

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

Vol. 30, No. 7

Great Britain to initiate school food reforms

Education Secretary Alan Johnson has vowed to “undo decades of neglect” by improving the food served to children in England’s schools.

This is in response to the negative publicity brought on by chef Jamie Oliver’s TV series showing how dreadful England’s school food actually is. [Editor’s note: A similar expose could be done on the food served in most U.S. schools!]

Beginning in September the government has promised that the children will receive high-quality meat, poultry and oily fish (high in essential fatty acids) on a regular basis. A minimum of two portions of fruit and vegetables will be included in every meal and deep fried food will comprise only two portions per week. Governments of other UK countries are developing healthier guidelines for their schools as well and Scottish politicians are

“Proponents of better school nutrition, including Jack O’Connell, California’s superintendent of public instruction, point to a link between healthy food and academic performance. They say campuses that have gotten rid of junk food during the school day are reporting higher test scores and fewer discipline problems.”

Mercury News



discussing proposals to offer children free juice, milk, and snacks of fruits, vegetables, breads and cereals, to be available throughout the school day.

The Thomas Fairchild school, located in a low income section of London, has gotten rid of the additive-laden food and substituted organic meats, fruits and vegetables cooked from scratch in the school’s own kitchens. Freshly baked cinnamon bagels are given to the children in the morning. Instead of their food budget being used to pay for the costs of the caterer’s management and profits, the money now goes directly to the children’s food.

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Too Much Fluoride

Fluoride does not affect just your teeth. Excessive amounts have been linked to serious health effects, behavior problems and lowered IQ. Some Feingold members report that fluoride triggers adverse reactions in their children.

In March the National Academy of Sciences called upon the Environmental Protection Agency (EPA) to lower the amount of fluoride that is allowed to be added to tap water. The current allowed amount is 4 parts per million, but some experts contend that even as little as 1 part per million puts

“EPA set an allowable dosage of fluoride for infants that is five times higher than for adults. This is unprecedented in EPA’s history and disregards EPA’s mandate, under the Food Quality Protection Act, to be more protective of a child’s exposure, not less.”

Fluoride Action Network

infants and children at risk. Babies who are given formula made with tap water may be at greatest risk. A union of EPA scientists has objected to the agency’s policy and fears “adverse effects on the brain and central nervous system, as well as endocrine disruption, including effects on thyroid function.”

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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.

We can never go back

As an elementary school teacher, Tracy Fiala knew how to prepare a child to be successful in school. Her two children were read to and played with from an early age.

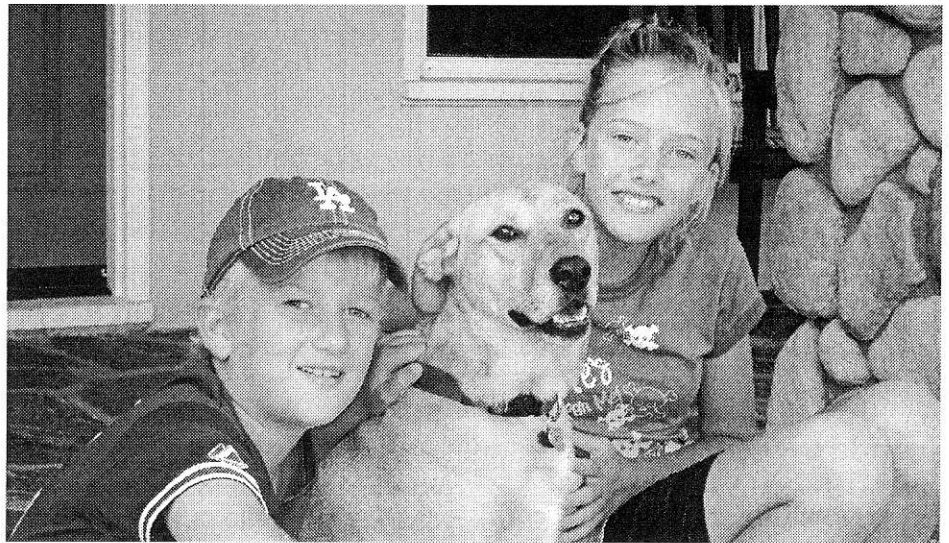
But Tracy's best efforts were not working out as they should, and her oldest child, Jenna, struggled throughout school. She had trouble staying focused on her work and had difficulty with most subjects. Homework was a nightly nightmare for both Jenna and Tracy, sometimes taking 4 to 5 hours a night, and outside tutoring was a part of every school year just to keep up. Jacob needed lots of prompting to get any work done. Both children loved to play outside after school, but Tracy recalls, "With the time it took to complete the homework, there was no time for them to just be kids!"

