

# Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2006

www.feingold.org

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## Happy Birthday to Us!

FAUS is 30 years old this month!

In May of 1976 parent volunteers from support groups around the country met in Washington, DC to establish a national organization. Dr. and Mrs. Feingold attended as guests. Grassroots groups had developed throughout the country as parents saw dramatic changes in their formerly troubled children, and sought to share their information with others. The parents chose the name "Feingold Association" to honor the man who had helped their children. Three decades and hundreds of thousands of successes later, FAUS still stands ready to lend a hand.



## Common preservative and leukemia

The secret deal between the Food and Drug Administration and the beverage industry is becoming the publicity nightmare both tried to avoid 16 years ago.

Sodium benzoate (benzoic acid) is a preservative that prevents the growth of yeasts, bacteria and fungi. It works in acidic foods and can be found in some soft drinks, salad dressings, jams, fruit juices including bottled lemon juice, and Chinese sauces. Some medicines, mouthwashes and liquid nutritional supplements contain sodium benzoate. The United States allows no more than 0.1% to be used since it is poisonous in larger amounts. Some animals cannot tolerate this preservative, so it is not permitted in pet food.

Sodium benzoate is not one of the additives eliminated on the Feingold Program, but because some members are sensitive to it, its presence is noted in our Foodlists.

Recently, some disturbing information has become public. When they are exposed to high temperature or light, both sodium and potassium benzoate can react with ascorbic acid (vitamin C) to form benzene, a powerful cancer-causing agent that is linked with leukemia.

*Continued on page 4*

## ADHD Drugs and Hallucinations

Pharmaceutical companies that make stimulants and amphetamines were dealt yet another blow when a FDA (Food and Drug Administration) advisory panel recommended stronger warnings.

FDA scientists told the panel that their review of reports on drugs like Ritalin, Adderall XR, Concerta and others showed hundreds of cases of children experiencing hallucinations. The children described seeing spiders, snakes, jellyfish, cockroaches and other bugs, and some said they could feel insects crawling on their skin. When the drugs were removed the hallucinations stopped, and returned when the drugs were reintroduced. The panel also raised concerns about other troublesome side effects including aggression and suicidal thoughts.

The drug manufacturers stated that they believe the rates of serious side effects are low, occurring no more often with drugs than without.

This new information on the dangers of ADHD drugs comes shortly after another FDA advisory panel recommended a "black box" warning be used because of serious health risks. The FDA is expected to reject a black box in favor of strengthening warnings for doctors and preparing a medication guide that would be written in language parents can understand.

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, aspartame, and the preservatives BHA, BHT and TBHQ.

## “Tics and Tourette’s - Breakthrough Discoveries in Natural Treatments”

Many of the additives removed by the Feingold Program can be triggers for tics.

Does your child clear his throat excessively or make funny little noises or seem to blink too much? Many parents bring such concerns to their doctor, only to be brushed off. When the tics get worse they are likely to be told there is no alternative beside medicine...which can have side effects that are much worse than the tics. Many of these parents will search for a better way, and if they are fortunate, they will discover this book.

A Patient and Family Guide

Breakthrough Discoveries  
in Natural Treatments

### Tics and Tourette’s



“The definitive word on treating tic disorders  
without drugs. A major contribution to the field.”  
Markell H. Zelen, MD

Best-selling author, *The Neurological Physician*

SHEILA J. ROGERS

\$24.95 + \$6 s+h in the US.  
from [www.TicsandTourettes.com](http://www.TicsandTourettes.com);  
also available from Amazon.com

“We have been sharing our findings with key leaders in the conventional field for 15 years. Still, the ‘standard line’ on tics remains unchanged. To this day, strong tic medications continue to be prescribed to children as young as four years of age, with no discussion of natural approaches or even commonsense preventive efforts. Physicians who do present alternatives are the exception.”

