

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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The empire strikes back

On the heels of the recent hearings on food dyes, one company seeks to rewrite both history and science.

The Coca-Cola Company and the American Dietetics Association are launching a campaign to try to ensure that dietitians are "taught" that food additives do not have any harmful effects. The additives being singled out are dyes, sugar, fake sweeteners and fluoride; such concerns, according to the Coca-Cola Company Beverage Institute for Health and Wellness, are simply urban myths. Let's see -- which additives are likely to be found in the many beverages sold by the Coca-Cola Company? Dyes, sugar, fake sweeteners and fluoride. The goal is for dietitians to assure worried parents that their children will not be harmed by consuming the additive-filled foods.

The nonprofit Alliance for Natural Health (ANH) has blown the whistle on this latest maneuver. For details, visit www.anh-usa.org

Before a registered dietitian can earn Continuing Professional Education unit credits, they must accept the ADA and Coke's beliefs that these additives are not harmful and that studies do not link them to numerous problems including ADHD.

Sadly, the ADA has a long history of fighting the work we do in the Feingold Association, and of accepting money from manufacturers of junk food.

The Dietetics Association is also continuing their campaign to get rid of the competition. They are working to gain control over the granting of credentials to anyone who seeks to provide nutritional information.

Directing the effort is Dr. Ronald Kleinman, an associate professor of pediatrics at Harvard, and the recipient of money from various industries, including Mead Johnson, Nestle, and the Sugar Association. ♦



Feeding our kids

Meanwhile, food reform is alive and well around the country.

owing to growing pressure and lots of bad press, the Los Angeles board of education has voted to replace one of the nutritional offenders. As of July 1, flavored milks -- loaded with sugars and additives -- have been eliminated. This is just the first step in what healthy-food activists hope will be a series of changes in the country's second largest school district. L.A. has been the target of Jamie Oliver's televised Food Revolution, which aired on ABC-TV.

"More than any other item on the school menu, chocolate milk embodies our failure to pay attention to the way kids are eating, our surrender to a toxic food culture that embraces industrially processed convenience foods because they are easy shortcuts."

Ed Bruske

Colorado Springs gets it right!

"The nourishment that we obtain from eating food sustains our lives. It stands to reason that the better food we consume, the better our lives will be."

*Rick H. Hughes, Director
Food & Nutrition Services
Colorado Springs School District 11*

Continued on page 2

Oh, you lucky Feingolders! Good food options are spreading around the country - see page 5 for details.

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.

A Feingold Family

The Feingold Diet doesn't end when the kids are grown. Here's one healthy grandmother who continues to enjoy the benefits.

Leslie Fowler's link to the Association goes back to the 1980s, when she first began using the program to help her daughter. She reached out to other Maryland families and led the local support group.



In a letter to a local journalist about the Food and Drug Administration's stance on food dyes, Leslie writes, "Our family ditched food dyes over 25 years ago, and since additives can sometimes be hidden, we got help from the Feingold Association (www.feingold.org). They have a complete and thorough 'safe' food list.

"After not consuming dyes on a regular basis for so many years, I am absolutely amazed at what will happen to me if I do eat some. My normally neat handwriting becomes almost unreadable. I can't sleep soundly, spending all night tossing and turning, and I become very anxious.

"We originally started the Feingold Diet for our hyperactive, ADD daughter when she was 2 years old. In those days, doctors wouldn't think of medicating a 2-year-old (Praise God!), so the only hope our pediatrician could give was to try the Feingold Diet. We did, the results were amazing, and we never went back. It's about time the FDA started thinking about what these artificial ingredients can do to a child's mind and behavior!"

A dramatic demonstration

"When our daughter was in middle school, she did a science project using 6 mice (all from the same litter). She kept 3 each in identical cages with identical food and water. After building a maze, we taught each mouse to run the maze and get the reward (peanut butter). After only 2 days, *each* mouse was able to run the maze within 15 seconds *every time*!

