

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## "The Bad Seed"

We believed our challenge was just helping people navigate the worst of the food additives.

It's been nearly 38 years since the Feingold Association was formed, and the changes in our food supply over these years could not have been predicted -- certainly not by the group of parents whose intent was to donate a few years of their lives to helping others learn about the Feingold Program.



In 1976, the term "bad seed" was recognized as the award-winning novel by William March, but today it can be applied to the very basis of our food supply.

Big Ag, the small number of powerful corporations that aspire to be in total control of the world's food, have genetically engineered the seeds, grown them in sewage sludge, sprayed them with an increasing number of pesticides and herbicides and have even experimented with spraying MSG and salicylates on crops!

## Growing better food

As our food supply faces more threats, many resourceful people have found ways to grow it and teach these skills to others. One such innovation is "permaculture." Also called hugelkultur, it is a technique for growing lush plants in areas where there is poor soil and little rainfall.



Narrow, raised beds are created by laying down scrap and rotting wood and covering it with soil.

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## School Sodas

Are the solutions worse than the problems?

The White House and Secretary of Agriculture have proposed school wellness rules with guidelines about the foods and beverages marketed and sold in schools, but the narrow focus is creating many potential problems. The most serious being the belief that drinks sweetened with additives such as aspartame and sucralose are a "healthier" choice!

Happily, there are a growing number of options, especially low-calorie sodas that are sweetened with stevia and blends of sugar or other sweeteners. Veri is a brand new soft drink that has none of the objectionable additives found in conventional drinks, as well as some advantages over the natural sodas currently on the market. See page 5 of this newsletter to learn more about Veri.



School reform that focuses on the components of food (the calories or fat or sugar or sodium, etc.) generally neglects to look at the real issue -- the food itself. And what is being given to children in most school cafeterias is not actually food. Many problems with behavior, learning and health, as well as the lack of funds, could be resolved by schools feeding children real food! (Check out the School-Lunch.org site for details on how schools can save money by giving children healthy things to eat.)

In addition, schools would be well advised to buy or rent their own vending machines and stock them with healthier snacks and beverages. This way they get to keep all of the profits and not give most of the income to the Cola Giants.

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Seed, from page 1



As the wood decomposes, it creates a rich compost and retains water, feeding the plants that are grown on the top of the ridge. In addition to enriching the soil, the process helps clean the air, and all the while, you harvest food with little work required.



The innovative beds can be created in small spaces (including back yards and urban areas) or on a large scale.

See: [www.richsoil.com/hugelkultur](http://www.richsoil.com/hugelkultur)

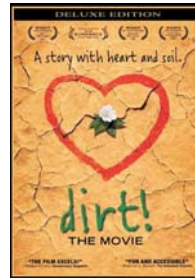
## dirt!

### A story with heart and soil

This outstanding film takes the viewer through an understanding of something that is far from mundane -- dirt! We humans are not so different from this living organism that is essential to our existence.

Compelling photography and narrative explain issues that could threaten our life on this planet and show how we still have time to turn this around.

The film explains how the drive for short-term profits is destroying the resources that were created over millions of years.



Suitable for teens and adults, order it from Common Ground Media.

See [www.DirtTheMovie.org](http://www.DirtTheMovie.org)

School sodas, from page 1

### Bright Spot

In 2010, Congress created a "community eligibility option," allowing schools with many children in high poverty areas to provide free breakfast and lunch to all of the students. This is a significant improvement since one of the biggest problems with the old system is that many children will go without food rather than being identified as "one of the poor kids."

The cost might not be a big issue, since the old system of determining who is eligible for free or reduced food is very expensive to operate. The many benefits of providing food at no cost to the student was well defined in the book *Free For All* by Dr. Janet Poppendieck. It is described on our web site: [www.School-Lunch.org](http://www.School-Lunch.org).

### Real Causes of Childhood Obesity

Many of the worst offenders can be found in the foods served in most US school cafeterias. They include: aspartame, high fructose corn syrup, MSG (monosodium glutamate) as well as unhealthy fats and too much sodium.

### A Better Coke

Coca-Cola has created yet another version of Coke, but this one uses a combination of sugar and stevia as a sweetener. It has been introduced to markets in Chile and Argentina, where it has been well received. Named Coca-Cola Life, it will be available in the U.S., but the ever-secretive company has not provided details.

