

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Smelly Groceries

The supermarket of the future could be a very smelly place as companies compete for consumer dollars. This will pose a problem for chemically sensitive shoppers.

Our sense of smell (the olfactory system) is a very primitive one that has a direct pathway to the brain. This is why we can experience an almost instantaneous reaction to something like perfume; it is linked with memories and can bring up emotional reactions, even when we are scarcely aware of it.

Aroma Water claims to add flavoring to water with the use of scented oils bound into the plastic cap. Flavorings can be encapsulated in plastic packaging so you will be able to experience a synthetic version of the smell of the product before you ever open the package. Even fresh foods aren't off limits. Consumers won't know if the smell coming from the basket of fresh strawberries is in the fruit or the plastic basket.



But this technology is not limited to plastic; it can be used on cardboard boxes and on paper, which will open the door to scented greeting cards. There is even the option of scented inks, which can be used directly on the packaging or in magazine advertisements seen (and smelled) by millions of unsuspecting readers. With a technology much more sophisticated and subtle than "scratch & sniff," Yankee Candle Company has found that using scented inks in their catalogs has increased sales.

A major brand of fruity cereal (as yet unidentified) plans to introduce a package that gives off a fruity smell. It's expected to be on the market next year. A sippy cup with a chocolate scented top is designed to fool toddlers into thinking they are drinking chocolate milk.

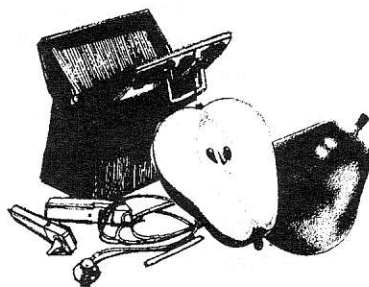
The cosmetic and personal care industry is expected to embrace the new technology to provide a preview of what's on the inside. They hope this will discourage consumers from unscrewing the cap to sniff the contents. Crest toothpaste has scratch-and-sniff labels on the carton to identify their various flavors. Scratching is not required by newer technologies, which release a scent when they are touched.

Flavoring scents are not limited to just the packaging, but will be mixing with the food inside, giving the impression that it's more flavorful than it actually is. The Army is experimenting with using added scents to its food rations to add taste to foods that have been stored for long periods.

Healthy Hospital Food?

It sounds like a contradiction in terms, but things are improving.

In April a major purchasing organization for the healthcare industry and a large wholesale distributor of natural and organic foods reached an agreement. 2,400 hospitals in the United States now have easier access to healthy foods for their patients, staff and visitors.



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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.

From “dumb” to gifted

A grateful mom writes to us about her child’s dramatic response to the Feingold Program.

My son, Rick, has been on the Feingold Program for over two years, and I am so excited about the help it has provided for him!

He had many problems in school, with difficulty reading and paying attention. When his class had a test he was taken out of the room so an aid could read the instructions to him because his teacher did not believe he would be able to read and understand them. The school has received additional funds to accommodate his learning needs, but I don’t think much of them went to helping him. Rick was a rather unhappy child and considered himself to be “dumb.” He also suffered from frequent rashes, which the allergist dismissed as not significant.

One winter we had been house-bound for several days after a big snow storm, and all four of us were eager to get out. So we took our 4-wheel drive car to the mall, where a few of the stores were open. My son’s favorite place at the mall was the popcorn stand, so he headed for it. The woman who

was working at it was not the regular employee, and she ended up putting far too much “butter” flavoring on it. I thought the popcorn’s bright neon yellow color was odd, but Rick was delighted with the strong buttery taste. Before we left the mall he began to get that familiar rash and I gave him some Benedryl that I always kept in the car. By the time we returned home his body was covered with red welts, and we realized that it was somehow connected with the popcorn. I already knew that Tang gave him hives, but didn’t know how that was linked with the popcorn. I did know he was not allergic to corn, popcorn or butter.

This episode of hives was so bad, Rick missed two weeks of school.