"We bought a packet of food dye -- the kind sold in supermarkets, with 4 little bottles of dye. On day 7, we started putting 3 drops of yellow food dye into the water bottle of one of the groups of mice. By the very next day, those 3 mice could no longer figure out how to run the maze, even after they were in it for 20 minutes! The other three mice (who did not receive any dye) continued to run the maze and find the prize within 15 seconds.



"Then, after two more days of consuming dye in their drinking water the 'dye' mice started fighting and biting each other. Blood was everywhere! Now just think what this can do to our children, even if they are not diagnosed as hyper/ADD!" ♦

Colorado Springs, from page 1

Here are some of the changes this school district has made: meats free of antibiotics and growth hormones; salad bars in elementary schools; fresh fruit, vegetables and/or pasta salads; whole grain breads; no Jell-O; cereals with no dyes; natural salad dressings; no "fruit snacks"; processed breakfast pizzas replaced with homemade fruit pizzas; breakfast syrup replaced with fruit toppings.

Most of the high fructose corn syrup is being removed, including ketchup, which has reduced the sugars by 75%. Foods that are highly processed are being replaced by whole natural foods. This means no more corn dogs or pancake on a stick, and the removal of cheesy breadsticks and pretzels. In their place, children are offered homemade granola, oven-roasted chicken grown without hormones or antibiotics and made-from-scratch macaroni and cheese (with butternut squash and carrots hidden in the sauce).



The cafeteria staff are now serving food that is "from the earth" and "good for the earth," using local produce when possible and Colorado-grown beef and dairy products.

As exciting as these changes are, the Colorado Springs Food and Nutrition Services promises "additional changes to the menus in the future as we continue on this journey to good food!"

If the administrators in your local school tell you they cannot improve the food, tell them about this district's Good Food Project. ♦

Soft drinks - major culprits

While the Coca-Cola Company funds efforts to convince dietitians and the public that drinking highly sugared, or synthetically sweetened, additive-laden beverages does not have a down side, the research shows otherwise.

There are many **potential causes** for the continuing increase in obesity and health problems in the United States, including too little exercise, too little healthy food and too much junk food. Researchers at the RAND Corporation in California examined these and found that the increase in snack foods and soft drinks was the most significant factor -- far more important than the others in determining obesity. [Public Health Report Jan-Feb 2010]



Americans now consume the equivalent of a fourth meal every day in the form of between-meal junk food snacks. Half of these additional 580 calories come from **beverages**, especially soft drinks.

[Presentation to the 2011 Institute of Food Technologists Annual Meeting, by Professor Richard Mattes of Purdue University]

Compared to other soft drinks, **cola beverages** might be particularly troublesome for women. A study published in the *American Journal of Clinical Nutrition* in 2006 found that cola drinks were linked to lower bone mineral density. While the caffeine in colas appears to play a part, it's the phosphoric acid that is believed to be the major culprit. Other research links colas and phosphoric acid with kidney stones. Citric acid, used in many other soft drinks, doesn't appear to have the same harmful effect.



Health-conscious consumers who switch to **diet drinks** in order to cut calories are trading one problem for another, according to research presented to the American Stroke Association's 2011 International Conference. Those who consumed diet sodas had a 61% higher risk for heart attack and stroke than people who drank regular sodas.

A study of over 3000 women found that even a modest intake of diet soda (two or less a day) doubled the odds for **kidney function decline**. The researchers, from Boston's Brigham and Woman's Hospital, looked at the measure of albumin in the urine. Albumin is the main protein found in our blood, but if too much of it is found in the urine (a condition called albuminuria), it is an indication that the kidneys are not functioning well.

The research, by Lin and Curhan, was published this year in the journal of the American Society of Nephrology. ♦

The worst and the best

If you are trying to increase your family's intake of fruits and vegetables but are concerned about ingesting harmful pesticides, you probably seek out organic produce. But we all know that organic products can be harder to find and (generally) are more expensive. So it's good to know which foods are the most likely and the least likely to be treated with harmful chemicals or are apt to be grown from genetically modified seeds.