Tracy taught at the same school her children attended, and she saw their academic problems and social struggles on a daily basis.

After reading all she could about ADD, and numerous consultations with the top professionals, Tracy was convinced that her only option was to use stimulant drugs. In fact, their doctor said that because ADD is hereditary, everyone in the family would benefit from these drugs. The "top man in the field" told her that if there was a favorable response to the medicine that would confirm the diagnosis of ADD. [Editor's note: This belief was refuted decades ago and is no longer held by most people who deal with ADD and ADHD.]

For the first week Jenna and Jacob seemed to show improvement and all looked well. But after the second week both children started having extreme reactions. Jenna became agitated and aggressive,

sometimes raging out of control. Jacob seemed nervous and was starting to bite his nails until they bled. (When she called the pharmaceutical companies Tracy was assured that the behavioral outbursts could not possibly be due to the drugs, and they should seek family counseling as a solution.) Many different brands and doses of drugs were tried and would help briefly, followed by dramatic side effects. There was even a time when she could see Jacob's heart beating through his T shirt! Tracy took the children to several recommended pediatricians, psychologists, counselors and a psychiatrist. Jacob was tried on a ridiculous amount of different doses of medicine before it became clear that they were going nowhere.



Each day when the medicine wore off, the children would turn into miniature versions of the Incredible Hulk!

One year and \$10,000 later, after doing everything society expected of her, Tracy's children were worse off than ever.

They already knew, in spite of negative allergy testing, that Jenna was intolerant to dairy, which made her crabby and nauseous; but they didn't realize at this time that Jacob's daily stomachaches, whiny episodes and spacey behavior were related to salicylates.

An Internet search turned up a link to the Feingold Association, and Tracy ordered the member package hoping that there was a better way. But when the school nurse told her the diet was too hard and her kids would feel left out, Tracy put it on the shelf.

The kids were miserable, there was a great deal of anger and aggression in the house, homework was still taking hours a night and the grades were not improving. (Jacob

fell below grade level in reading and math for the school year.) The Fialas knew this was not the right path for them but didn't know what else to do. By the end of 6th grade things had gotten so bad for Jenna socially, with bullying and a lack of friends, Tracy decided to take out the Feingold material and give it a try over the summer.

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Never Go Back, from page 2

After getting rid of all the contraband food in the pantry she was left with only three items! Tracy went shopping to replenish their pantry and began the diet in earnest on a Saturday morning in July of 2005. She recalls that after lunch she thought to herself "the kids haven't been fighting." Later, one of the children put his clothes away after being asked only once. Then Jenna affectionately sat down on the couch next to Tracy. It had been so long since she had seen her daughter reach out with affection. These unusual signs continued and it was soon very clear that something major had changed in their household. [Editor's note: Such a fast response to the Feingold Program is very unusual.] After a few slip-ups and big reactions, they were reminded of the behaviors of the past and knew they could never go back.

Tracy's first graders celebrate special occasions with "veggie parties."

When school resumed in September all of the teachers noticed the difference in the children. Not only was their focus dramatically improved, but they also began to do well academically. Jacob, who is in a dual immersion program for Spanish, went from below grade level reading scores to at and above levels in English and Spanish reading. He is now participating in class, choosing math as his favorite subject, serving on student council and performing in plays and concerts. He is confident, focused and showing unsuspected leadership at school.

Jenna's homework is now completed most days in 20 to 30 minutes, giving her lots of time for

softball and playing outside after school. She gets along well with the other kids and is no longer a target of bullying. In fact, she decided to take a Red Cross babysitting course and at age 12 is now the neighborhood babysitter, in great demand. Her confidence has led her to dog training and animal care at the local animal shelter and to volunteering at a rescue mission. Her talents and gifts are more apparent now.

When she was in 5th grade Jenna described how she felt in class: "Mom, it's hard for me to focus. I have two TVs in my head. One is the teacher and the other is something else going on in the classroom. I try to listen only to the teacher TV but the other TV is just as loud." Recently, Tracy reminded her of that description and Jenna assured her that "there's only one TV now!" Jenna has also noticed that she feels more relaxed and has found that she loves to read for enjoyment. The biggest benefit Jenna notices is that she sleeps all night without nightmares.