When I told the allergist about the popcorn/Tang link he recognized that tartrazine (yellow dye No. 5) was the common ingredient. As I checked the labels of foods Rick loved it seemed like yellow 5 was everywhere! I went on the Internet

to research this, found the Feingold Association, ordered the member package and began to get rid of all the dyes. My husband and I started seeing changes in Rick just four days after getting rid of tartrazine; after two weeks with no dyes there was an obvious change in his school work. Rick has always hated school, but 4 weeks after we started Feingold our son loved school! His mood changed and the gloom that we had always considered to be part of his personality was gone. Even his older sister commented, “I feel calm, and happier.”

Our 12-year-old is now considered to be “gifted” and this summer he completed an esteemed gifted camp where he learned 11th grade chemistry. He used to hate math, but loves it now, and helps his older sister with her math homework. Rick didn’t want to have his picture and identity included in this letter. He used to worry that the other kids thought he was dumb, but now he’s worried that they will know he’s smart and will treat him differently!

Healthy hospital food? from page 1

Hospitals are seeking out milk that is produced without the use of bovine growth hormones, meat and poultry raised without antibiotics, and organic produce where available. Some hospitals host a weekly farmers market to benefit both their patients and staff.

A comprehensive report on this is *Healthy Food, Healthy Hospitals, Healthy Communities*, which can be read at www.iatp.org/foodandhealth. It includes strategies for working with (and around) the large food distributors that service institutions.

“Poor diet contributes to death and disease, including obesity and diabetes, heart disease, learning disabilities, neurological disease, food-borne illnesses and some cancers.

“Eating nutritious, locally and sustainably-grown whole foods, can improve human health while enhancing the environmental quality and economic vitality of local communities.”

The Institute for Agriculture and Trade Policy www.iatp.org

But many hospitals still have fast food outlets and serve Jell-O while they advocate healthy food. The US Department of Agriculture was embarrassed by the news that their cafeteria served fries cooked in oil that is high in unhealthy trans fats. They have since replaced the oil (but still serve the fries).

One of the pioneers in good tasting hospital food is Helen Doherty, former Director of Nutrition and Food Service at Massachusetts General Hospital, where the meals were so tasty, and the ambiance so pleasant, they attracted 15,000 diners each day.

ADHD Drugs

Once again ADHD drugs are in the headlines as the FDA requires stronger warnings on these powerful chemicals.

The Food and Drug Administration (FDA) will now require the major ADHD drugs to carry stronger warning labels. The directive came as a result of a growing number of people experiencing serious heart problems, and in some cases, sudden death, as a result of taking them. Ritalin, Adderall and Concerta will be required to state: "Sudden deaths, strokes and myocardial infarction [heart attacks] have been reported in adults taking stimulant drugs at usual doses."

While the agency finds that adults are at greatest risk, some cases of sudden death have been reported in children and teens. Doctors are advised not to give stimulants to children who have structural heart defects, but as FDA's Dr. Robert Temple points out, "The difficulty for parents is that doctors won't do a thousand-dollar heart work-up for every kid." While there have been many studies of the older drugs such as Ritalin, the agency believes there have not been adequate studies to look at the long term results of stimulant use or their effect on the heart.

Psychotic behaviors, including aggression and mania, and the risk of increased blood pressure will also be required to be added to the warnings

In February an FDA advisory panel noted that stimulant drugs may double the risk of strokes, and the recent advisory included hallucinations in the list of potential side effects. Strattera labels already warns of the link between the drug and suicidal thoughts.

Labels on Dexedrine will also include: seizures, vision problems and stunted growth.

Editorial Comments

The Food and Drug Administration has expressed an interest in seeing large, lengthy studies to evaluate the effect of stimulant drugs on the heart. While this information could be useful, it is sad that any resources at all (especially taxpayer money) would be devoted to studying a product that has already been shown to have many strikes against it. You can spend millions of dollars studying just why poison ivy makes you itch, but hey, we already know it does and the best advice is to stay away from it.

We already know there are many risks to using these drugs; wouldn't it make more sense to investigate options that have been found to be beneficial, and have little or no adverse effects?