The non-profit Environmental Working Group www.ewg.org has issued a shopper's guide to pesticides and offers this good advice:



Foods highest in pesticides ("Dirty Dozen")

| | |
|-----------------------|-----------------------|
| Apples | Grapes - imported |
| Celery | Sweet bell peppers |
| Strawberries | Potatoes |
| Peaches | Blueberries -domestic |
| Spinach | Lettuce |
| Nectarines - imported | Kale/collard greens |

Foods lowest in pesticides

| | |
|-------------|-----------------------|
| Onions | Cantaloupe - domestic |
| Sweet corn* | Kiwi |
| Pineapples | Cabbage |
| Avocado | Watermelon |
| Sweet peas | Sweet potatoes |
| Mangos | Grapefruit |
| Eggplant | Mushrooms |

* Since most corn is now genetically modified, the Group recommends using organic. ♦

Sensory Processing Disorder and the Feingold Program

John F. Taylor, Ph.D.

In the early 1970's in San Francisco, Dr. Feingold was developing an understanding of the ability of toxic chemicals to disrupt brain chemistry and worsen symptoms of hyperactivity and attentional issues. He treated nearly 1200 children and kept careful notes on the effects of insulating them from exposure to toxic chemicals. His bold pioneering efforts launched a method of treatment for numerous psychiatric and medical conditions that has blossomed over the years and is safe and effective.

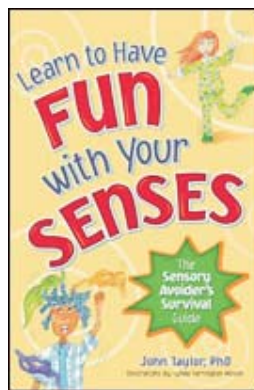
Our brain is constantly telling our muscles what to do.

At about the same time and 400 miles to the south, another bold pioneer was launching a treatment that is safe and effective and applies to many of the same diagnoses Dr. Feingold's method applies to. This pioneer was A. Jean Ayres, Ph.D., who worked in Los Angeles initially with children who had hyperactivity and learning disabilities. The approach she pioneered, like Dr. Feingold's, is a natural one that has blossomed over the years. Both approaches improve behavior by enhancing brain function, and both involve natural means. Both approaches seem to work most effectively on the same diagnostic categories—ADHD, autism, and related conditions.

Every time the muscles move, input from the senses is involved.

Dr. Ayres launched sensory integration treatment, a method of treating what is now known as sensory processing disorder. Nearly all persons who have ADHD, autism, learning disabilities, significant brain tissue damage, Tourette syndrome, and fetal alcohol syndrome have many

symptoms of sensory processing disorder. At its core, sensory processing disorder amounts to the brain's inappropriately muting or magnifying the messages it receives from the sense organs, causing the person to over-respond or under-respond to sensory experiences. The vast majority of persons with sensory processing disorder merit an additional psychiatric or medical diagnosis, the most frequent of which is probably ADHD.



Dr. Taylor's book is designed to help kids of all ages overcome sensory defensiveness. It is available from www.SensoryWorld.com.

Sensory Integration

Our brain is constantly telling our muscles what to do, so we can be in the right place, assume the right body position, and make the correct body part movements. Flooded with messages from the sense organs, the brain mutes thousands of them and magnifies a few hundred. The brain tries to find the shortest and most direct road to self-actualization and safety. The muting and magnifying of messages from sense organs is part of the brain's effort to find the *best* positions and movements for the body parts.

"...the Feingold Program should be at the very heart of treatment..."

With the most important sensory messages highlighted, the brain prioritizes them so that the body can give an organized, relevant response to whatever is the sensory reality at the time. It sends messages to the muscles about making all necessary body part movements. The person pays attention, stays sufficiently focused on the intended activity, and attains a sense of fulfillment and goal accomplishment with minimal, if any, distraction. These results occur when the brain is successfully muting and magnifying messages from sense organs: successful task accomplishment, without distraction, and with sensory fulfillment experienced as pleasure of some sort.

