

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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Fixing our troubled economy

some editorial comments

Americans wonder why so many more people suffer from allergies while foreign proteins are being genetically engineered into our foods, why so many children have trouble learning after eating a stew of synthetic chemicals in their school cafeteria, and why they are obese and suffer from diabetes on a diet loaded with high fructose corn syrup and MSG. Americans wonder why health care costs are so high while pharmaceutical companies mark up the price of their drugs a thousand-fold and more, and doctors try to hide the millions they receive for promoting those drugs. They wonder why their child shows characteristics of autism after having received countless antibiotics that have destroyed the beneficial bacteria in his digestive system, leading to the overgrowth of destructive yeast. Americans wonder why so many couples have difficulty conceiving while companies dump hormone-disrupting waste products into our air and water.

Finding healthier foods and avoiding unnecessary drugs won't make up for the abuses of banks and ignorance of auto executives, but it can drastically reduce the cost of this country's number one budget buster: health care.

More drugs for kids

Despite the lack of research and evidence of long-term safety, in June an advisory panel for the Food and Drug Administration (FDA) voted overwhelmingly to approve the use of three antipsychotics for children and teens.

But a panel of federal drug experts, meeting last November, expressed alarm over the increased use of antipsychotics for children, saying that doctors need to be given stronger warnings about the risks of the drugs. The panel contended that no safety studies have looked at the long-term effects of the drugs on children.

Young customers

The issue of powerful drugs being given to children is not new. A *New York Times* article from 2006 on the use of psychiatric drugs for children described one Pennsylvania family. The oldest son, Stephen, age 15, takes a daily cocktail of: Zoloft, Desyrel, Lamictal, and Focalin XR. Fourteen-year-old Jacob takes Focalin XR, Depakote, Risperdal, and Catapres. In an Alaskan family profiled in the article, 10-year-old Kaitlyn has taken similar drugs since she was 5.

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Healthier Americans

It's a safe bet that anyone who has not been living in a cave for the past decade has heard the admonitions to choose healthier food. But it gets a bit tedious to hear "eat more fruits and vegetables" when your taste buds are crying out for cookies.

Many healthy food advocates are purists and expect people to make drastic changes in something that is intensely personal and emotionally charged -- food. The purists are repulsed by the thought of eating the sugary, greasy, meals others enjoy, and washing it down with a liter of carbonated corn syrup.

What they do not grasp is that the junk-food eater is just as repulsed by the thought of consuming wheat grass juice smoothies and sunflower seeds.

The middle ground

Feingold families know how to have the best of both worlds and enjoy their favorite foods in healthier versions. We know how schools can improve the food they serve, and thus enhance student learning and behavior; and this can all be done at a lower cost! We know how to be healthier and avoid unnecessary drugs by selecting a different version of a favorite food. And in some cases, the natural option costs much less than the junky one. To raise awareness, visit our home page (www.feingold.org) and watch our YouTube film, then e-mail the link to your friends.

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 awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

Presley's Story

by Amy Lindberg Smith

My daughter's allergies, ear infections, asthma, eczema, motor control problems, eye-muscle disorders and king-size tantrums were all related to the foods she ate.

Our daughter did not have any health problems until the introduction of dairy at age one. As she grew into a toddler, I often noticed she looked pale and had dark circles under her eyes. She was often congested and was prone to ear infections. Her congestion continued, and she developed pneumonia several times. The allergy medicine and nebulizers did not help. We finally found a physician who discovered that Presley has a sensitivity to gluten, wheat, dairy, eggs, and soy. These did not show up on the traditional blood testing for allergies.

As soon as we removed those items her health began to improve dramatically. Her nose stopped running for the first time in years, and pink rosy cheeks began to appear. I felt victorious as a mother and was grateful that our visits to the ER for "reactive airway disease" were over.

But as weeks and months progressed, we began to notice extreme behavior problems. These behaviors were sporadic, and would occur at different times of the day, but not every day. I remember my mother saying, "Well, if you removed the gluten, dairy, soy and egg, what else could it be?" and I replied through my tears, "I don't know."

The tears were for my daughter, because to see her tantrum for over an hour and kick and scream to the point of harming herself and others, tore at my heart. She also had difficulty sleeping, and patches of eczema on her skin. Her pale skin and the dark circles under her eyes seemed to fluctuate, on some days they were pronounced, while at other times they were almost gone.