Or how about looking at ADHD in another way? There are many things that can trigger problem behaviors and cause children to have trouble learning.

The big issue is not whether Adderall carries a black box warning, it is that when a child has trouble focusing or behaving appropriately, there's a *reason*. Parents and professionals need to be looking for the reason or reasons. Here are a few questions to ask:

- Is the individual reacting to synthetic additives or natural salicylates?
- Has the child recently experienced a traumatic event such as her parent's divorce, loss of a pet or a loved relative?
- Does he have a vision deficit? This is different from having good eyesight; some children test out at "20-20" and still have vision deficits. Their eyes don't synchronize; they don't work together correctly.
- Are there any allergies, either to foods or to environmental substances?
- Does she get too little sleep?
- Are there fragrances in the home or school which are triggering problems?
- Does he have excess amounts of heavy metals, or is he sensitive to the fluoride found in so many things?

There are many other potential offenders; this is just a small sample.

How can you intelligently address a symptom if you have no idea what is causing it?

While drugs can offer many benefits, they almost always have a down side. Even for someone in excellent health, drugs are hard on the body. But the people who are candidates for these medicines are generally not very healthy. Most have a steady diet of additive-laden foods — foods that exact a toll on their system without offering needed nutrients. Now, in addition to having to deal with too many harmful chemicals and too few vitamins, minerals and essential fatty acids, their overworked bodies must contend with yet another chemical — their ADHD medicine.

Trans fats and Feingold Foodlists

New labeling requirements regarding trans fats are resulting in the loss of some favorite foods.

Now that they are required to label the amount of these harmful fats in their products, food manufacturers are scrambling to get rid of them. The down side is that the old fats provided a fairly good shelf-life while the newer ones don't hold up as well. Thus, some companies have started adding synthetic preservatives, especially TBHQ. Kellogg now uses TBHQ in their frozen Eggo waffles and Pop Tarts. Keebler (owned by Kellogg) now has this preservative in all of their cookies and crackers. Nabisco, likewise, has begun adding TBHQ to their cookies and crackers.

There are other options available to preserve oils, such as vitamin E tocopherol. Major food companies use this beneficial preservative in products that are advertised as natural.

Contact Kellogg

Feingold members have contacted Kellogg to object to the addition of TBHQ. This is a portion of the form letter they receive: "Packaged foods that do not contain trans fats are likely to become rancid over time, and they are not as shelf-stable as products that do contain hydrogenated oils with some form of trans fat. In order to compensate for this, when reducing or eliminating the trans fat content in a product, it is necessary to add TBHQ."

There are some problems with this argument:

- Frozen waffles, such as Eggo, are preserved by freezing. They do not have the same need to be shelf-stable, as would a cookie or cracker.
- There are other preservatives available, both natural and synthetic, that are being used in other Kellogg products.

What are trans fats?

Trans fats are formed when hydrogen is used to turn liquid oils into solids like shortening and margarine. They have been linked with many serious health problems.

"Trans fats inhibit cell membrane function, interfere with the enzyme systems the body needs to eliminate carcinogens and toxins (thus contributing to cancer), inhibit insulin receptors (causing type 2 diabetes) and decrease hormone production (leading to infertility). Most tragically, trans fats in the diet of pregnant women contribute to low birth weight babies and inhibit visual and neurological function; they lower fat content in mothers milk and depress learning ability, particularly in situations of stress."

According to the American Heart Association, more than one third of Americans suffered from heart disease in 2002.

"The food industry justifies the use of trans fats with the claim that the alternative, saturated fats, raise cholesterol and contribute to heart disease. This premise is completely false. Before the introduction of trans fats into the food supply, Americans consumed large amounts of saturated fat in butter, lard, tallow, coconut oil and palm oil, yet myocardial infarction (heart attack) was unknown. Today, the European countries with the highest level of saturated fat consumption (France, Switzerland, Netherlands, Iceland, Belgium, Finland and Austria) have the lowest rates of heart disease and the countries with the lowest level of saturated fat consumption have the highest rates of heart disease. Saturated animal fats provide many nutrients that protect our most important muscle, the heart, including cholesterol, which is vital to the function of our muscles. A recent study found that saturated fats can actually reverse atherosclerosis (*Am J Clin Nutr* 80 2004 1175-84)"

The above was excerpted from a letter published in the Wall Street Journal, July 10, 2006. It was written by Mary G. Enig, Ph.D, President of the Maryland Nutritionists Association and author of Know Your Fats: The complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol and Sally Fallon, President of the Weston A. Price Foundation

- Whole Foods has removed all products that have trans fats, without giving up any food categories.