*Sheila J. Rogers, author of Tics and Tourette’s*

This is a treasure of information on tics and Tourette syndrome (TS), and on how many families have found help without the use of powerful drugs. For the Feingold family still searching for additional ways to help their child (or themselves) this book will provide a valuable resource on other approaches that might help. The lines between ADHD, TS, OCD, asthma and allergies are not clear-cut; there is much overlapping of symptoms and of helpful treatments. Sheila Rogers has devoted years of her life and considerable talents in order to bring information and hope to the growing number of families dealing with these devastating symptoms. She shows that nobody needs to address this challenge alone. Her book is filled with direction, inspiration and a wealth of information.

## No more Tics!

My son Zohar had diagnoses of ADHD, as well as asthma and frequent ear infections. Medication (Ritalin, then Cylert) controlled his activity levels, but by the time he was eight years old he was in the bottom 2% of height and weight for his age, and was having hallucinations. The hallucinations turned out to be a side effect of the Cylert, but the doctors at that time were sure they were seizures.

Although we had been going to the neurologist every month, Zohar was just getting worse. I was considering the addition of Tegretol to the Cylert to control the “seizures,” but when he started having 30 different motor and vocal tics, the neurologist took him off all medications. He was also plagued with many obsessive compulsive symptoms. That was back in 1982 when Tourette syndrome was a little-known disorder, so he wasn’t diagnosed for most of a year — the Year from Hell.

I learned of the Feingold diet on a TV talk show but when I asked my doctor about it he told me not to bother because it only worked for “2% of kids” and he said it would be hard. But since I had no other treatment available I decided to try it. To my surprise, in 4 days I had a child with normal behavior. He still had TS but I didn’t expect that to change.

It soon became apparent that he no longer had ear aches, no longer had asthma, and by the end of the year he no longer had TS or the obsessive compulsive behaviors! The Tourette syndrome has been in what his ex-neurologist calls “permanent remission” for over 20 years, except for the few times when he goes off the Feingold diet.

Today his height is a respectable 5’8” and he is a college graduate, studying for an advanced degree in mechanical engineering, and about to be married.

*Shula Edelkind*



Zohar, then and now

## Food and Drug Administration rejects one ADHD drug...

Things looked promising for Cephalon, the pharmaceutical company that wants to market a new ADHD drug they named Sparlon. The December issue of *Pediatrics* carried a study conducted by Dr. Joseph Biederman, chief of pediatric psychopharmacology at Massachusetts General Hospital. He commented that the drug had "a favorable side effect profile."

Sparlon contains modafinil, the active ingredient in the drug Provigil, used to treat sleep disorders. The ADHD drug contains a greater amount of modafinil than Provigil.

Potential side effects from modafinil include: upset stomach, nervousness, headache, nausea, diarrhea, decreased appetite, mood changes, mania, suicidal behavior, anxiety, depression, dizziness, dry mouth or skin, sleep difficulties, chest pain, vomiting, shortness of breath, irregular heartbeat, increased blood pressure, skin rash, sore throat, fever, chills, tremor, elevated liver enzymes.

Fifty-two of the subjects in the trials of Sparlon dropped out when the drug caused them to develop suicidality, depression, agitation, psychosis and phobias.

In October the FDA told Cephalon that it intended to approve Sparlon despite reports of suicidality, aggression and psychosis.

But in March the FDA's panel of medical advisors rejected the drug after it was found that it could cause a rare, potentially fatal skin disease called Stevens-Johnson syndrome. While agreeing that Sparlon treated the symptoms of ADHD the panel did not feel it was safe enough to be allowed on the market, citing "unacceptable risks to children and adolescents." The manufacturer, however, considers the drug to be "generally safe and well tolerated."

### ...and approves another.

Daytrana delivers methylphenidate (Ritalin, Concerta) in the form of a skin patch that is designed to work for 9 hours. A 12-hour version was rejected by the FDA.

The drug was studied in only two short-term clinical trials. Like other methylphenidate drugs it will carry a warning label that it could cause insomnia, decreased appetite and nausea.

As this newsletter goes to press, the Food and Drug Administration has not yet decided if it will require the currently approved ADHD drugs to carry a black box warning – the most serious caution of potentially dangerous side effects. The panel's recommendation was based mainly on the risks of heart damage that were posed by the drugs. More recently a second advisory panel is considering if the labels should add warnings about psychosis and mania. (See the article on hallucinations on page 1.)