Response Geared to Sensory Intensity

To attain pleasure or fulfillment from a sensory experience, the brain adjusts the level of sensory awareness and consequent response to whatever is happening at the sense organ. The adjustment of the person's awareness of a sensory experience is automatic and seldom involves extended pondering about the matter. The intensity of the sensory stimulus is scientifically referred to as its *salience*. A bright light is more visually salient than a dull one. A scratchy fabric has more textural salience than a smooth one. If a sensory stimulus is of high salience, the brain will try to buffer the intensity of the experience. A bright light will trigger automatic constriction of the pupils in the eyes, for example. If the intensity of the sensory stimulus is too slight, the brain will increase the person's awareness level in order to attain the three results. A dull light will automatically trigger widening of the pupils. Read more at www.feingold.org/Taylor/

Two Feingold favorites set up shop in Texas

Trader Joe's is slated to open its first Texas store in Dallas by the end of the year.

This Foodie icon has ten stores on the drawing board, with locations being sought for Dallas, Houston, and Austin.

On the down side, it has been difficult for the Feingold Association to persuade the management of Trader Joe's to fill out our inquiry forms and thus be able to add more of their products to our Foodlist -- it seems they don't wear Hawaiian shirts at headquarters! But experienced members find that this is a good place to shop when they are ready to test out new products.

New stores will soon open in Kansas (Kansas City and Leawood) and in Louisville, KY. ♦



In 'N Out Burger moves east!

Already a favorite spot for folks in California and Arizona, this chain has recently opened restaurants in Frisco and Allen, Texas.

With a cult-like following, customers camped in the parking lot of In 'N Out Burger to be among the first in line when the doors opened in May. For hungry customers in the drive-through line, the cars stretched for two miles, and drivers faced a three-hour wait.

With the promise of truly fresh -- not frozen -- food, and a simple menu of mostly natural food, In 'N Out Burger fills a void in the fast food scene. They are one of a few places where diners can enjoy fries that are not cooked in oil preserved with TBHQ. ♦



Wegman's goes to the Bay State

The state's first Wegman's is slated to open in Northborough, Mass. in October. This chain, considered by many to be the ultimate foodie paradise, is still confined to upper New York state, Eastern Pennsylvania, New Jersey, Maryland and Northern Virginia. But it is known to supermarket executives around the nation.

If your travels take you to these areas, its a great place to have a meal and experience what a store can be. ♦

b.Good food in the Boston area

Friends since 6th grade, Anthony and Jon grew up enjoying basketball and the burgers Anthony's Uncle Faris made for them.

So when they were ready to set out on their own, they settled on a business they both loved -- fast food. But they didn't like the pounds the food packed on and didn't like how they felt after they ate it.

Fast forward a few years, add some wise friends and lots of trial and error; their vision has become a happy marriage of great food and great taste, without the resulting body fat and upset stomachaches of yore.



"Real Food Fast" is how b.Good describes their impressive array of burgers, fries, sandwiches, salads, sides and shakes. The dishes are made with real food, much of it sourced locally. They currently have restaurants in Back Bay, Downtown Boston, Dedham, Harvard, Hingham, Mass. Ave., and Newbury Street. For the rest of us who live too far to travel there, let's hope these Two Guys enjoy the same success that Five Guys has seen and spread throughout the country. ♦



A Southern California favorite returns

Deborah Goodale had already been providing healthy food in the Back Door Bakery, and then when she learned about the damage from food additives and their effect on her son, she took it up a notch and now uses only natural, GMO-free food. There are no corn-based ingredients including high fructose corn syrup. She prepares her breads, rolls, baguettes, croissants, coffeecakes, muffins and cookies all from scratch, and the cakes are decorated with colors from nature.