Pepsi has also formulated a sugar/stevia-sweetened cola, and it will be available in the United States this year. Both of these drinks would be welcomed alternatives to the current options.

## Divert and Distract

Every day Coca-Cola sells 1.6 billion drinks worldwide.

Soft drinks are incredibly profitable. Coca-Cola spends a tiny portion of its annual profit (over \$5 billion) to promote itself as an advocate of healthy living. Here are a few examples.

- Their Heart Truth campaign is designed to raise awareness for women's heart health programs.
- Troops for Fitness is a program to encourage military veterans to participate in fitness classes.
- They have allocated funds to place fitness centers in 100 schools.
- Triple Play encourages children to eat a balanced diet.
- Climb Corp tells people to exercise by climbing stairs.

Coca-Cola is attempting to position itself as a partner in the fight against obesity, using the flawed belief that one just needs to reduce calories in order to avoid obesity. This leads to the assumption that diet soda is the "healthy" choice, and the cola giants can continue to sell their products even when their high fructose corn syrup drinks are banned by schools.

At the same time, the Coca-Cola Company and the Association for Nutrition and Dietetics have teamed up to require that in order to earn continuing professional education credits, dietitians must say that they believe food dyes, aspartame, high fructose corn syrup and fluoride are not harmful.

## From out-of-control to calm

Aurelia was 5, just starting kindergarten, when we found the Feingold Diet program.

We knew a conventional school setting would not be accommodating to her eccentricities, which is one of the many reasons we decided to homeschool. However, we were having so much trouble with Aurelia's behavior that homeschooling wasn't working either. In fact, living with a hyperactive, over-reactive, defiant, aggressive, anxious daughter had become too chaotic to manage.

Family relations were so negative I knew something had to change -- and trying one more parenting approach didn't seem promising as we'd tried so many already. We desperately needed help, and I came across Feingold one night when searching Google for "help for 5 year old with ADHD."

### I felt hopeful immediately.

The idea that food could be the cause of Aurelia's behavior problems made so much sense to me because it fit in perfectly with her history. As an infant she had serious food intolerances. She was 100% breast-fed, and I had to follow a vast elimination diet the whole time because she reacted to so many foods in breast milk!

Every pediatrician I saw thought I was totally crazy and completely dismissed my food sensitivity worries.

### Salicylates!

We watched "Signing Time" when Aurelia was a toddler, and one of her favorite songs was "5 A Day" about how you should eat a combination of 5 veggies and fruits every day. Well, the veggies weren't happening, so we relied on fruit for most of those servings. What a mistake! Her favorites were strawberries, grapes, raisins,

apples, raspberries, blackberries, cherries, peaches, and blueberries. We'd been shoveling these in as fast as her pincer grasp could grab them! I cringe now when I think of it -- if only we'd known then!



Aurelia had great fun holding a baby dwarf Nigerian goat on a field trip with a homeschooling group last summer.

Using information available on the Feingold website and from the book, *"Why Can't My Child Behave?"* we started cleaning out our pantry even before we received our membership materials. We had been on the Feingold Diet for one week when we had our first confirmation that food did definitely play a part in her behavioral issues. We had what we thought was a "safe" vanilla ice cream for dessert on a Friday night, and suddenly we had this rubber ball of a kid whirling and bouncing wildly through the living room. She could NOT control her body -- it was out of her own control! My ever-the-skeptic husband looked at me and said, "Well, I'm convinced." I was so relieved to have him on board!

### Aurelia's symptoms

When we filled out the Behavior Concerns Checklist that came with our membership packet, we were flabbergasted. We marked "YES" to 37 behavior concerns on the checklist at the time we began the program. We needed some help! After following Stage One 100% for 12 weeks, we marked "yes" to only 7. That's 7 total! From 37 behavioral concerns down to 7 -- that's a huge change!

Aurelia came to realize that the animals she loved so much were afraid of her because her behavior was so wild.