Tracy has been able to track down other sensitivities and the family avoids nitrites and MSG. Jacob's behaviors made a big turn-around when they removed salicylates. Apples made him spacey, whiny and unfocused and once he stopped drinking orange juice the stomach aches stopped immediately.

Tracy's husband, Tim, has been supportive of the diet, but it wasn't until he saw how Jacob's athletic skills on the ball field were being affected by his pre-game "treat" that he really understood. Now Jacob has his sports bottle with a Gatorade logo on the outside, and water inside, so when the other team members have their synthetic drinks he has his own "Gatorade." In the past, Jacob often daydreamed in the outfield; this year he pitched and played third base.

The doctor who said their whole family needed stimulants was right in one respect; Tim and Tracy learned they are also sensitive to synthetic additives and need Feingold as well. They both have more energy and a calmer disposition. Thanks to the dramatic change everyone has seen in Jenna and Jacob, several other families in the school are now benefiting from the Feingold Program.

Jenna's science fair project was similar to ones we have described in *Pure Facts*. She showed how mice had difficulty learning to run a maze when dyes were added to their drinking water. She also noted how each color additive produced different behaviors. Yellow caused distractibility and lack of focus while red produced aggressive, sleepless mice. This was a great tool for educating the teachers at her school.

Jenna now feels more relaxed and has found that she loves to read for enjoyment.

Nutrition and school performance

As a first grade teacher of eighteen years, Tracy is committed to helping her children reach their greatest potential, and this includes teaching them about foods that are good for their bodies. Special occasions are celebrated with "veggie parties" where the children bring in all kinds of raw vegetables to share – and they love it! Outside the door of her classroom she posts a list of suggested snacks parents can bring in; all of the foods are free of synthetic colors, etc. She has worked collaboratively with her

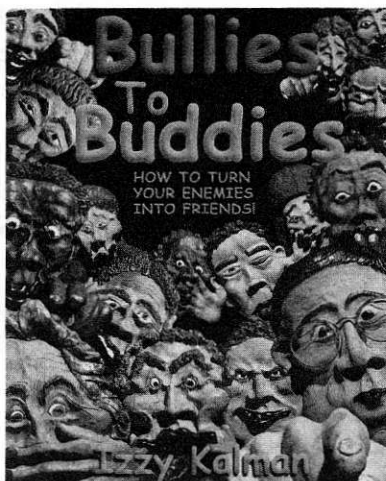
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Bullies to Buddies - How to Turn Your Enemies into Friends

In recent years there has been an increased awareness of the explosive consequences of bullying, and concerted efforts to prevent it.

But such well-intentioned efforts may be doing more harm than good, according to Izzy Kalman, the author of *Bullies to Buddies, How to Turn Your Enemies into Friends*. A school psychologist for 25 years, Kalman has developed a rather surprising technique for teaching victims how changing their perceptions can change their tormentors.

Kalman explains why people bully others and why most people react to bullying as they do. These behaviors made sense in primitive societies, but today they work against us. [Editor's note: All of us begin our lives as small powerless people and we quickly learn that having power is desirable. That becomes a quest that follows us



A former president of the International School Psychology Association calls it "an easy to read and practical guide on how to break the behavior patterns seemingly deeply entrenched, telling victims they need not remain in this role."

throughout our lives and can be expressed in both positive and negative ways, depending upon whether it is used to gain mastery over ourselves or over others.]

The bully wants power, and he is rewarded when he sees that his behavior causes a strong reaction in another person. The victim's anger is the bully's reward. This means, Kalman argues, that the victim actually *causes* the bullying!

Many of the suggestions in the book feel wrong and will be uncomfortable to adopt at the beginning, but while they may be counter-intuitive, they are hard to dispute once you understand Kalman's logic. Bullies are not pictured as "bad guys" and the author even defends their right to call people names.

Films and TV shows that deal with bullying typically provide an unrealistic and unlikely resolution where the mean people are punished and the former victim emerges triumphant. The problem is that this rarely happens in real life and these stories do not provide a useful guide to help children deal with bullies.