After closing her former bakery in 2008, this Feingold mom has recently reopened at 8658 Foothill Blvd, in Sunland, California, east of San Fernando. ♦

Nutrition and mental disorders

Each year brings more research linking serious disorders with a lack of nutrients, with many recent studies showing two of the most important are omega-3 essential fatty acids and vitamin D3.

Childhood Schizophrenia and the down side of drugs

In recent years, there has been a dramatic increase in the number of children being diagnosed as schizophrenic, according to John Newcomer, a professor of psychiatry at the University of Miami. He is critical of the use of powerful drugs for children who might not need such a heavy-duty treatment.

For many years, Dr. Newcomer has conducted research and written about the side effects of antipsychotics on the health of patients of all ages. Among the most distressing effects he has documented are obesity, insulin resistance, diabetes and heart disease, with the antipsychotics clozapine (Clozaril) and olanzapine (Zyprexa) reported as responsible for the most severe side effects. Such patients have a 50% increase in death from medical causes. ♦

Some of the research on nutrition and schizophrenia

When a pregnant woman is poorly nourished, her baby is at risk for later developing schizophrenia. The needed nutrients include vitamin D, folic acid and iron.

Schizophrenia Bulletin, October, 2010

"Vitamin D deficiency has been associated with muscle weakness, depression, schizophrenia, Alzheimer's Disease, multiple sclerosis and a lower motor neuron-induced muscle atrophy."

Current Opinion in Clinical Nutrition and Metabolic Care, November, 2010

"Vitamin D deficiency is a highly prevalent condition that is present in 40% to 80% of pregnant women. There is emerging evidence that vitamin D deficiency may be a risk modifying factor for many chronic diseases, including osteomalacia, rickets, multiple sclerosis, schizophrenia, heart disease, type 1 diabetes, and cancer."

Journal of Midwifery & Women's Health, Nov-Dec, 2010

"In the past 10 years, there has been an emerging interest in treating neuropsychological disorders (depression and schizophrenia) with omega 3 polyunsaturated fatty acids."

Asia Pacific Journal of Clinical Nutrition, 2007 ♦

Where we live and our mental health

Many intriguing studies have shown that two factors stand out regarding people's chances of developing symptoms of schizophrenia: the darkness of their skin and how far from the equator they live. The more highly pigmented their skin, the less efficient they are at absorbing sunlight, which creates vitamin D3. The further they are from the equator, the less sunlight they receive.

Children of immigrants who move from sunny climates to the northern latitudes in Great Britain have a greater chance of being diagnosed with mental disorders like schizophrenia, particularly if they are dark skinned, live in urban areas, or spend much time indoors. For those living in sunny climates, the likelihood of developing mental disorders is far lower. ♦

Nutritional therapies for mental disorders

by S.E. Lakhan and K.F. Vieira

"...a lack of certain dietary nutrients contributes to the development of mental disorders. Notably, essential vitamins, minerals, and omega-3 fatty acids are often deficient in the general population in America and other developed countries, and are exceptionally deficient in patients suffering from mental disorders."

"Based on emerging scientific evidence, this form of nutritional supplement treatment may be appropriate for controlling major depression, bipolar disorder, schizophrenia and anxiety disorders, eating disorders, attention deficit disorder/attention deficit hyperactivity disorder, addiction, and autism."

Journal of Nutrition, January, 2008 ♦

Many options for help

Dr. Abram Hoffer, the late Canadian psychiatrist who pioneered the use of nutrients for mental disorders, had dramatic success using various supplements, especially niacin (vitamin B3). He conducted research and wrote extensively on this topic. An excellent resource on his work and the many drug-free options available are found in the book *Natural Healing for Schizophrenia and other Common Mental Disorders* by Eva Edelman. ♦

Please rely on the guidance of a qualified health care professional when using therapeutic doses of nutrients.