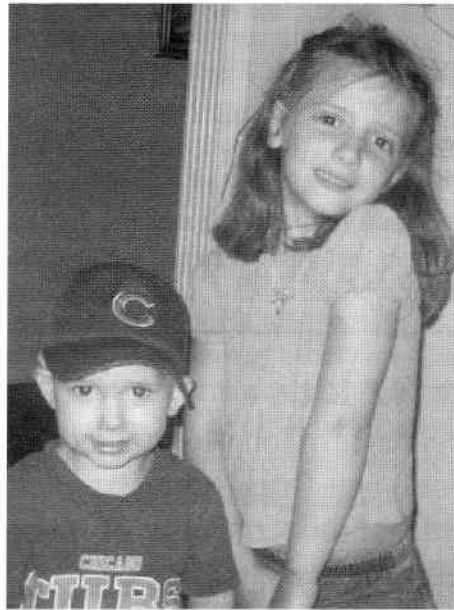
We were concerned about her handwriting. We had been practicing and she knew how to write her letters, but some days she would write completely backwards (often referred to as mirror writing) or to the point they were illegible. One of her eyes also began to drift. I would later discover that certain chemicals can trigger eye muscle disorders.

Presley was also diagnosed with Sensory Integration Disorder, which is defined as a neurological disorder causing difficulties with processing information from the five senses (vision, auditory, touch, olfaction, and taste). My husband and I had grown anxious about Presley attending birthday parties for fear that our emotionally fragile daughter would cause a scene. The screaming and trouble with transitions were too much to risk even a trip to the grocery store.

A family visit out of town left Presley's great-grandmother upset that something was terribly wrong with Presley. This was about 45 minutes after she had eaten red Jell-O.

My husband and I were fearful that Presley might need to end up on medicine and had even discussed the possibility of home schooling in the future.

But I was able to attend a conference last summer that introduced us to the Feingold Association and changed our lives. I learned that my daughter was not only sensitive to the synthetic chemicals in food, but she also has a sensitivity to some of the natural salicylates found in some fruits and vegetables. Her worst reactions are to



apples and oranges. Since we have removed the synthetic additives and these natural salicylates from her diet, Presley no longer experiences any of the earlier problems and was recently accepted into a school for gifted children.

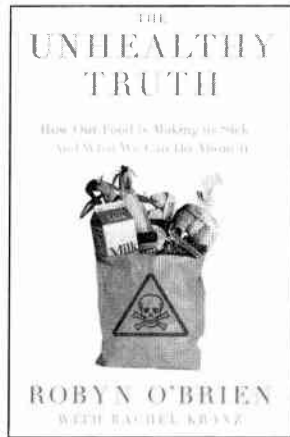
Note: Little brother, Everett, screamed almost non-stop, and showed signs of autism as an infant, but now, at two-and-a-half years old, he is doing well on a gluten-free plus Feingold diet. Amy volunteers for the Feingold Association, giving workshops to parents and professionals. Her training as a social worker enables her to view these issues as both a parent and a counselor.

The Unhealthy Truth

Just like Lewis Carroll's Alice, Robyn O'Brien fell down a rabbit hole and landed in a world where things don't seem to make sense, and her life has not been the same since.

Robyn's life changed when her infant daughter experienced a severe allergic reaction to eggs. In her determination to learn how to protect her baby, Robyn began the research that led to some disturbing realizations: some organizations -- whose stated purpose is to help people with a particular health issue -- are actually working for the wealthy interests that fund them. Some doctors, who pledge to help heal the sick, actively work to keep life-saving treatments from those very people.

The massive deregulation that has led to the current world-wide recession has removed many of the safeguards that once protected consumers from other industries, not just financial interests. Not only is the Food and Drug Administration failing to protect American consumers from unhealthy foods, drugs and additives, this taxpayer-funded agency has increasingly become the servant of the industries it is supposed to regulate.



This is a lot for a busy mother of four young children to absorb, but within a very short time Robyn researched, questioned, investigated, and learned that things are not what they seem, and that the health and welfare of countless other families are being sacrificed for a system that seems to have run amok. She has done a remarkable job of documenting her discoveries, while presenting the information in a lively, readable way.

Feingold members will enjoy following Robyn's journey (and loss of innocence) because most of us have been down that road and asked those same questions.