Companies have choices but prefer to use TBHQ because it is cheap and long lasting. But most major brand name processed foods are expensive, so reducing the company's profit by a few cents would not be unreasonable. Expiration dates could be added to products like cookies and crackers.

On the positive side, Kellogg's is working with FAUS to research their organic line of foods and to help us get more of their Kashi products on our Foodlist.

If you wish to contact Kellogg, you can send an e-mail to Ailene Rocha at kellogg@casupport.com or write to Consumer Affairs Department, Kellogg North America, PO Box CAMB, Battle Creek MI 49016-1986

Healthy Carbs

Heartland's Finest Performance Blend Baking Flour has just been added to the Feingold Association's list of acceptable products.

Hearthland's Finest is a line of wheat free, gluten free products made from beans. (Their pastas are made from a blend of bean and corn flour.) Low in fat and high in fiber and protein, they convey many health benefits and are credited with lowering blood pressure.

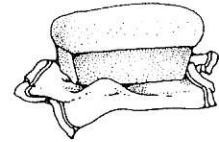


Although they are made from beans, the mild flavor makes them ideal for cereals, pasta and now a baking flour. In addition to the flour, there are three Feingold-acceptable cereals: Cinnamon Cero's, Original Cero's and Raspberry Cero's (which is Stage Two). The pastas are all Stage One: Linguini, Macaroni, Rotini, Spaghetti, and Ziti. The All Natural Macaroni & Cheese Gluten Free Pasta Mix is also on Stage One.

Old Fashioned Yummies

The 1890 Caramel Corn Company follows a tradition that started in the early 1890's when popcorn was first coated with hot molasses. One hundred years later the Neuman family of Bellingham, Washington began using the same methods to produce all natural caramel corn (CS). In response to requests from Feingold members, they also offer cotton candy in a white non-flavored variety.

These two items can be mail ordered from the 1890 Caramel Corn Company (360) 734-7350; also see www.1890caramelcorn.com



Freeda Vitamins

Seventy-eight years after they were founded, Freeda Vitamins has left their Manhattan store and relocated to a larger facility in nearby Long Island City.

Freeda has been serving Feingold members since the first days of the association and understands our program and our needs very well.

They have discontinued their pharmacy and are concentrating on creating supplements. Freeda's vitamins do not contain any of the additives eliminated on the Feingold Program. They also free of: gluten, wheat, milk, meat, fish, eggs, yeast, sulfates, sugars, starches and are both kosher and vegetarian.

You can reach Freeda at (800) 777-3737 and check out their web site at www.freedavitamins.com.

No more blue Smarties

A major candy manufacturer will be changing the formula for several of their candies. The reason for the switch, according to the company, is consumer concerns that the dyes were triggering hyperactivity in young children!

In the United States a candy called "Smarties" is a small artificial fruit flavored product that looks like a tablet. But in Europe, Australia, Canada and South Africa, Smarties are candies that look like M&Ms, but are a bit larger. Their manufacturer, Nestle, has announced that in all of these countries except Canada they will switch from synthetic to natural colorings for their candies, and will discontinue the blue version since they have not found a natural coloring that is suitable.

A recent study at the University of Liverpool appeared to play a part in Nestle UK's decision. The researchers found that when blue dye was combined with the flavor enhancer MSG (monosodium glutamate) the damage to nerve cells was 4 times as great as when

the additives were tested alone. The combination of yellow dye and aspartame resulted in damage 7 times as severe. (See *Pure Facts* for February 2006.)