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

A TASTE OF THAI (GF, CF) Coconut Milk, Lite Coconut Milk

ANGELL BARS Organic Candy Bars: Snow Angell, Angell Crisp

ANNIE'S NATURAL* (GF,CF) Dressing: Lemon & Chive Lite Poppy Seed; Organic Vinaigrette: Roasted Garlic

ARNEL'S ORIGINALS (GF, CF) Good & Gluten Free: Bread Mix, Pie Crust mix

BOAR'S HEAD (GF) 25% Lower Fat-25% Lower Sodium White American Cheese Reduced Fat Pasteurized Process, American White Loaf – Pasteurized Process Cheese, Sharp American Cheese – Pasteurized Process Cheese

BURBACH'S COUNTRYSIDE DAIRY (GF) 1% Milk, 2% Milk, Cream, Skim Milk, Whole Milk

CADIA All Natural Peanut Butter Creamy No Stir (GF, CF), All Natural Peanut Butter Crunchy No Stir (GF, CF); All Natural Brown Rice: Elbow, Macaroni, Fettuccine, Fusili, Penne, Spaghetti (GF, CF)

COOKIES.. FOR ME? (GF, CF) (www.cookiesforme.com) Black & White Cookie (CS), Chocolate Chip Cookies, Chocolate Dipped Sugar Cookie (CS), Iced Lemon Sugar Cookie (CS), Snickerdoodle Cookie

DILUSSO DELI Oven Roasted Chicken Breast (CS,GF,CF)

HAMMOND CANDIES (www.hammondscandies.com) All Natural Lemon Lollipop (CS, GF,CF), All Natural Lemon Stick (GF,CF), All Natural Peppermint Stick (GF,CF)

KUR SUPERFOODS (www.kurfood.com) (GF, CF) Chocolate Mint, Coconut Cream Delights

LIFEWAY Greek Style Real Kefir Cultured Milk Probiotic (GF)

LYNSS CANDIES (www.lynnsscandies.com) Original Cashew Crunch (GF, CF)

NATURE'S PATH ORGANIC^ Wheat Free Organic Homestyle Waffles (GF, CF)

NATURESPUN (www.naturespun.com) (GF,CF) Rock Candy Cotton Candy, Shoofly Pie Cotton Candy

Stage One, continued

OLDE WORLD ARTISIAN BREAD COMPANY

(www.oldworldbread.com) (GF) Gluten & Dairy Free Dinner Rolls (CF), Gluten & Dairy Free Sandwich Rolls/Hamburger Buns (CF), Gluten Free Whole Wheat Bread, Gluten Free Whole Grain Bread Crumbs

ORGANIC VALLEY** Organic: Neufchatel (GF)

PAULA'S CHOICE (www.paulaschoice.com) Illicit Lash Maximum Impact Mascara (GF,CF)

PEDIASMART®^ (www.naturesone.com) Soy Vanilla

Q. BEL Wafer Roll Deep Dark 72% Cacao candy bar

SUN CUPS* (www.peanutfreeplanet.com) (CS, GF, CF) Caramel, Chocolate, Milk, Mint, Chocolate Cup

TOOTHSOAP® (www.toothsoap.com) Spearmint Gel, Spearmint Tooth Swish, Sweet Fennel & Mint Liquid, Sweet Fennel & Mint Shreds

TRIBE All Natural Classic Hummus (GF, CF)

VANICREAM (www.andrearoase.com) SPF 30 Sunblock, Lip Protectant #30

WELLSHIRE FARMS All Natural Uncured: Turkey Ham (pre-sliced, GF, CF)

Stage Two

ANGELL BARS Organic Candy Bars: Dark Angel (almonds)

ANNIE'S NATURALS* Vinaigrette: Fat Free Mango (GF, CF, apple cider vinegar)

BOAR'S HEAD 25% (all are GF, paprika) Lower Fat-25% Lower Sodium Yellow American Cheese Reduced Fat Pasteurized Process Cheese, American Yellow Loaf – Pasteurized Process Cheese, American Yellow Slices – Pasteurized, Process Cheese

CADIA Vegetarian Chili (GF, CF)