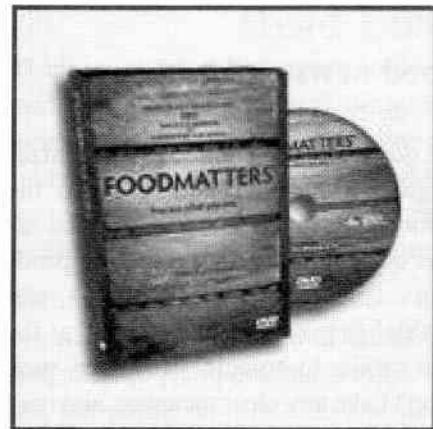
And many of us have had to face the glazed looks or eye-rolling of friends and family members when we tried to share the information that is so deeply personal and important to us. Robyn doesn't pull any punches as she describes her struggle with a desire to be close to those she loves, but she knows that she cannot ignore what she has learned because the consequences are so great.

You can help the Feingold Association earn funds by ordering books through our link on the home page. Click on the button that says "Bookstore." This will take you to Amazon.com, where you can search by the author or title.

Food Matters

This 80-minute DVD covers a lot of territory, but focuses primarily on the role of food and nutrients in preventing disease, and on the ability of large doses of nutrients to cure many diseases, including cancer. The "war on cancer" was declared in 1972; but 37 years, and billions of dollars later, there has been little progress. Doctors in the film explain how the Illness Industry operates and why simple, low cost options are ignored and suppressed.

As powerful as Big Pharma, Big Medicine, and the American insurance industry are, there's a little-known solution. The secret is that each of us has the ability to change the sorry state of our "health care" by asking questions. Are the multiple prescriptions I now take really going to enable me to get well? Has my doctor's judgment been influenced by the enormous promotions (and possibly gifts) from the drug industry? Were the positive studies on this new, more expensive drug funded by the company that profits from their sale? Why aren't the studies showing the value of nutritional solutions published as well? Why are doctors in the United States prevented from using so many risk-free options for healing?



We consumers still have choices. We can do some research and see if there are options to filling yet another prescription. Only a tiny fraction of the cost of that bottle of pills actually pays for the ingredients in it. Most of that money will be used to continue a failing system and to keep us dependent on it.

Exposed - The Toxic Chemistry of Everyday Products and What's at Stake for American Power

The world is changing rapidly and America is finding that the old "solutions" aren't working.

Want to cover up the dangers of a bad drug or the damage that is being caused by a synthetic chemical? Want to continue to produce cars that pollute or toys that harm kids? Beginning in the 1980s American industry became skilled at finding solutions to such problems. Are there laws that prevent your industry from dumping toxic waste onto the land or in the rivers? Is there evidence that your product is responsible for a rise in cancer? Would higher standards for reducing emissions reduce profits? No problem; the answers are readily available and have worked well.

A relatively modest investment will buy all that is needed, including politicians, scientists, lobbyists and PR firms. Change the laws, dismantle the agencies that are designed to protect the public, sue the small businesses that threaten your profits, and pay off officials who could get in the way.

But the formula isn't working so well anymore, at least not in other countries where public officials are more likely to believe that their job is to protect the public. While American businesses have seen environmental regulations as a threat, the European Union (EU) is using them to stimulate growth.

Mark Schapiro's carefully documented book takes the reader on a journey to Brussels, the EU capital, and uncovers the fascinating story of change that is taking place. This change is based on the European belief that chemicals should not be introduced into a society until they are proven safe -- the "precautionary principal." By contrast, the United States has long permitted new chemicals to be added, only removing a few of them after they have been demonstrated to cause harm.

Natural, Organic and Genetically-modified foods - there's good news and bad news.

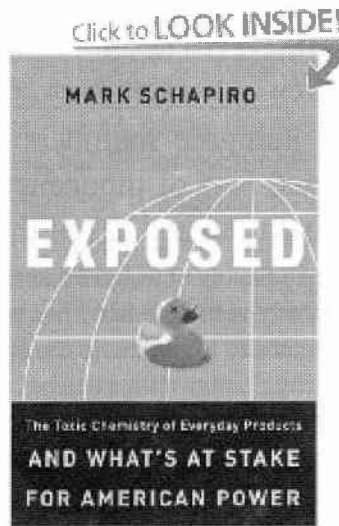
Because so many foods have now been genetically modified (GM), it isn't easy to identify those that are not GM or are free of GM ingredients. However, Whole Foods Market is attempting to do this by creating a protocol for testing products and using a non-GMO seal to label them as such. This is particularly challenging with a food like soy, so widely used in processed foods. Today, 90% of the soy grown in the United States is genetically modified. (Foods with an organic label do not contain genetically-modified components.)