Put your belief system on hold while you read this book; you may have to rethink many of the concepts you have held for most of your life. While the book is addressed to children and teens, it should be read by parents, who can help their children put the ideas into practice. As a bonus, adults will find some useful tips in dealing with the grown-up bullies they encounter.

The book is \$15, available at bookstores or it may be ordered from www.Bullies2Buddies.com or by calling (866) 983-1333 .

Never Go Back, from page 3

principal and PTA to remove food rewards at their school (the kids would rather earn PE with the principal than a popsicle). Kids on the Feingold Program know that when unexpected treats are handed out, they can always go to her room for additive-free snacks or treats. Tracy also enjoys sharing her favorite snacks with the other teachers and finds this is a great way to show her friends and colleagues how delicious natural food can taste.

In her district, the goal is that every student would add two reading benchmark levels each year. 100% of her students met this goal, with 90% of her class passing 3 to 5 levels. This has been the greatest success she has seen in her class as a whole. Tracy feels that her parents supported her nutrition focus in the class because they could see the results.

FDA: No Black Box for ADHD Drugs

In February of this year the Food and Drug Administration (FDA) convened a scientific panel to examine the reports of severe side effects from the two major types of ADHD drugs. In a move that came as a surprise to the agency, the panel recommended a "black box" warning on the labels. (A black box is the most serious caution for a drug and is a major deterrent to physicians who are considering prescribing it.)

Disregarding the panel's recommendation the FDA has quietly given permission for Shire, the manufacturer of Adderall, to use a label that does not have a black box. However, the new label does include more details on harmful side effects and advises doctors to watch for new symptoms of increased aggression or psychotic behaviors.

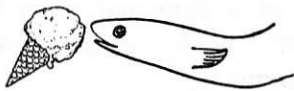
Cool Blue not so cool

Drug giant, Pfizer, now has a form of Listerine for children ages 6 to 12. **Agent Cool Blue** is a mouth rinse designed to put blue dye on any areas of the teeth where plaque has formed, to encourage children to brush well. It is a successor to the notorious red disclosure tablets.

The ingredients are: water, sorbitol solution, glycerin, flavors, sodium citrate, sodium lauryl sulfate, poloxamer 407, sucralose [the synthetic sweetener Splenda], citric acid, FD&C Blue No. 1.

The manufacturer notes that the product can stain fabrics as well as the bathroom sink. They caution:

"If more than used for rinsing is accidentally swallowed, get medical help or call a Poison Control Center right away."



Fish Blood Ice Cream?

Ice cream manufacturers spend a lot of time looking for ways to make a product that will have the consistency of a rich, calorie-laden treat, but without the necessary fat.

The latest science project from the ice cream folks involves a protein taken from an eel-like fish that lives in the Arctic Ocean and can tolerate extreme cold. Researchers have been able to duplicate the protein and grow it from a strain of baker's yeast. This prevents ice crystals from growing, thus keeping the finished product creamer.

The Food and Drug Administration does not object to this new additive, and the chances of it causing problems for a Feingold member seem slim.

But still, there's something disturbing about combining America's favorite dessert that is linked to a slithery fish!

Environne

Children are especially vulnerable to pesticides since their body weight is less and their organs, nervous and immune systems are still developing.



A single piece of fruit can have the residue of a dozen or more different chemical pesticides, fungicides, waxes, and other synthetic substances. And if the fruit is imported from other countries it may contain pesticides like DDT that are banned in the US. (American companies are allowed to sell DDT to other countries, where it is used on crops that are then shipped back to the US.)

To effectively remove these residues it is necessary to use a product that will get rid of the oil based chemicals without adding unwanted substances. Environne Fruit and Vegetable Wash uses ingredients from fruits, including grapefruit seed extract, to remove the agricultural chemicals without causing any risk to the consumer.

While she was completing her studies for a degree in special education, Diane Mahoney learned about the link between synthetic chemicals and the rise in behavior and learning problems in children. Frustrated by the lack of protection being offered by governmental agencies, Diane eventually established Consumer Health Research, Inc. and developed a line of non-toxic products that would serve consumers without posing a risk to children or the environment. Environne also makes cleaners, laundry soap and a spot/stain remover.

The Fruit & Vegetable Wash is available at Trader Joe's or visit www.cleannaturally.com or call (800) 282-9274. Receive a 15% discount off any first order using the discount code "Feingold" when you check out.