As exciting as this news is for Feingold families, one must wonder why Nestle does not appear to believe that Canadian children will be harmed by the dyes.

Nestle has also remove the synthetic dyes from three of their other candies: Fruit Gums, Jelly Tots, and Fruit Pastilles. They have not made any statements about replacing the artificial vanilla flavoring (vanillin) they use, so if your travels take you to a destination where Smarties are sold, don't stock up. Fortunately many stores in the United States sell Sundrops, a naturally colored and flavored candy that looks like M&Ms and Smarties, and is popular with children (and their parents).

Food & Drug Administration approves virus sprays for meat and poultry

The recent FDA decision to allow ready-to-eat meats and poultry to be sprayed with a mixture of viruses may sound scary, but it promises to be beneficial.

The purpose of the spray is to destroy harmful bacteria that may be present. A potentially dangerous bacteria is *Listeria*, which can be a threat for people whose immune system is compromised, and for women who are pregnant.

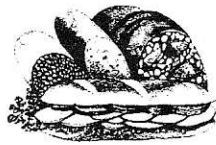
The concept of using specific viruses to destroy bacteria is not new. The virus (called a "bacteriophage" from the Greek for "bacteria eater") is very selective, targeting a particular strain of bacteria. The "phage" inserts its DNA into the bacteria and the DNA directs the bacteria to create so many phages, the bacteria cell bursts. Then those phages go on to infect more bacteria cells. Once the virus runs out of bacterial cells to destroy, it dies. Because the phages are so selective, healthy cells are not affected.

Just as bacteria are found everywhere in our environment, so are bacteriophage.

Because this topic has generated a number of negative responses, *Pure Facts* consulted a microbiologist who is an expert in virology and found answers to some of the questions being asked.

Q: Will the release of "endotoxins," substances found inside the bacteria, cause us harm?

A: No, the amount released would be incredibly small – just a few molecules.



Q: Will the phage mutate?

A: That is unlikely, but even if it did, it wouldn't matter. Phages, which are extremely tiny, are found everywhere; a single milliliter of water contains about 10 million phages. We have them in our bodies all the time, and eating them on meats would only add a tiny bit more.

Q: Would we develop an immune response?

A: This should not be a concern since 99.9% of people would have no immune reaction as they are exposed from birth to billions of phages, and they already have antibodies. Also, the amount of phage that would be sprayed on meat is tiny. Anyone who eats organic fruits and vegetables eats many many phages every day.

Q: Will we be able to identify meats that have been treated with phage?

A: Products that are treated will note "bacteriophage preparation" in the ingredient label, according to a spokesman for the Food and Drug Administration.

Smelly groceries, from page 1

Many companies hope to enhance the taste of low calorie foods by adding these flavoring scents. David Burke Flavor Sprays claim you can have the flavors of high calorie, high fat foods by using their various flavor sprays on plain foods. A candy flavored spray will be marketed to parents so they can spray it on their child's vegetables to fool him into eating them. There are even sprays of pet food in the works!

Ben & Jerry's has joined the fragrance craze, and offers things like pricey chocolate chip cookie dough spray and waffle scented candles. They also sell brownie flavored lip balm, magnets, ornaments and other novelties. (Critics charge that the sale of the company to the huge conglomerate Unilever has ruined the idealism that

Like dyes, fragrances offer an inexpensive way for manufacturers to draw attention to their product.

had once been a hallmark of the company. Feingold families are disappointed that they have started using high fructose corn syrup in some of their ice cream flavors; this sweetener can be a problem for chemically sensitive people.)

Your editor happened upon a chat room devoted to scented products and learned that food fragrances are showing up in some unexpected forms. According to the posters, Bath and Body works sells candles that smell like mashed potatoes, Nordstrom's sells a skin care line with a fragrance called Waffle Cone, and Disney World pipes in the scents of popcorn and freshly baked goods at locations where they sell these foods.