On the down side, the non-profit organization, Organic Consumers, charges that the natural food industry is undermining the integrity of organic foods by promoting products as "natural", "all-natural", and "sustainable" to give the appearance that the foods are similar to organic. However, such labels don't have any clear meaning, and may contain all of the undesirable chemicals and GM ingredients found in other foods. Similarly, personal care and cleaning products are being labeled as "made with organic" while they also contain harmful ingredients.

The American corporations may have won the battle, but they are losing the war. Countries that once bought goods and chemicals from the United States are now rejecting them as hazardous.

Even China is restricting hazardous substances from being sold to its citizens. Products that are exported, however, are not required to meet these standards. Schapiro notes one example: China produces wood products with only 0.1 parts per million of formaldehyde for sale to Europe and Japan. However, the wood sold to the United States contains thirty times that amount, or 3.0 parts per million. "By having no standards in the United States, the Chinese are dumping products here which they can't unload in Europe or Japan."



Thank you!

...to the Squirrel's Nest Candy Shoppe for all the yummy treats donated to our annual meeting in June, and our grateful thanks to Nancy and Jim of the Kemble Kitchen for keeping us so well-fed and happy!

...to Wellshire Farms for donating their wonderful natural meats for our Feingold lunches.

...to Karen and the crew at the Marriott SpringHill Suites Hotel at the Baltimore Washington International Airport for taking such good care of us.



Sports Drinks

There's nothing sportsmanlike about most of these drinks, which are loaded with synthetic colors, flavors and sweeteners.

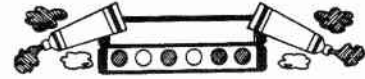
But your Feingolder can show up with his own natural version. Glaceau makes several good choices. Their Smartwater is electrolyte enhanced, and Glaceau Vitamin Water is a popular drink that is widely available in supermarkets and other stores (including Target). Look under "Waters" in the Beverage section of your *Foodlist & Shopping Guide* for the various Stage One and Stage Two versions. Also, Glaceau Fruitwater (available in both stages) is a good option.

Head Lice

Back to school means some families will be dealing with head lice. Many products designed to treat it contain lindane, a pesticide that is similar to the banned DDT. Lindane can be absorbed through the skin and cause damage to the nervous system, provoking seizures in sensitive people. In rare cases, use of such a product can cause death.

California has banned products with lindane and the Los Angeles County Sanitation District notes, "Lindane products, such as shampoos and creams, are rinsed off after use into the public sewers....lindane persists and passes into creeks, rivers, lakes, and oceans. Lindane is toxic in the water even in very small amounts. In fact, a single treatment of headlice or scabies with lindane contains enough lindane to pollute six millions gallons of surface water...the equivalent of 300 swimming pools."

Art Supplies



Avoid permanent markers and any scented art supplies. Generally, markers that are advertised as being washable are a good option.

Crayons are not a problem for most children on the Feingold Program, but sensitive children might have a problem when they get the dye from markers or finger paint on their skin.

For a natural product, Crayon Rocks are rock-shaped crayons that use natural mineral powders.

Artemis offers plant-colored pencils, pastel crayons and plant-dye pigment paint sets.

Livos Salis Natural Hemp Finger Paint Set for Kids contains colors made from natural mineral pigments.

Natural alternatives to commercial Play-Doh include Eco Baby Organic Playdough, Clementine Organic Play Dough Art Kits, and Mary's (uncolored) Softdough.

Check these out on the Internet where they are available via mail order. They are far more expensive than the traditional versions, but if you have a very sensitive child, they might be a good choice.

Some children who are chemically sensitive will do well if they wear vinyl gloves when they do art work; others simply need to first put some Gloves In A Bottle lotion on their hands before they begin. It is available in beauty supply stores and in the paint section of some home improvement stores. The product creates a barrier, protecting the skin.

There's a recipe for homemade Play Dough in our new cookbook, *Feingold Family Favorites*. You can use it uncolored or add natural dyes.