## Anti-psychotic drugs for children



There has been a drastic increase in the use of anti-psychotic drugs for children. Between 1995 and 2002 prescriptions rose 500% as pharmaceutical companies have vigorously marketed them. More than half of the prescriptions are for ADHD, not for the conditions for which they are intended.

Consumers are paying several dollars a pill for drugs that have not been tested in children for either safety or effectiveness, and which can have serious side effects. Among the unwanted effects of anti-psychotics are weight gain and diabetes.

Now, a growing number of doctors are objecting to this practice. Dr. Ronald Brown of Temple University notes, "there's more use of psychotropic medication with children than there is research data on it."

### ADHD drugs in Australia

"Children as young as five have suffered strokes, heart attacks and hallucinations after taking drugs to treat ADHD," according to the *Melbourne Herald Sun*. "Cases included the sudden death of a seven-year-old and a five-year-old who suffered a stroke. Children also experienced heart palpitations and shortness of breath. Hair loss, muscle spasms, severe abdominal pain, depression and paranoia were also reported."

*Please use the enclosed envelope to send a donation to the Feingold Association and support the program that does not require a black box warning...see page 6.*

## Common preservative, from page 1

Many countries have regulations limiting the amount of benzene in drinking water, but some soft drinks have been found to contain eight times the amount allowed in water. Soft drinks and fruit juices are especially problematic when they are fortified with added vitamin C (ascorbic acid). Manufacturers do this in an effort to make their product appear healthy.

Another high risk factor is the use of synthetic sweeteners in the drinks. Because sugar inhibits the chemical reaction between the preservative and acid, diet drinks could pose extra risks.

A sugar-free beverage with added vitamin C, preserved with benzoates, could be a recipe for cancer.

"In 1990, FDA testing showed that the preservative sodium benzoate could break down to form a known carcinogen called benzene, in drinks which also contained ascorbic acid (vitamin C). At the time, food regulators decided to allow the beverage industry to handle the problem without negative publicity. As a result nothing happened, manufacturers now deny knowledge of the problem, and 1500 new drinks containing this dangerous combination have been launched in the last four years."

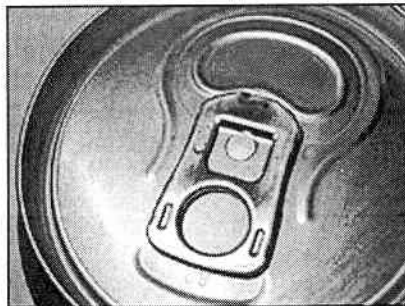
*Chris Mercer, FoodProduction.com*

## The cat's out of the bag

The issue of benzene in beverages came to light recently when an activist who is concerned about soft drinks in schools asked the FDA to take a look at them. After the agency refused he had samples analyzed at a laboratory which found they contained as much as four times the permitted levels.

Other countries are now looking at the issue. But a spokesman for the British Soft Drinks Association argues that the laws limiting benzene in water should not apply to soft drinks; he added that the levels found in soft drinks were too low to pose a risk for consumers.

Richard Watts, an advocate for purer food, writes: "The scientific evidence is unclear about whether there is any safe level of benzene. We see no reason why it should be different from the designated safe level in drinking water. If it is unsafe in drinking water, why should it be safe in soft drinks?"



Jane Houlihan of Environmental Working group notes, "Most people would prefer there are no known human carcinogens in what they drink. This is a case where industry agreed to get it out of the products, and all the evidence says they didn't."

"There is no good reason to add ascorbic acid (vitamin C) to soft drinks," writes Glen Lawrence, the FDA scientist who helped test for benzene in 1990. "...and those that may have ascorbic acid naturally in them (juices) should not use sodium benzoate as a preservative."

Benzene is commercially produced from petroleum and is used as an anti-knock additive in gasoline. It also occurs naturally in volcanoes, forest fires and tobacco smoke.