Other uses for viruses

The overuse of antibiotics, especially to promote weight gain in livestock and other animals, has resulted in the creation of superbugs that are resistant to the drugs, and this has left us with few weapons against harmful bacteria. Researchers working on phage technology hope it will provide a way to kill such bacteria. Patients in hospitals and long-term care facilities are especially vulnerable and an estimated 14,000 Americans die each year as a result of hospital-based infections from bacteria that have become resistant to drugs.

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

1890 CARAMEL CORN All Natural Caramel Corn - roasted Spanish peanuts added upon request (CS), Candy Fluff Cotton Candy - White, No Flavor Added (360) 734-7350 www.1890caramelcorn.com

ALBA BOTANICA^ Lip Balms: Terra Tints: Dawn, Gamet, Kona www.avalonnaturalproducts.com

ALL TERRAIN*^ Herbal Armor Insect Repellent: Deet Free Lotion, Deet Free Pump Spray; Kids Herbal Armor Insect Repellent: Deet Free Lotion with SPF 15, Deet Free Pump Spray

ALL TERRAIN*^ Hand Sanz Moisturizing Hand Sanitizer - Fragrance Free

ALLEN'S^ Dry Blackeye Peas

ALLEN'S EAST TEXAS FAIR^ Blackeye Peas

AMY'S Beans: Traditional Refried Beans Light in Sodium; Samosa Wraps Indian Meals

AMY'S Organic Soup: Light in Sodium Butternut Squash, Light in Sodium Lentil, Light in Sodium Split Pea, Potato Leek www.amyskitchen.com

CASCADE FRESH* Mediterranean-Style Yogurt, Greek Style Yogurt, Natural Sour Cream; Fat Free Yogurt - Plain (trace salicylate in pectin - oranges), Whole Milk Yogurt - Plain (trace salicylate in pectin - oranges)

CELL FOOD*^ Cell Food Dietary Supplement Super-Concentrate, Oxygen Gel (SB) (800) 749-9196 www.luminahealth.com

HEARTLAND'S FINEST*^ Performance Blend Baking Flour www.heartlandsfinest.com

KIRKMAN^ Immuno-Aid Capsules, Magnesium Citrate Powder, Magnesium Glycinate, Magnesium Sulfate Cream (SB), Multiple Mineral Pro-Support, Phenol Assist, Pro-Culture Gold, Selenium Capsules, Vitamin C Capsules, Yeast Aid Capsules (800) 245-8282 www.kirkmanlabs.com

MISS ROBEN'S*^ Powdered Rice Milk www.allergygrocer.com (800) 891-0083

PERRY MEDICAL Fluorabon Drops (SB), Prenatal Vitamins (888) 245-8282 www.kirkmanfluoride.com

R-GARDEN^ Amylase Formula, Cordyceps, Inner Garden Flora Specially Stabilized Probiotic Formula, Maximizer Enzyme Formula, Quadra-Zyme Plus, Vitalizer Plus Mineral Core, Vitamin-O Oxygen Supplement (800) 800-1927 www.rgarden.com

THUMANN'S 100% Beef Hamburger Patties (CS), Franks for Deep Frying (CS,N), Fully Cooked Bratwurst (CS); The Deli Best: Beef for Stew, Beef Round for Roasting, Black Forest Brand Cooked Ham (CS,N), Bone in Fully Cooked Smoked Ham (CS, N)

Product Alert!

These products need to be removed from your Foodlist & Shopping Guide.

KELLOGG'S Eggo Buttermilk Waffles and Nutri-Grain Waffles now contain TBHQ. See the article on page 4 about Kellogg's products.

CARL BUDDIG The Original Lean Beef now contains liquid smoke, a flavoring additive eliminated on the Feingold Program.

ANDREA ROSE Salicylate Free Skin Care Cleansing Lotion now contains BHT.

OIL OF OLAY Active Hydrating Moisture Replacing Cream and Active Hydrating Beauty Fluid now contain synthetic dyes.

These products contain salicylates and need to be moved to the Stage Two section of your Foodlist & Shopping Guide.

AMY'S frozen Pocket Sandwich: Broccoli & Cheese now contains paprika and red peppers.