Note: You can also make your own edible play dough by combining equal amounts of creamy peanut butter, honey and powdered milk. Knead the mixture to blend it and add a little flour if desired.

For a tasty way to finger paint, try one of the fruit flavored smooth yogurts.

A safe, inexpensive alternative to lindane is a shampoo called Lice R Gone. It uses enzymes to quickly get rid of both adult lice and nits (eggs). These enzymes are deadly to lice, but harmless to humans. Visit www.licergone.com or www.safesolutions.com.

Times journalist Gardiner Harris noted, "Last year, the Food and Drug Administration required drug makers to warn on their labels that antidepressants can cause suicidal thoughts and behavior in some children. Anticonvulsant drugs carry warnings about liver and pancreas damage and fatal skin rashes. The side effects of antipsychotic medicines can include rapid weight gain, diabetes, irreversible tics and, in elderly patients with dementia, sudden death. When drugs are combined, these risks compound."

Health risks of antipsychotics

The American Psychiatric Association held its 162nd annual meeting in June. One of the papers presented concerned the Metabolic Effects of Antipsychotics in Children. After just 12 weeks on the drugs, children showed a significant increase in body fat and a decrease in insulin sensitivity. Both the increase in body fat and the insulin resistance increase a child's risk in developing diabetes. Doctors who routinely prescribe these drugs are aware of increased weight gain as a side effect; some add another drug (metformin, an antidiabetic agent) to address this.

The use of antipsychotics by children and teens has more than doubled in the past 8 years.

Risperdal (Johnson & Johnson) Often used to treat ADHD, the majority of patients are children. It comes with risk of weight gain, metabolic disorders and tics. Between 1993 and the beginning of 2008 31 children died as a result of taking Risperdal, including a 9-year-old boy who suffered a fatal stroke 12 days after beginning the drug. A reported 1,207 children experience serious side effects from the drug. In 2004 media reports described one of the distressing side effects of Risperdal; boys taking this antipsychotic were growing breasts and some of the children required mastectomies. The drug also was found to cause accelerated development in young girls. Other reported side effects include obesity, lethargy and inability to concentrate.

Toddler deaths

A 3-year-old Kansas child, Destiny Hager, died after having been on Seroquel and Geodon for about one month. The toddler had been diagnosed with "bipolar disorder." An autopsy found that the 38-pound child had been given a dosage that would normally be prescribed to an adult.

An investigation of the psychiatrist, Vernon Klierer, found that he prescribed antipsychotics to children as young as 2 years old. One of the 2-year-olds had been given a total of nine drugs between 2003 and 2006, including Risperdal, Abilify, Seroquel and Geodon. As a result of Destiny Hager's death, Dr. Klierer was fined, but did not lose his license.

The death of 4-year-old Rebecca Riley of Hull, Massachusetts made headlines in 2006 when it was learned that the child had died of an overdose of drugs. At just a little over 2 years of age, Rebecca was started on a drug cocktail for her ADHD and bipolar symptoms. An autopsy found that the child's heart and lungs were damaged as a result of prolonged abuse of the drugs. The prescribing psychiatrist, Dr. Kayoko Kifuji, prescribed similar drugs for Rebecca's two older siblings. Dr. Kifuji has been criticized for doing much of the prescribing over the telephone.

"We don't know anything about the long-term effects of these medications; they have only been through a six-week trial."

Ronald T. Brown, professor of public health and Dean at Temple University Health Sciences Center.

FDA Drug Approval process

FDA guidelines require that the agency must ensure the safety of any drug before it is allowed to be sold. However, there is an exception which allows drugs to be marketed before their safety is established, but the manufacturer is then obligated to conduct further study of the drugs once they are on the market. In reality, the majority of these drugs are not followed up by their manufacturers.

Congressional hearings held in 2006 and 2007 focused on many disturbing aspects of the FDA oversight of drugs, including suppression of negative studies and other fraud by pharmaceutical companies in their reporting of studies. Former FDA employees have testified before Congress that the agency's first priority is getting more drugs approved, and safety is a secondary concern.

Conflicts of interest

Congressional investigations and media attention have focused on physicians who accept money from drug manufacturers while conducting federally funded research on their drugs. The latest to be added to the list is Zachary Stowe, a prominent psychiatrist and researcher at Emory University, who was getting money from a pharmaceutical company that makes antidepressants while he was conducting research on the use of these drugs by pregnant women.