Pills with Sparkles

Because pharmaceutical companies charge Americans such inflated prices for drugs, they are a favorite target for counterfeiting. Some of the bogus drugs look so much like the genuine ones that even pharmacists have been fooled. Now the companies are adding minerals to the pills, tablets and liquids, giving them a satiny look and making them harder to imitate. The minerals should not pose a problem for Feingold members, but the dyes certainly do!



Correction

The July/August issue of *Pure Facts* reported that True Lemon and True Lime juice substitutes contain corn syrup. That should have read "corn sweetener" (maltodextrin).

Product Alert!

The liquid margarine that McDonald's now uses to fry their grilled chicken breast and eggs contains **artificial flavoring**. The grilled chicken is also found in salads. Please cross these items off your *Fast Food Guide*.

School food reforms, from page 1

Four years ago the Southdown School in Bath, England, reformed their food, and the teachers are noticing a link between diet and concentration. The school's head teacher reports, "Children's concentration and behaviour definitely improves after a good meal." She acknowledges that their meals of fresh meats, vegetables and fruits are more time consuming to prepare, but "...we're talking about children's health here. That's not something to be taken lightly."

"We've really sold our kids short."

Children in New York's Promise Academy charter school are eating freshly prepared, nutritious food in this inner city school. The dining area looks more like a restaurant than a cafeteria, with round tables covered with tablecloths. In a community where obesity related health problems are rampant, the school is teaching children to enjoy the taste of healthy food and hopefully avoid the problems plaguing their parents.

Better food does not need to cost more, and reforming vending machines does not mean a loss of revenue.

The Vista Unified School District in Southern California has been reforming the food in their vending machines by purchasing their own machines and filling them with healthier choices. Five years ago Vista High Schools earned about \$10,000 per year from sales of junk food and now they are earning \$40,000, according to nutrition director Enid Hohn. Commenting on the adult assumption that kids will eat only junk food, she comments, "We've really sold our kids short."

Fluoride, from page 1

In addition to fluoride that has been added to the water supply in many cities, Americans are being exposed to even greater amounts of fluoride with the use of the pesticide **sulfuryl fluoride**. For many years food producers treated produce and grains with a chemical called methyl bromide, a fumigant designed to kill pests. But because methyl bromide damages the ozone it has been phased out and has been replaced with sulfuryl fluoride which goes under the name ProFume.

Another form of sulfuryl fluoride is used to fumigate buildings to rid them of termites and other pests. Manufactured by Dow Chemical Company, it is a toxic gas that goes under the name Vikane. The law specifically prohibits Vikane from being used on "foods, feeds or medicinal products destined for human or animal consumption, or on living plants."

Despite this sobering caution, the EPA granted approval last year for sulfuryl fluoride to be used on food. Now, children will be ingesting even greater amounts of fluoride, and the EPA's own estimates show that sulfuryl fluoride will become the second largest source of ingested fluoride in the US. A coalition of environmental protection groups has petitioned EPA to revoke their decision to allow the use of the gas on foods.

The EPA is breaking the law.

There are natural substances that can be used in place of synthetic fumigants. Both oregano and thyme essential oils have been found to be effective in preserving stored grains. Researchers in many countries are finding that various other plants can be used in place of methyl bromide and sulfuryl fluoride.

The National Academy of Sciences (NAS) has called for research to identify the effects of fluoride on brain function.

One of the obvious effects from consuming too much fluoride is dental fluorosis, where the teeth are pitted and discolored. A comprehensive survey of children's health compiled by the Centers for Disease Control and Prevention found that nearly one third of school age children in the US are affected by dental fluorosis. In addition to the obvious effects on the teeth, fluoride accumulates in the bones. According to the NAS report, excessive amounts of fluoride can lead to skeletal fluorosis, joint stiffness and pain, and increase the risk of bone fracture.

Another concern about exposure to excessive amounts of fluoride is the risk of a rare and often fatal form of bone cancer called **osteosarcoma**.

In 2001 Elise Bassin, a graduate student at Harvard's School of Dental Medicine, completed her doctoral thesis which showed that pre-adolescent boys who drink fluoridated water have a five-fold increased risk of developing osteosarcoma. Her research advisor, Chester Douglass, is a professor at the school. He has received more than a million dollars in grant money from the National Institute of Environmental Health Sciences to study this issue. According to the nonprofit consumer advocacy organization, Environmental Working Group, Douglass signed off on Bassin's research and later cited it to support his contention that fluoride does *not* increase the risk of the childhood cancer. Douglass is the long-time editor of the *Colgate Oral Care Report*, a newsletter for dentists, funded by Colgate, a manufacturer of fluoride-containing toothpaste.