AMY's Brown Rice and Vegetable Bowl now contains apple cider vinegar and plums.

FISHERMAN'S FRIEND Cough Suppressant Lozenges now contains chili peppers.

ENER-G Brown Rice Loaf, Brown Rice Yeast-Free Loaf, Corn Loaf, Hi Fiber Loaf, Light Brown Rice Loaf, Light Tapioca Loaf, Papa's Loaf, Tapioca Loaf, White Rice Yeast-Free Loaf, White Rice Loaf, Yeast-Free Sweet Loaf. All of these now contain oranges.

Stage Two

AMY'S Bowls: Baked Ziti (tomatoes), Brown Rice, Black Eyed Pea & Vegetable (tomatoes), Light in Sodium Brown Rice & Vegetable (SF, apples, cider vinegar, plums, red peppers), Mexican Casserole (tomatoes, chili peppers), Ravioli (tomatoes)

CASCADE FRESH* Low Fat Smoothie: Acai (apples, peaches), Peach (apples), Raspberry (apples, peach); Low Fat Yogurt: Blackcap (apples, oranges, peaches), Boysenberry (apples, oranges, peaches), Cherry (apples, oranges, peaches), Peach (apples, oranges), Raspberry (apples, oranges, peaches); Whole Milk Yogurt: Orange Cream (apples, peaches), Vanilla 32 oz. (apples, oranges, peaches)

CELL TECH SUPER BLUE GREEN ALGAE^ Alpha Gold (tea), BG Bar (CS, almonds, apples, raisins), Contain (oranges), E-12 Super Enzymes (chili peppers), Grape Synergy, NaturalLight (tea, chili peppers), New Seasons Fiber Formula (apples, barkberries), Omega Gold (tea), Our Green Drink (apples), Reality (apples)

PURE FUN*^ All Natural Candy Canes (CS, cherries) www.purefun.com

VAN'S ALL NATURAL^ Mini Waffles: Blueberry (CS), Wheat Free (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.

Goodie Baskets are Back!

Last fall the Feingold Association initiated a holiday fund raiser that proved to be very successful with our members, so this year it is (as the saying goes) "back by popular demand."

We filled baskets with natural snacks and treats that are acceptable on the Feingold Program. For each donation of \$50 FAUS will send a holiday gift basket via Priority Mail to you or to the person you choose. You can also have us include a message. Tell us when you want the baskets to arrive and we will schedule the mailing accordingly.

Last year many people let us play Santa and help them with their gift list. Parents and grandparents used the baskets to support their Feingold children, while others gave them as holiday gifts and special thank you's.

Another option is to have a basket sent to the relatives so natural treats will be available for your children during Thanksgiving or other holiday visits.

Call our office at (631) 369-9340, or mail a check, or go to our web site to order online. The foods will include both stage one and stage two products. A limited number of baskets will be available.

Drug-free help for ADHD

A study published in the September issue of the journal *European Child & Adolescent Psychiatry* has demonstrated the effectiveness of a supplement that has been available for many years. Called Pycnogenol, it's a powerful antioxidant derived from the bark of the French maritime pine tree. Children participating in the double blind study had symptoms of ADHD; they showed a reduction in hyperactivity and an improvement in attention and visual-motor coordination while they took the supplement.

Supplements can improve attention and behavior.

Pycnogenol helps to destroy "free radicals" (which can come from various sources including trans fats). Laura Stevens of Purdue University writes: "Scientists have wondered if free radicals are involved in some mental disorders including ADHD because they can adversely affect receptors, neurotransmitters or other molecules involved in normal brain function."



Another study has shown that ADHD symptoms can be reduced by a combination of flax oil and vitamin C. The authors found that "All the symptoms like impulsivity, restlessness, inattention, [lack of] self-control, psychosomatic problems and learning problems showed highly significant improvement." Social interactions also improved. The study was published in the January 2006 issue of the journal *Prostaglandins, Leukotrienes and Essential Fatty Acids*

One way to help sensitive children is to remove harmful additives; another way is to strengthen their bodies so they can fend off these toxins.

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

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