PIC Report

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

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free CF = casein-free

Stage One

KIRKMAN^ www.kirkmanlabs.com Everyday Multi-Vitamin Capsules (GF, CF), Everyday™ Multi-Vitamin without Vitamins A&D (GF, CF), Idebenone 150mg (GF, CF), Lactobacillus Acidophilus (GF, CF), Lactobacillus Duo (GF, CF), Magnesium Malate 1000mg (GF,CF), Molybdenum 100mcg. (GF, CF), Multiple Vitamin Pro Support Hypoallergenic Capsules (GF, CF), Nu-Thera Everyday Companion Hypoallergenic Capsules (GF, CF), Nu-Thera Everyday Companion Powder Hypoallergenic (GF, CF), Nu-Thera with 50mg P-5-P (GF, CF), Nu-Thera with 50mg P-5-P Hypoallergenic (GF, CF), Pro Bio Defense (GF, CF), Pro Bio Inulin Free(GF, CF), Pro Immune Support (GF, CF), Super Nu-Thera Hypoallergenic Capsules (GF, CF), Super Nu-Thera with 25 mg P-5-P Caplets (GF, CF), Super Nu-Thera without Vitamin A & D (GF, CF), Super Pro Bio (GF, CF), Thera Response Hypoallergenic Capsules (GF, CF), Vanadium 100mg (GF, CF)

LUNA & LARRY'S COCONUT BLISS*

(www.coconutbliss.com) Chocolate Hazelnut Fudge (GF, CF), Chocolate Peanut Butter (GF, CF), Dark Chocolate (GF, CF), Dark Chocolate Bars (GF, CF), Mint Galactica (GF, CF), Naked Coconut (GF, CF), Naked Coconut Bars (GF, CF), Pineapple Coconut (GF, CF), Vanilla Island (GF, CF)

MEYENBERG (meyenberg.com) Low Fat Goat Milk (GF)

ORGANIC HEALTHY HANDFULS* Chocolate Chip Chimpies, Lemon Vanilla Koala Crackers, Lucky Duckies

PLUSH PUFFS GOURMET MARSHMALLOWS

(www.plushpuffs.com) Caramel Swirl (CS, GF), Luscious Lemony Meringue (CS, GF, CF), Vanilla Bean (CS, GF, CF)

PUBLIX (Publix) Spicy Brown Mustard (GF, CF), Round Style Tortilla Chips (GF, CF), Ultra-Pasteurized Heavy Cream (GF)

SO DELICIOUS^ (turtlemountain.com) Original Coconut Milk Beverage (GF, CF), Unsweetened Coconut Milk Beverage (GF, CF), Vanilla Coconut Milk Beverage (GF, CF)

SWEETLEAF Sweetener: All Natural Stevia Plus (GF, CF)

Product Alert

PAMELA'S Brownie Mix no longer contains grapes so you can move it to the Stage One section of your Foodlist & Shopping Guide.

WELLSHIRE FARMS Turkey Bologna now contains paprika so please move it to the Stage Two section of your Foodlist & Shopping Guide.

Stage Two

365 EVERYDAY VALUE (Whole Foods Market) Apple Cereal Bar (CS, peaches), Blueberry Cereal Bar (CS, apples, peaches), Mixed Berry Cereal Bar (CS, apples, blueberries, peaches, raspberries, strawberries), Strawberry Cereal Bar (CS, apples, peaches); Organic Cereal: Rainbow Rings (CS, SF, berries, grapes, oranges, tangerines)

COOL CUPS* Natural Black Cherry Gels (GF, CF), Natural Orange Gels (GF, CF), Peach Mango Gels (GF, CF)

ALVARADO ST BAKERY*^ Diabetic Lifestyles Bread (CF, raisins) (www.alvaradostreetbakery.com)

DIXIE DINERS CLUB* (www.dixiediner.com) Trail Mix Bar (CS, GF, CF, almonds, apples, cranberries, currants)

FRUIT A BU Smoooshed Apple Fruit Rolls (GF, CF, grapes), Smoooshed Grape Fruit Rolls (GF, CF, apples), Smoooshed Strawberry Fruit Rolls (GF, CF, apples, grapes)