In the 16 months since we started the diet, we've seen wonderful changes in our daughter. Aurelia walks instead of running in places like the library. She says, "Okay, Mommy," instead of arguing and screaming over the most trivial things or simple requests. She enjoys playing with her younger sister and says nice things to her. She thinks about how other people feel. Her emotional meltdowns have diminished, and she is much more resilient and handles frustration more easily. She's less anxious generally and chews her fingers much less than before. She's now willing to wear socks and try vegetables. She is so much more cooperative. Homeschooling is a joy!

### Feingold has improved the lives of our pets, too.

We've always had to run interference between Aurelia and animals because she just couldn't control herself around them. She'd get overexcited and chase and grab for them.

*Continued on page 4*

## Out-of-control, from page 3

Her lack of impulse control made it necessary for us to supervise her with pets in our arms so they could be whisked away as soon as Aurelia started to lose control. She felt so sad when she realized, several months after starting Feingold, that the animals she loved always ran away from her because she was being "too wild for them." Today, that has changed. Our pets will snuggle up with her on her bed and come to her when she calls. This is such a boost for a girl who wants to be a vet when she grows up! And they do enjoy a good romp with her on the lawn. Plus, she's able to sit still long enough to get a good up-close look at the birds that visit our bird feeder, and she had great fun holding a baby dwarf Nigerian goat on a field trip with a homeschooling group last summer. She even became quite the gentle chicken wrangler when we spent a month on her grandparents' farm last year.

Her grandparents were so impressed with the changes in her behavior that they've started telling everyone they know about the Feingold Diet!



Cicely loves animals, too; here she's holding a chicken.

As if that's not enough, Feingold has also helped us uncover other food allergies and sensitivities in the rest of the family! Mom is an accidental target (she is definitely salicylate sensitive!) and discovered a tree nut allergy.

Little sister Cicely is allergic to sugar cane and probably has celiac disease. Both girls are also allergic to eggs, and Aurelia reacts badly to most sweeteners. So, we've also gone gluten-free, casein-free, egg-free, and sugar-free, and we ALL feel so much better. But I'm sure we would not have discovered these other issues as easily if Feingold hadn't first changed the way we think about how diet and health are related. Even Dad has given up his coffee and carries the Feingold tags on his key chain.

We thank Feingold every day for replacing conflict and tears in our family with cooperation and laughter instead. We'll never go back!

*Carly Staub*

## It looks like asthma, but it isn't.

The condition is called "Vocal Cord Dysfunction."

Feingold mom Amy Yuter writes that her daughter, Sara, showed symptoms of exercise-induced asthma, but tests showed that it was "vocal cord dysfunction."



Amy and Sara after the performance

If the vocal cords (or "vocal folds") swell up, they can become partially closed.

It can result in shortness of breath, wheezing, coughing and tightness in the throat. This was a big problem for an active girl like Sara, whose singing talents led to her starring role as Dorothy in the school's production of the Wizard of Oz.

Sara's doctor suggested she stop consuming dairy products, and Amy writes that Sara's dad also went dairy-free to support her. After two weeks, Sara was feeling great and says that she no longer has the constant irritant of phlegm in her throat.

With her new-found good health, Sara sang and danced her way through a successful performance of the show. Amy wonders how many kids with asthmatic symptoms, taking multiple medications, are simply reacting to dairy products.



The Feingold key tags are available at [www.fgshop.org/keytag.aspx](http://www.fgshop.org/keytag.aspx)

Some children's hospitals have vocal cord dysfunction clinics, using medicine, surgery voice therapy and counseling, but they typically do not screen for food allergies or intolerances.

## A new/old candy bar for Feingolders!

Several generations grew up enjoying the iconic Clark Bar. The chocolate-coated peanut butter crisp candy was created in 1886 by David Clark, who migrated from Ireland to Pittsburgh, Pennsylvania.

It has gone through many ingredient changes and been owned by many different companies, and today, Clark Bars are owned by the New England Confectionery Company (NECCO). The candy is now coated with real chocolate, and it is Feingold acceptable on Stage One!



You should be able to find Clark Bars online at the [Vermont Country Store](#), [Amazon.com](#), [www.mynecco.com](#) and [www.oldtimecandy.com](#). You might be able to find them at Wal-Mart and Sam's Club.

## Rudi's Bread

This Colorado institution has been making gluten-free breads since 1976, the same year the Feingold Association was established.