## Britain takes a closer look at aspartame

An Italian study published last year showed aspartame resulted in increased rates of cancer in animals. This has prompted Great Britain's Food Standards Agency to review safety data on this widely-used sweetener.

Another factor of concern is the recent study from the University of Liverpool showing dramatic effects of aspartame when it is combined with yellow dye. The damage to nerve cells was seven times greater when the two additives were combined than when they were tested individually. (See the February, 2006 *Pure Facts*.)

No research has been done to examine what damage might occur when three or more additives are combined, as is the case in many processed foods.

## Consumer protection safeguards under assault

State food laws, which are generally more strict than federal standards, are one way to afford consumers greater protection from harmful additives. But the food industry has won passage of the **National Uniformity bill** in the House of Representatives. If the bill is passed by the Senate it will wipe out hundreds of state consumer protection laws.

The industry coalition (which includes soft drink manufacturers) claims their legislation would prevent "confusion" for consumers, but critics say the \$31 million they have given in political donations are motivated not by a desire to help consumers but by hopes that the laws will be relaxed and industries will be given greater freedom from regulation.

## Smelly groceries -- are they coming to a store near you?

The main concern Feingold members have when they shop for groceries has been the ingredients in food. Aside from the preservatives cereal companies spray on the inside liners, packaging has not been a big issue, but that could all change. A company called ScentSational has found a way to incorporate flavorings into the plastic used for packages so the product gives off a smell even before you open it. The products are expected to begin showing up in stores in 2007.

These new scents will be made from the same chemical stew used to create the synthetic flavorings that can trigger a wide range of behavior, learning and health problems for sensitive people. But now it will be much harder to avoid them

Marketing departments might be salivating at the prospect of cookie packages that smell like chocolate, plastic produce baskets that smell like strawberries and cans that smell like beer, but chemically-sensitive consumers are not. Currently the worst aisle in the supermarket is where the perfumed laundry detergents are stocked, and the major challenges are magazines with perfume samples and public restrooms.

“Your senses are about to be assaulted!” writes *Package Design Magazine*. We couldn’t have said it better ourselves.



## How natural is that chicken?

Even brands that claim to be natural can contain high levels of the poison arsenic.

The non-profit Institute for Agriculture and Trade Policy has just published their findings on the arsenic levels of some brands of chicken found in supermarkets and fast food chains. While all of the products were within the government’s approved levels the Institute objects to the presence of any levels of arsenic, a powerful poison.

”Arsenic causes cancer and contributes to other diseases including heart disease, diabetes and declines in intellectual function.” *IATP report*

Many different chemicals, including arsenic, are added to the feed in order to increase weight gain, add color or prevent infection. Europe has banned the addition of arsenic, and it is not allowed in foods that are marketed as organic. But the word “natural” has no legal definition, so it has little meaning for the consumer.

To access this report and learn which supermarket and fast food chickens were tested see [www.iatp.org](http://www.iatp.org).

**Note:** Arsenic is one of the contaminants allowed in synthetic food dyes.

## New Studies

The National Academy of Sciences (NAS) has found that the amount of fluoride allowed to be added to our water supply could be causing health problems. Not only is the enamel on teeth damaged by too much fluoride, but it endangers the teeth themselves by stripping away the protective enamel.

The NAS panel also concluded that people who ingest high levels of fluoride are at higher risk of bone fractures.

Some Feingold members report that their children experience behavior and/or learning problems after exposure to fluoride.

The soy formula controversy continues. Some researchers have linked soy infant formula with later behavior and learning problems, while others are focusing on possible reproductive abnormalities and immune system damage.

In March a panel convened by the National Institute of Environmental Health Sciences (NIEHS) met to discuss the issue of reproductive and developmental damage as a result of infant soy formula. The panel expressed “negligible” concern, but one panel member disagreed, saying a higher level of concern was justified.

In January the NIEHS issued a press release announcing a new study that shows a component of soy – genistein – caused damage to the ovaries during early development, leading to reproductive problems in adulthood. The release notes “This study adds to a growing body of literature demonstrating the potentially adverse consequences of genistein on the reproductive system.”

