

Pure Facts

Newsletter of the Feingold® Association of the United States



May 2014

www.feingold.org

Vol. 38, No. 4

Baby's new teeth, bones and brain

The American Dental Association (ADA) is now recommending babies be exposed to fluoride toothpaste as soon as their first tooth appears. Previously, the organization recommended using only water to brush the teeth of children under the age of 2.

In 1997, the Food and Drug Administration mandated that all fluoride toothpaste must carry a warning, "Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek professional help or contact a poison control center immediately."

Young children typically swallow much of the toothpaste they use, and while parents are advised to use only a "pea-sized" amount of toothpaste, advertisements show a toothbrush covered with the product. Companies use colors, flavors and cartoon characters to attract young children, and those tubes are generally left out in easy reach of a child.



Don't drink the water?

The amount of fluoride in a pea-sized dab of toothpaste is about the same as the amount found in an 8-ounce glass of water, but consumers are not cautioned to avoid swallowing water!



The ADA continues to support fluoridation

"The American Dental Association unreservedly endorses the fluoridation of community water supplies as safe, effective and necessary in preventing tooth decay."

Proponents of fluoride point to the dramatic reduction in cavities after fluoride was introduced. However, numerous studies show that this reduction has taken place in both communities with and without fluoridated water, and this has been known for many years. In 1988, the *Journal of the American Dental Association* commented, "The current reported decline in caries tooth decay in the US and other Western industrialized countries has been observed in both fluoridated and nonfluoridated communities, with percentage reductions in each community apparently about the same."

Fewer cavities?

Clinical Oral Investigations reported in 2007, "In most European countries, where community water fluoridation has never been adopted, a substantial decline in caries (cavities) prevalence has been reported in the last decades, with reductions in lifetime caries experience exceeding 75%." [G. Pizzo]



Fluoride and fluorosis

In 2011, both the Department of Health and Human Services (HHS) and the Environmental Protection Agency (EPA) recommended the amount of fluoride in drinking water be reduced due to the large number of children who suffered from dental fluorosis (pitting and staining of the teeth). In addition, the Dental Association cautioned that fluoridated water should not be used in infant formula. (So, was the ADA saying that fluoride is needed for healthy teeth but can be unhealthy for teeth?)

Continued on page 2

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 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.

Fluoride, from page 1

Despite their caution, the EPA continued to support the use of fluoride in water, even though the agency's own scientists issued a white paper in 1999 regarding this. The paper's objections were "...based on the scientific literature documenting the increasingly out-of-control exposures to fluoride, the lack of benefit to dental health from ingestion of fluoride and the hazards to human health from such ingestion."

Most countries do not add fluoride to their water. More Americans are exposed to fluoridated water than the rest of the world's population combined.

Dental fluorosis is only one effect of fluoride. In parts of India where the water contains high levels, fluoride is believed to be responsible for "skeletal fluorosis," a painful, crippling condition where the bones are robbed of calcium. Exposure to fluoride increases the body's need for calcium and magnesium. [Arlappa, 2013]

Doctors once prescribed fluoride as a drug for people with an over-active thyroid gland. Even a very small dose was effective in suppressing the activity of the thyroid. [Merck Index 1968] But opponents of fluoridated water object to the public being medicated without their consent.

In 2006, the National Academy of Science found that people who ingest high levels of fluoride are at greater risk of bone fractures compared to those exposed to low levels. Other problems that have been attributed to fluoride include breast cancer, higher risk of bone fractures, pre-term birth, anemia in pregnancy, low sperm count and reproductive abnormalities in males, and early puberty.

Fluoride found to reduce intelligence

Research on both animals and humans has shown that fluoride impairs brain function, including learning and memory.



As of May of last year, researchers from Harvard University, the National Research Council and the Neurotoxicology Division of the EPA (Environmental Protection Agency) have all found that high levels of fluoride can **damage a child's brain** and nervous system.

Dr. Donald Miller, Professor of Surgery at the University of Washington, has written that fluoride "inhibits the enzyme acetylcholinesterase in the brain, which is involved in transmitting signals along nerve cells."

[Miller, 2005]

A meta-analysis of research on the effects of fluoride on both animals and humans found that the chemical brought on the **symptoms of ADHD**. [Choi, 2012]

High concentrations of fluoride accumulate in the pineal gland, which produces serotonin and melatonin. [Luke, 2001]

Neurosurgeon Russell Blaylock notes that fluoride combines with aluminum to breach the blood-brain barrier, which may contribute to the development of **Alzheimer's** disease. People with Alzheimer's have been found to have high levels of aluminum in their brains. [Blaylock, 2004]

Scientists have found that fluoride -- especially in very young children -- **lowers IQ scores** with the average reduction being 7 points. While this may not seem like a drastic change in one child, it means that in a population, the number of people with high intelligence is reduced, and there is a significant increase in the number of people who are well below average intelligence. [F.A.N., 2012; List of studies]

Much of the research data comes from China, where there are areas with very high and very low levels of naturally-occurring fluoride. And if there are low levels of iodine, then the damage is likely to be even greater. The harmful effects of fluoride can be reduced when there is sufficient iodine in the diet. Even with the addition of iodine to salt, many people are deficient in this mineral.