Rudi's has found a way to make their breads softer than ever so those who follow a gluten-free diet don't need to feel like they're missing anything. Their new Cherry Almond Bars are currently available in just Whole Foods, the Vitamin Cottage and Colorado Costcos, but their other products are widely available. Look for them in the freezer section of your supermarket, and check out the \$1 off coupon on their site.

## Soft Drink Solutions

Veri Organic Sodas are unique

Dutch business partners Leonard Freeke and Zeger van Hovell bring multiple business talents along with an intense desire to provide solutions to some of our most pressing health and environmental problems. At the top of their list are the majority of soft drinks sold in the US and throughout the world.

They know that most diet sodas are no solution to obesity, and even those brands that are moving away from aspartame, sucralose (Splenda) and high fructose corn syrup still leave much to be desired.



Veri sodas are organic, low calorie, low sodium, and free of genetically modified ingredients, HFCS, artificial colors, flavors, preservatives and sweeteners and bromated vegetable oil.

Three of the flavors (lemon-lime, orange and ginger ale) are Stage Two, and their cola is Stage One. Unlike the heavily marketed conventional brands, the founders see soft drinks, including theirs, as an "occasional treat."

The founders of Veri believe that today's agricultural practices are not sustainable for the planet or for the future of our children.

At 60 calories for a 12-ounce can, this soft drink would be an ideal product for schools that wish to sell soft drinks. The sodas are free of both casein and gluten, making them allergy-friendly.

Currently, they are available at Sprouts, Wegman's, Stop & Shop and Whole Foods Markets. See [www.verisoda.com](#)

## Lovely Candy Company

Wouldn't it be LOVELY to find candy that is like Starbursts, or Tootsie Rolls, but without the fake ingredients? Check out page 7 for Stage One and Two Lovely Candies that are free of gluten, GMOs, HFCS and all the other unwanted additives.

They can be ordered online and are sold at various retailers including Target.

Visit [www.lovelycandyco.com](#) for details.



## Is Turmeric the "spice of life?"

For centuries, it has been widely used in Asia as a flavoring, to treat illnesses, as a food preservative and as a coloring for fabrics. The substance in turmeric that provides both the yellow coloring and the many health benefits is curcumin.

The current medical literature is filled with studies showing the effectiveness of curcumin in treating inflammation, neurological disorders, viruses, bacteria, fungus, parasites, obesity, atherosclerosis, heart disease, ulcerative colitis, nerve damage, mastitis, pulmonary diseases, liver diseases, diabetes, Alzheimer's disease, arthritis, allergies, and cancer.

Studies also show benefits in treating illnesses affecting the eyes, lungs, liver, kidneys and the gastrointestinal system.

We do not believe that turmeric will present a problem for our salicylate-sensitive members, but we will be grateful for your feedback.



"Curcumin is a yellow pigment present in the spice turmeric that has been associated with antioxidant, anti-inflammatory, anti-cancer, antiviral, and antibacterial activities as indicated by over 6,000 citations. In addition, over one hundred clinical studies have been carried out with curcumin." Prasad et al., *Cancer Res Treat* Jan 2014.

Turmeric has long been used in Asia to treat acne, psoriasis, dermatitis and rash.

Because of its anti-inflammatory effects, some people have found they can use curcumin in place of drugs like aspirin, acetaminophen (Tylenol, Anacin, Excedrin), ibuprofen (Advil, Motrin), and naproxen (Aleve). The March issue of *Pure Facts* discussed some troubling information about autism, acetaminophen and children's vaccines.

*Note:* Extensive testing has shown curcumin is safe for consumption, but those who are on blood-thinning medicines should not use it without first consulting with their doctor.

## April Foolers ~ stuff you might wish you didn't know!

### "Chicken Ooze"

Remember Pink Slime? There are chicken and turkey versions listed on ingredient labels as "**mechanically separated**," which means that in addition to meat scraps, the product can also contain ground up bone, skin, feather particles, and organ tissues.

Costing the manufacturer a mere 10 cents a pound, it is used in many processed foods including those designed for children. But critics say it brings the risk of salmonella and other pathogens.