“Neonatal genistein treatment alters ovarian differentiation in the mouse: Inhibition of oocyte nest breakdown and increased oocyte survival.” *Biology of Reproduction*, January 2006.



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Dear Feingold Friends,

As we wind up another school year, my heart goes out to the many families now hearing the dreaded phrases: “repeat this year” and “held back.” With 4.4 million children already diagnosed with ADHD and 10% of all 10-year-old boys in this country on ADHD drugs, clearly there is a tremendous problem.

Over the next three months our phone will be ringing and heartwrenching emails will continue to arrive. Each of these families will want to hear what we know — children struggling in school don't necessarily have any learning disability or brain disorder, but are bright talented kids who simply need to eat real food, not petroleum laced processed products.

We are the only organization that shows families how small changes in their grocery shopping can make a huge difference in their child's welfare. As more information comes to light about worrisome side effects of the ADHD drugs such as cancer, psychotic behavior, liver damage, depression, suicidal thoughts, heart attacks, stroke, violence, hallucinations, and fatal skin disease, our role has increasingly shifted to publicizing these risks, along with our message about dietary management. Feingold has always advocated full disclosure — not only in food products but also ADHD treatments — because an informed decision must be based on a thorough risk/benefit analysis.

We are certainly the underdog in this information campaign. Without the millions of dollars in drug profits and an army of representatives working full time, it isn't easy for us to get the message out, but we have an ace in the hole right now ... an increasingly skeptical press.

The steady work of our members talking to their friends, family, doctors and teachers, the books that have been written and media appearances by long-time Feingold volunteers certainly seem to be having an impact. I have renewed hope that professionals who deal with these issues will rethink their recommendations and take a look at the role of nutrition in behavior and learning.

Your donation, today, will enable us to give a positive message to the families looking for our help this summer. After all, “Nutrition is a Better Way” and never, in the thirty years of this organization's existence, has the message been more critically needed.

Please help us reach all the people who are ready to listen.

Sincerely,

Gail Ann Wachsmuth, President  
Feingold Association of the United States

## PIC Report

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

### Stage One

BOB'S RED MILL\* Gluten Free Mighty Tasty Hot Cereal  
BROWNWOOD ACRES Fruit Fast Wonderful  
Pomegranate Juice Concentrate  
[www.brownwoodacres.com](http://www.brownwoodacres.com) (877) 591-3101  
'CAUSE YOU'RE SPECIAL Cake Mix: Moist Lemon,  
Moist Yellow, Rich Chocolate  
[www.causeyourespecial.com](http://www.causeyourespecial.com) (866) 669-4328  
CVS GOLD EMBLEM (CVS Pharmacies) Peanut Butter  
Cups  
DIANA'S BANANAS Milk Chocolate Banana Babies frozen  
chocolate dipped bananas [www.dianasbananas.com](http://www.dianasbananas.com)  
EDEN\* Tea: Organic Chamomile Herb  
EDEN\* Imported Shoyu Organic Soy Sauce  
ENER-G\* Wylde Pretzels (CS); Chocolate Sandwich  
Cookies (CS) [www.ener-g.com](http://www.ener-g.com) (800) 331-5222  
ENERGYFIRST PROENERGY 100% Natural Pure Whey  
Protein Isolate: Chocolate Decadence, Ultimate Vanilla  
[www.energyfirst.com](http://www.energyfirst.com) (888) 883-6374  
GLUTEN-FREE SAVONNERIE\* Jojoba Oil, Shaving  
Foam, Shea Butter [www.gfsoap.com](http://www.gfsoap.com)  
KETTLE BAKES\* Aged White Cheddar (CS), Lightly Salted  
LAURA SCUDDERS Old Fashioned Peanut Butter -  
Smooth  
MARYJANESFARM Macadamia Nut Attitude Food Bar,  
Pumpkin Seed Attitude Food Bar; Organic: "Eat Your  
Veggies" Pasta, Alfredo Pasta, Buttery Herb Pasta,  
Wild Forest Mushrooms Couscous, Falafel, 3-Grain  
Cereal, Creamy Cereal, Griddle Cakes, Breakfast  
Frittatas, Black Bean Corn Bread, Buttermilk Biscuits,  
Corn Bread, Focaccia Bread, Garlic Pesto Fry Bread,  
Shepherd's Pan Bread, Creamy Dill Sauce, Creamy  
Potato Soup, Hot 'n Creamy Cereal, Mac 'n Cheese,  
Nick's Couch Potatoes, Spuds with Spinach & Cheese,  
Bavarian Chocolate Mousse, Chocolate Chip Cookies,  
Brownies, Wireless Coffee, Hot Cocoa, Hot Cocoa-Non  
Dairy [www.maryjanesfarm.org](http://www.maryjanesfarm.org) Good for camping  
PERKY'S\* Cereal: Frosted Perky O's, Original Perky O's  
RICE BLOCK\* Mozzarella  
RICE SHREADS\* Mozzarella Flavor Cheese Alternative  
RICE SLICE\* Mozzarella Flavor, Yellow American Flavor  
(CS)  
STARKIST Chunk Light Tuna in Spring Water  
SUSIE'S GRASS FED MEATS Gyros Flavored Lamb  
Snack Stick (N), Uncured Lamb Gyros Flavored Snack  
Stick [www.susiesgrassfedmeats.com](http://www.susiesgrassfedmeats.com)  
VEGAN BLOCK\* Mozzarella  
VEGAN SINGLES\* Mozzarella, Yellow American  
VEGGY SINGLES\* Mozzarella, Yellow American  
VOLCANO\* Organic: Lemon Burst, Lime Burst - juices  
WHOLE FOODS (Whole Foods Market) Lip Balm:  
Peppermint, Vanilla Honey

