly that her brain functions properly now so she handles things better. Maybe it’s also that kids are resilient and they get over missing things. But the point is, there’s a big shining light at the end of the tunnel and it’s your child’s smile!”

## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a 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 plus bulletin board access is \$38/year when ordered separately.

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