GREENWISE (Publix) Organic Creamy Yellow Mustard (GF, CF, paprika)

HONEY HILL FARM (www.honeyhillfarm.com) Natural Lip Balm (GF, CF, apricots)

IAN'S* (www.iansnaturalfoods.com) Baja Fish Nuggets (paprika, tomatoes), Grilled Cheese Stuffed Pretzel Stix (paprika), Jungle Mix 2 Go (CS, raisins), Nacho Cheese Stuffed Pretzel Stix (chili peppers, paprika), Rodeo Mix 2 Go (raisins), Rotini & Mini Meatballs (CS, tomatoes); Mega Mix 3D Puffed Veggie Snacks: B.B.Q (CS, CF, paprika, tomatoes), Lightly Salted (GF, CF, tomatoes), White Cheddar (tomatoes); Organic: French Bread Pizza (tomatoes), Pasta Kit (CF, tomatoes), Pizza Kit (CF, tomatoes), Wheat Crackers (CF, paprika); Wheat Free/ Gluten Free Recipe: Mac & Meat Sauce (GF, CF, tomatoes), Popcorn Turkey Corn Dogs (SM, GF, CF, paprika)

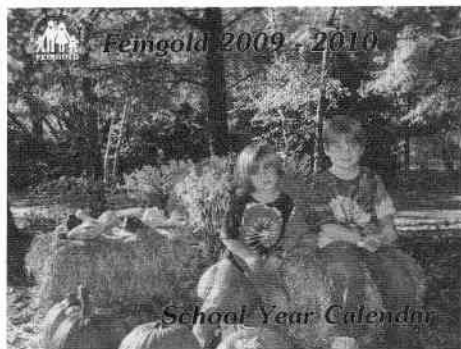
THE FORMULA^ (www.theformulaah.com) Fragrance Free Hand & Foot Salt Treatment (GF, CF, grapes), Fragrance Free Hydrating Lotion (GF, CF, cucumbers, grapes, tea)

YUMMY 100% All Natural: Dino Buddies Chicken Breast Nuggets (CF, chili peppers, paprika)

The Feingold Association does not endorse 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.

School Year Calendar

Calendars, featuring seasonal hints and some of the hard-to-find products that make all our lives easier, are being sent to Feingold Association members in the United States.



FAUS honors its Volunteer of the Year

Markey Dokken has been a Feingold volunteer since the earliest days of the Association, having known and worked with Dr. Feingold in the 1970s.

She has helped countless families and served in many roles for both the local and national associations. Most recently Markey is the caring "voice" answering the organization's help-line. Trained as a teacher, she has worked in schools and students' homes while she raised two sons.

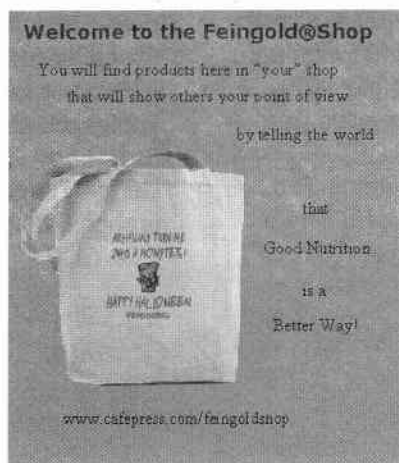


Markey and Jim Dokken

Markey keeps tabs on new research and shares it with her colleagues while staying true to starting with the basics. We thank her for her wisdom and hard work for over 40 years.

Fast Food Guide reminder: Please remove the Einstein Brothers Strawberry Reduced Fat Cream Cheese, which contains Red 40.

To order a calendar please contact the FAUS office in New York at (631) 369-9340. The suggested donation is \$10. Proceeds help us to fund many of our programs to better serve you.



Feingold Tote Bags

Get ready for Halloween with our tote bag proclaiming "Additives turn me into a monster! Happy Halloween." You can order yours at the Feingold shop online. Go to www.cafepress.com/feingoldshop.

United Way CFC

You might be able to designate that your contribution to the United Way or similar giving agency be sent to FAUS.

Contact the representative in your office who handles the giving campaigns, and ask for a "designated donation" form. (Some workplaces permit this, while others do not.) If the representative has questions or needs information from FAUS we will be glad to supply it.

And please pass this request along to your spouse and adult children.

Pure Facts

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

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 554 East Main Street, 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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