## Product Alert!

BAHLEN Waffleletten Milk Chocolate Wafer Rolls, Hit with Chocolate Flavored Filling, Choco Leibniz Dark, Choco Leibniz Milk need to be removed from your Foodlist & Shopping Guide because they all contain vanillin.

### Stage Two

BROWNWOOD ACRES Fruit Fast: Tart Cherry Juice  
Concentrate, Wild Blueberry Concentrate  
CUB FOODS Jungle Jammer Fruit Punch (CS, apples,  
apricots, oranges, grapes) *available in Midwest*  
EDEN\* Organic: Crushed Tomatoes with Basil 15 oz &  
28 oz, Crushed Tomatoes with Onion & Garlic  
EDEN\* Tea: Organic Hojicha Chai Roasted Green Tea  
with Spices (cloves), Organic Sencha Green Tea with  
Ginger, Sencha Mint Tea, Sencha Rose Tea (rosehips),  
Organic Kukicha Twig Tea  
EDEN\* Dried Organic Cranberries (apples), Organic Dried  
Wild Blueberries (apples), Wild Berry Mix (almonds,  
apples, blueberries, cranberries, raisins)  
EDEN\* Organic: Diced Tomatoes with Basil, Diced  
Tomatoes with Roasted Onion & Roasted Garlic  
ENERGYFIRST PROENERGY Greenery Energizing  
Superfood Blend (CS, apples, bilberries, grapes, tea)  
FLAVONOID SCIENCES Fruit Supplement made with  
Whole Fruit: Montmorency Cherry Flex, Wild  
Blueberry IQ  
FULL CIRCLE (Meijer Grocery Stores) Cereal: Organic  
Honey Nut Toasted Oats (CS, almonds), Organic  
Raisin Bran (CS)  
GURLEY'S GOLDEN RECIPE Almonds  
KETTLE CHIPS\* Cheddar Beer (CS, paprika),  
Spicy Thai (chili peppers)  
KITTY'S KICKER RUBS Chili Cha Cha (chili peppers),  
Holy Mole! (cloves, paprika, chili peppers), Kitty Kitty  
Bang Bang (cloves, chili & red peppers), Mambo  
Italiano (red peppers), Marakesh Express (chili  
peppers), The Original (paprika, red peppers)  
[www.kittykickerrubs.com](http://www.kittykickerrubs.com)  
MARYJANESFARM Lentil Pilav (cloves, red & bell  
peppers), Lentil Soup (cloves, red peppers),  
Northwest Garden Couscous (tomatoes), Outrageous  
Outback Oatmeal (currants), Peasant Tomato Soup,  
Pinto Bean Flakes (bell peppers), Red Pesto Pasta  
(tomatoes), Santa Fe Pasta (tomatoes, bell & chili  
peppers), Scones with Walnuts & Orange Peel  
(currants), Sicilian Polenta (bell peppers, tomatoes),  
Southwest Couscous (tomatoes, chili & bell peppers),  
Sweet Corn & Black Bean Chowder (bell peppers),  
Sweet Red Bell Pepper Pasta, Black Bean Soup  
(bell peppers)  
NUTRILICIOUS\* Fat Free Chocolate Brownie (CS,  
plums), Gluten Free Chocolate Brownies (apples)  
VANS Wheat Free Apple Cinnamon Waffles  
WHOLE FOODS (Whole Foods Market) Tangerine Lip  
Balm