COOKIES.. FOR ME? (GF, CF) Blueberry Muffins (apples), Brownie (apples), Brownie Bites (apples), Chocolate Chip Muffins (apples), Chocolate Cupcakes (apples), Ginger Spice Cookies (cloves), Iced Decorated Sugar Cookies (CS, blueberries), Iced Gingerbread Cookies (cloves), Oatmeal Raisin Cookie (cranberries), Vanilla Cupcakes (cider vinegar)

KUR SUPERFOODS (www.kurfood.com) Delights: Brownies (GF, CF, almonds, orange), Peanut Butter and Jelly (GF,CF, almonds, cherries)

TREE HUGGER GUM (www.treehuggergum.com) Bubblegum (oranges, 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.

Sleep problems, ADHD and EFAs

What do essential fatty acids, iron deficiency, and sleep problems have to do with ADHD? A lot, according to a recent article in the *European Journal of Clinical Nutrition* by Israeli researchers. It has been known for some time that sleep problems are more common in children with ADHD than the rest of the population. It has also been reported in several articles that essential fatty acids (EFAs) -- particularly omega-3 fatty acids -- are lower in a subpopulation of ADHD children and that supplementing with fish oil can be quite helpful. There are also a few studies about ADHD and iron deficiency.

The study involved 78 boys, ages 9 to 12, who had been diagnosed with ADHD and who also suffered from sleep problems.

After ten weeks of supplementation, those children who took the EFAs (vs. those who took a placebo) showed positive results. These include: better quality of sleep, improved ability to concentrate, better mood, less fatigue and completion of more of their homework.

In addition, blood tests showed a positive increase in their hemoglobin levels even though they did not receive any iron supplements.

Excerpted from Your ADD/ADHD Newsletter, written by Laura Stevens. See www.youradhdnewsletter.com ♦

Welcome

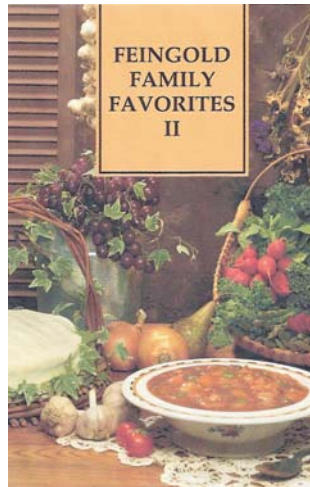
FAUS Board of Directors

The Feingold Association's Board of Directors, led by President Dr. Kathleen Bratby, include: Megan Browne, Donna Curtis, Charice de Vidal, Chris Gardner, Kathryn Mueller, Sarah Roley, Larisa Scarbrough, and Gail Wachsmuth. ♦

Our New Cookbook!

Volume II of our own Feingold Cookbook is coming soon!

Like the first book, it will be a collection of favorite Stage One and Stage Two recipes submitted by our members. We will notify you via e-mail once the book is ready. ♦



Taiwan's Tainted Tea

"Bubble tea" is a popular drink in many Asian cities. Originating in Taiwan, it is a blend that begins with tea and can include fruit syrups, milk, tapioca, and various other ingredients. One of those ingredients -- unfortunately -- is a chemical called DEHP, or (bis(2-ethylhexyl)phthalate. If the name "phthalate" sounds familiar, it is the notorious ingredient added to plastics to keep them soft.

In place of the palm oil generally used as an emulsifier, a Taiwanese company that produces emulsifiers illegally used DEHP, which sells for 1/5 the price. Authorities in Taiwan, China and elsewhere have seized and destroyed many tons of the tainted food, and consumers are avoiding bubble teas.

The damaging effects of DEHP include damage to the thyroid and reproductive organs. Children are the most vulnerable to these effects. ♦

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Carolyn Allen

Markey Dokken

Cindy Harrell

Elizabeth Kellum

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, 37 Shell Road, 2nd floor, Rocky Point, NY 11778 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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