See [www.foodidentitytheft.com](http://www.foodidentitytheft.com)

By the way, Cargill's **Pink Slime** is back, but in the interest of transparency, it will be labeled "lean finely textured beef," and will have a code to identify the facility where it was processed (in case of any pesky recalls).



### Cereal Shockers

You know all those colorful pieces of food-like substance in **Froot Loops**? The ones with the various flavors? It turns out that there are no various flavors; they are all the same. The testers at Food Beast report that this is the case, and each Loop tastes like "mildly sweetened cardboard."

The same is true for **Trix** and **Fruity Pebbles**.

This year is **Lucky Charms'** 50th Anniversary. The product that started the candy-as-a-cereal trend now contains over 30% sugar as well as Red 40, Yellow 5, Yellow 6 and Blue 1.

### "Greenwashing"

Food companies know they can increase profits by offering products that are said to be natural, organic, or use a similar adjective. But sometimes the higher-priced item really is no different from their other foods.

Supermarket giant **Kroger** is being sued for misrepresenting their "**Simple Truth**" chicken as different from conventionally raised birds. The label states that the chickens are raised in a "humane environment" that is "cage free."

The law suit says that these animals are raised by Perdue Farms in large, crowded windowless buildings, which is typical of the industry. The term "cage free" is misleading as it applies to chickens that supply eggs, not to broilers.

## PIC Report

The following products have been researched or re-researched and may be added to or changed in the *Foodlist* including the Mail Order Guide section. Products with this symbol ^ are available in Canada. To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

### Stage One

Any Brand of yogurt – plain unflavored yogurt made from whole milk, without pectin  
BEST CHOICE Natural Creamy Peanut Butter (GF,CF)  
CHOFFY Volta Brewed Chocolate (GF,CF)  
CLARK Clark Candy Bar (CS,GF)  
FULL CIRCLE Applewood Smoked Uncured Bacon (GF,CF,SM)  
HILAND MILK (available in AR, KS, MO, NE, TX) Skim, 1%, 2% and Whole Milk  
LOVELY^\*(GF): Chocolate Swirl Caramels, Chewy Original Caramels, Chocolate Chews  
MCCORMICK (GF,CF): Pure Vanilla Extract  
NUTRI GOLD (GF,CF): Chia Seeds GOLD, Organic Extra Virgin Cold Pressed Coconut Oil, Bacopa GOLD, 5HTP GOLD, Glucomannan GOLD, Arjuna GOLD, Feungreek GOLD, 7 Keto GOLD  
RUDI'S ORGANIC BAKERY\* (GF,CF): Bread: Multi Grain, Original, Multi Grain Hot Dog Rolls, Multi Grain Hamburger Buns, Pizza Crust, Ciabatta Rolls, Rosemary and Olive Oil Ciabatta  
SQUIRREL'S NEST ([www.squirrels-nest.com](http://www.squirrels-nest.com)) (CS,GF): Dark Chocolate Hearts, Milk Chocolate Hearts  
UTZ White Corn Organic Tortillas (GF,CF), 40% Reduced Fat Classic Potato Chips (GF,CF)  
VERI\*(GF,CF) Organic and Low Calorie Cola Soda

### Stage One Natural Fragrance

PRIMAL PIT PASTE (available in Florida) (GF,CF): Natural Deodorant Strong: Lavender, Thyme & Lemongrass; Natural Deodorant Regular: Lavender, Thyme & Lemongrass, Patchouli; Natural Deodorant Kids: Lavender, Thyme & Lemongrass; Happy Pits Sensitive Stick: Coriander & Sage

### Stage Two Natural Fragrance

LEMONGRASS SPA PRODUCTS Healing Elements Balm (GF,CF, almond oil, apricot kernel oil, grapeseed extract)

## PIC Alert

All of the Wellshire Farms Hot Dogs now contain capsicum (peppers) so please move them to the Stage Two section of your *Foodlist*. This includes:

LOU's GARRETT VALLEY NATURALS Uncured Franks: Natural Turkey, Old Fashioned Beef, Premium Beef  
WELLSHIRE Skinless Uncured Franks: Original Deli All Natural, All Natural Turkey Premium  
WELLSHIRE Uncured Franks: Cheddar Cheese Premium, All Natural Turkey Premium  
WELLSHIRE Uncured Franks: Cheddar Cheese Premium, Premium Beef, 4XL Big Beef, Old Fashioned Beef, Beef Cocktail  
WELLSHIRE KIDS All Natural Chicken Skinless Premium Uncured Franks