PIC Report

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

Products with this symbol ^ are available in Canada.

Stage One

- B-FRESH* Gum: Cinnamon, Cool Spearmint
Available from www.squirrels-nest.com
- BIONATURAE* Egg Noodles
- COCONUT REPUBLIC^ Coconut Flour, Coconut Juice, Coconut Milk, Coconut Nectar Syrup, Coconut Oil, Coconut Sugar, Coconut Vinegar
www.coconutrepublic.org
- DR. FUHRMAN'S DHA Purity 100% Vegan Liquid Concentrate Omega 3, LDL Protect Supports Healthy Cholesterol Levels, Osteo-Sun Dietary Supplement Rich in Vitamin D *www.drfuhrman.com*
- ENVIRONNE^ Liquid Laundry Soap *www.environne.com*
- FREEDA^ Choline Citrate Tablets, Glucosamine 100% Vegetarian, Guar Gum Powder, Lev-Tov, Magnesium Citrate Powder, Minerals for Men, Mini Cal-Citrate, Mini Prenatal, SCD B Complex, SCD Multi Vitamin, Super Multi Mineral Formula Iron Free, Super Multi Mineral Formual with Iron *www.freedavitamins.com*
- INDIA TREE^^ White Dot Decoratif *www.chefshop.com*
- KIRKMAN^ Acidophilus Powder, B6 Capsules, Buffered Magnesium Glycinate, Buffered Magnesium Oxide, Calcium Unflavored Powder, Carb Digest, Cod Liver Oil Lemon Lime Liquid, Cod Liver Oil Liquid, DPP-IV Forte, EnZym-Complete/DPP-IV, Folinic Acid 800 mcg. Capsules, Ginkgo Biloba, Grapefruit Seed Extract *www.kirkmanlabs.com*
- LET'S DO...ORGANIC^^ Organic Ice Cream Cones, Organic Sugar Cones, Organic Tapioca Starch
- LIFE FORCE INTERNATIONAL^ Activated Charcoal, Amino Regulator, FlexoPlus, Intestinal Tone
- MAPLE GROVE^ Maple Blend Candy, Pure Maple Candy
- MAPLE GROVE^ Mix: Belgian Waffle, Buttermilk & Honey Pancake, Gluten Free Pancake (CS), Honey Buckwheat Pancake, Organic Buckwheat Pancake, Organic Buttermilk Pancake, Organic Multigrain Pancake, Sugar Free Pancake *www.maplegrove.com*
- NANA'S^ Temptations (cookies): Chocolate Alps, Chocolate Daiquiri, Chocolate Tropics (SF)
www.healthycrowd.com
- NATURAL OVENS BAKERY Golden Grains Bagels (CS); Breads: Golden Grains (CS), Healthy Beginnings Better White (CS), Healthy Beginnings Harvest Grain (CS)
www.naturalovens.com
- NOW^^ DHA Omega Supreme *www.nowfoods.com*
- VOGUE CUISINE* Instant Soup & Seasoning Base: Beef Flavored Reduced Sodium (CS, MSG/HVP), Chicken Flavored Reduced Sodium (CS, MSG/HVP), Onion Low Sodium (CS, MSG/HVP), Vegebase (CS, MSG/HVP), Vegetarian Chicken (CS, MSG/HVP)

Product Alert!

KEEBLER ZESTA Saltine Crackers need to be removed from your Foodlist & Shopping Guide as they now contain TBHQ.