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.

## *Editorial Comments*

### **"Honey, we're killing the kids!"**

In a few years half of the children in North and South America will be overweight, according to current predictions. The Learning Channel has responded to the issue with a new show they call "Honey, we're killing the kids." It is a 13-week series based upon a British show of the same name.

The admirable goal of the show is to change the eating habits and lifestyles of our children before they reach adulthood. But the methods they use are likely to have the opposite effect.

Dr. Lisa Hark, the nutrition expert, begins by showing parents how bad their children will look at age 40 if changes are not implemented. These computer generated pictures do look bad -- like mug shots. Once the parents agree to follow a prescribed regimen, the changes begin.

The family in the April 14 show is composed of Mom, Dad, and three boys. Mom and the two older boys are overweight, and the youngest is addicted to sugar.

Enter Dr. Hark, who has the family clear out their considerable collection of junk food. But instead of trashing it, the contraband is kept out in plain sight, with a hidden camera trained on it to catch anyone who gives in to temptation.

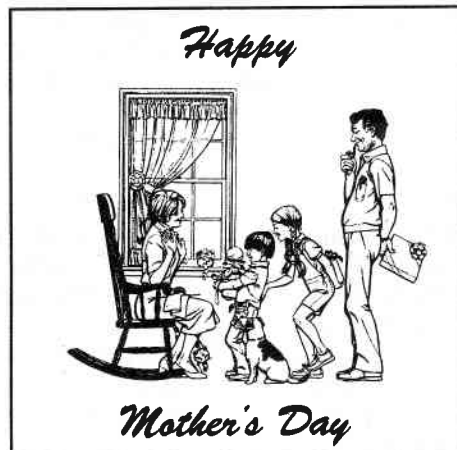
The family's diet is switched overnight, from fatty fried food to a dinner of tofu and bok choy. The parents put on a brave face at the dinner table, but the children, forced to eat such unfamiliar foods, react by retching and vomiting. This is the image viewers will retain, not the fact that the children later learned to eat fresh fruit.

**It's the worst possible message that could be conveyed: that healthy food tastes bad.**

The family could have enjoyed a dinner of roast chicken and mashed potatoes, plus carrots cooked with a little butter and honey to make them appealing.

The breakfast oatmeal could have included fresh fruit, not the plain tasteless gruel the children were served.

Dr. Hark never once smiled, and her message was not lost on the children -- they were all being punished for the bad choices their parents have made. Too bad they don't know about the Feingold way of eating healthier food that tastes great!



### **FAUS Annual Meeting**

The Feingold Association will be holding its annual business meeting and conference in Wading River, New York, not far from our national office. See our web site for details.

On Thursday, June 22, the public is invited to attend introductory sessions to tell them more about the Feingold Program and how diet is linked to behavior, learning and health. There will be an afternoon session from 3:00 to 4:30 and another in the evening from 7:00 to 8:30 pm.

The membership's business meeting will be held on Friday, June 23 at 7:00 pm.

## **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 US.

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, plus s+h. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 554 East Main St., Suite 301, Riverhead, NY 11901 or phone (631) 369-9340.

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

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

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