In addition, the following items have been discontinued:

LOU GARRETT VALLEY NATURALS 4XL Big Beef Franks  
LOU's GARRETT VALLEY NATURALS Uncured Franks: Natural Chicken, Original Deli

GHIRARDELLI Dark with White Mint Filling Chocolate Squares now have TBHQ in the wrappers. Please remove them from your *Foodlist & Shopping Guide*. They are currently found in STAGE ONE / CANDY AND GUM / Chocolate

### Stage Two

LADIBUGS^ Mint Serum Pesticide Free Head Lice Treatment (GF,CF, grapeseed extract)  
LOVELY^\* (GF): Raspberry Filled Chocolate Chews, Superfruit Chews (CF, blueberries, cranberries, raspberries), Fruit Chews (CF, apples, blackberries, cherries)  
NUTRI GOLD Vitamin C GOLD (GF,CF, aronia berries, bilberries, black currants, blueberries, cherries, cranberries, raspberries, gooseberries, grapes, lingonberries)  
RUDI'S ORGANIC BAKERY\* (GF,CF): Cinnamon Raisin Bread; Tortilla (GF,CF, cider vinegar): Spinach, Plain, Fiesta (bell peppers, chili peppers, red peppers); Cherry Almond Bars (GF,CF)  
VERI \* (GF,CF) Organic and Low Calorie: Ginger Ale (orange), Lemon Lime (orange), Orange (tangerine)

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.

## Culver Restaurant Alert!

Our 2014 *Fast Food Guide* lists the 4" buns at Culver's restaurant chain as acceptable. It is no longer found in the company's ingredient list and has been replaced by the 4" Kaiser Bun, with artificial flavor.

The dinner roll is still acceptable.

## "Lucky" Midwesterners!

Affordable healthy foods sourced from local farms plus quality meats and seafood are what have made **Lucky's Farmer's Market** so popular in the Boulder, Colorado area. The expansion of their full-service markets into the Midwest will fill a critical need.

Lucky's has already opened stores in Columbus, OH, Columbia, MO, and Billings, MT, with new stores in the works for St. Louis, MO, and Louisville, KY, scheduled to open in this month. (Louisville already has a branch of the North Carolina based Earth Fare.)



Lucky's has plans for expansion into college towns located in Nebraska, Iowa, Michigan, and Indiana.

It has always been more difficult for Feingold members in the Midwest to find the same variety of products that are available in the East and West. A combination of online ordering and local farmers' markets have helped in recent years, as has the trend of more natural foods in area supermarkets, but it will be wonderful to be able to shop in a full-service natural store.

## Food from the forest

Here's another resource for growing nourishing food.

Food Tank writer Sarah Small explains why forests can be a vital part of the food chain. "Trees and forests can play a big role in sustainable diets." But too often, forests are cut down for their lumber and are cleared in order to grow a single crop like soybeans. However, the forest is a natural garden of protein and plants in a system that is ideal for a healthy diversity.



"Agroforestry" is an integrated approach incorporating livestock, crops, shrubs, and trees. These practices help landowners diversify products and increase their income while at the same time improving soil and water quality. Healthy forests also reduce the impact of climate change.

In forest gardens, trees are spaced to allow sunlight to reach the ground plants. Those plants are chosen to attract beneficial insects so there is no need to use pesticides. Ground cover keeps the soil moist and discourages weeds and since numerous plants occupy the space, it is possible to double the yield compared to conventional farming. Another plus is that this arrangement requires far less maintenance and equipment.

Conversely, the planting of trees and shrubs on farmland also offers many benefits. These "hedgerows" are narrow strips of trees, shrubs and various plants -- a technique that dates back to medieval times. They help retain water and provide biological and dietary diversity, another source of income, shade, and erosion control. They also attract birds and beneficial insects and can be used in place of fences to help confine animals.

## 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 Handbook* which includes recipes & two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*.

For more information or details on membership outside the US, contact FAUS, 11849 Suncatcher Drive, Fishers IN 46037 or phone (631) 369-9340.

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

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