Stage Two

- ANDI BARS* Blueberry Muffin Breakfast (almonds, grapes), Chocolate Sesame (blueberries, grapes), Peanut Butter & Jelly (blueberries, grapes), Strawberry Shake (CS, almonds, grapes), Vanilla Shake (CS, almonds, grapes) *www.autismndi.com*
limited availability in independent health food stores
- B-FRESH* Gum: Bubblegum (oranges, tangerines), Mixed Fruit (oranges, tangerines)
- B-FRESH* Mints: Fruit Flavor (oranges, tangerines), Wintergreen (oil of wintergreen)
- GIRARDS Champagne Dressing (CS,SF,MSG/HVP, wine vinegar, wine)
- CASCADE FRESH* Fat Free Yogurt: Apricot Mango (apples, oranges, peaches), Blueberry (apples, oranges, peaches), Boysenberry (apples, oranges, peaches), Cherry Vanilla (apples, oranges, peaches), Green Apple Pie (oranges, peaches), Key Lime (apples, oranges, peaches), Lemon 32 oz. & 6 oz. (apples, oranges, peaches), Marionberry (apples, elderberries, oranges, peaches), Orange Cream (apples, peaches), Peach (apples, oranges), Raspberry (apples, oranges, peaches), Strawberry 32 oz. & 6 oz. (apples, oranges, peaches), Vanilla 32 oz. & 6 oz. (apples, oranges, peaches)
- CELL TECH SUPER BLUE GREEN ALGAE^ Alpha Gold (tea), BG Bars (CS, almonds, apples, raisins), Contain (oranges), E-12 Super Enzymes (chili peppers), Grape Synergy, NaturaLight (tea, chili peppers), New Seasons Fiber Formula (apples, barkberries), Omega Gold (tea), Our Green Drink (apples), Reality (apples), SBG Anytime Chewables (CS, oranges), Super Sun Smoothie (grapes) *www.celltech.com*
- COLLEGE FARM ORGANIC^^ Nature Pops Cherry Chocolate Flavor (blueberries)
- JOBY & MARTY'S AMAZING ALL NATURAL^ Pearlies: Orange Filled Milk Chocolate, Raspberry Filled Dark Chocolate *www.prchocolates.com*
- NOW^^ Kid Vits Berry Blast (CS, cherries, raspberries, strawberries), Kid Vits Orange Splash (CS)
www.nowfoods.com
- ORGANICVILLE^^ Miso Ginger Organic Vinaigrette (cayenne pepper), Orange Cranberry Organic Vinaigrette (cider vinegar), Pomegranate Organic Vinaigrette (red wine vinegar), Sesame Goddess Organic Vinaigrette (cider vinegar)
www.organicvillefoods.com
- VRUIT* Pure Fruit and Vegetable Juice: Apple Carrot Blend, Berry Veggie Blend (apples, grapes, raspberries), Orange Veggie Blend (apples, peaches)

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.

Artificial flavor dangers

People who work in factories that produce artificial flavorings are at risk for serious lung disease and even death.

"Bronchiolitis obliterans" is the name given to a condition where previously healthy people lose most of their lung capacity as a result of coming in contact with the fumes and dust from synthetic flavorings. The condition first came to public attention when workers in the Midwest who made butter flavoring for popcorn became disabled and several died. But the industry has known about the problem for more than 20 years.

The chemical, **diacetyl**, which is used in many flavoring compounds, has been identified as the culprit in numerous cases where young, healthy workers have become disabled. But other chemicals may also be culprits. Acetaldehyde and benzaldehyde are also used in synthetic flavorings and could be causing damage to unsuspecting workers.

Few companies protect their employees.

Employers are required by law to use the information on hazardous substances to protect their workers, but this often doesn't happen, and employees from two California flavoring plants are awaiting lung transplants. Instead of conducting an in-depth investigation of the plants, the California agency responsible for protecting workers is allowing the companies to conduct their own investigations.

A group of 41 eminent scientists from universities around the United States have written to Elaine Chao, the US Secretary of Labor. They write, "It is now time...to use the scientific evidence to protect American workers from debilitating lung disease."

School Year Calendars

Calendars are being sent to Feingold Association members in the United States.



A gift for your child's teacher

In addition to keeping track of dates and activities, the calendar features some of the hard-to-find products that make our lives easier.

Calendars are mailed out bulk rate (in the United States) based on our current mailing list. If you would like to order one, please contact the FAUS office in New York at 554 East Main Street, Riverhead, NY 11901. The suggested donation is \$10. Proceeds help us to fund many of our programs to better serve you.

Moving?

Be sure to send us your new address. The Post Office will not forward bulk mail.

Another Way to Help

Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign (CFC) comes to your place of work.

Although rules differ greatly from one area to another, many of our members will be able to fill out a form for their "designated donation" to be sent to the Association. These funds are put to work to improve our services to members and are used to educate parents and professionals about the help available.

Contact FAUS at (631) 369-9340 for more information.

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.

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