Black children are at greater risk from fluorosis

The rate of dental fluorosis is about double for black children compared to other racial groups. [Martinez-Mier, 2010] While this has been seen in numerous studies, the cause is not known. But a possible reason is that people with darker skin do not easily absorb the sun's rays, the process which enables the body to create vitamin D3. Supplementing the diet with this vitamin might help.

All children could be at risk from fluoride exposure

Fluoride is very hard on the liver and kidneys. The kidneys of a healthy adult can excrete about half of the fluoride they take in, but children can excrete only a small portion of it.

It also increases the absorption of manganese, which is linked with lower IQ scores. Since soy is high in manganese, infants who are given soy formula may be exposed to especially high levels.

Opposition, defiance and diet

As a special education teacher, Kelli understood the characteristics of ADHD, but her son didn't fit the diagnosis.

My 6-year-old son has been in therapy for several years, mainly for some anxiety issues. After a year of therapy, his behavior was getting worse and I did not know what to do.

Garrett was very defiant at home and would really throw some tantrums. I actually videoed some of the tantrums because most people just didn't believe us when we told them how he acted.

He is socially aware of what is acceptable and was very good at keeping his emotions in until he got home.

I had been noticing that Garrett was having more trouble not acting out in front of others, so we talked with his therapist, showed her the video, and decided to have him evaluated.

My son was still not improving despite all we were doing to help.

We tried a few of the things the psychologist suggested, bought all the books she recommended, and just didn't really see any results.

Then a friend on Facebook was posting about how much the Feingold diet helped her son with his ADHD. I looked it up (because I was interested for my students, not necessarily for my son, since he doesn't have ADHD) and saw that it isn't just for ADHD, but many behaviors can improve.

In August, I talked to our family doctor about options for my son, and asked him about the diet. He had never heard of it, but said it wouldn't hurt. I was added to a Feingold Facebook group, and it took me several more months before I decided I was ready.



Garrett, center, and his brothers

I kept reading all these stories, and my friend's, about how much better their kids were.

Garrett was diagnosed with both Oppositional Defiant Disorder and General Anxiety Disorder.

At the end of October, I decided we would start after Halloween. I told my husband we were going to give it until Christmas and see if it worked.

Within three days, his defiant/oppositional behavior had improved. I remember my husband and me looking at each other after we told him something that would usually cause a meltdown, and Garrett just said "okay" and went about his business. We were dumbfounded. That had never happened before!

He has not had a tantrum or a meltdown since we started on Feingold.

We can now send him to time-out if he needs it, without having a battle. He goes to time-out, spends his time quietly in his room, and then comes out and goes back to playing when it's done. We used to have to drag him in there, and then he would not stay there, would scream at us and tell us how much he hated us. It sometimes turned into an hour-long ordeal.

Is he completely better? No. We still have some issues with anxiety and are working through them, but without the craziness we had with the oppositional behavior, we've actually been able to see his insecurities and worries better, and we can address those.

I videotaped some of his tantrums!

My husband and I had a session with his therapist in December and she said even our demeanor was more relaxed. We weren't as uptight and bracing ourselves for the next outburst. We still have our ups and downs, but family life is soooooo much better!

Now that I've witnessed what our food can do to us, I've become a bit passionate!

EVERY SINGLE ONE of my students would benefit from this diet. I have so many students who would not even be on an IEP if they could focus at school. They are moving all over the place and can't pay a lick of attention. I work at an early childhood center with just kindergarten and first grades. We are usually the first ones to bring up a child's difficulties in paying attention in school, and parents do not want to medicate their 5- or 6-year-old (understandably, of course!). I am just so thrilled to have found an alternative for them that works. And I have a personal story to go along with it.

I'm spreading the word as much as I can because sometimes it's hard to believe that something as simple as a diet change can have such a big impact on a child.

Kelli Killman

Before and After Feingold

You might find you need the cooperation of teachers, doctors or others even after you have been successfully on the Feingold program.

Consider taking videos of your child during a reaction -- before starting the diet, and a few weeks into it, etc. Filming a temper tantrum might be the last thing you want to do as your child goes out of control, but such a film can be extremely helpful in gaining the cooperation of professionals, especially when a child's behavior at home is different from the way he is outside the home. It can help cut through the delays while a therapist seeks to learn if your descriptions are reliable. Such footage can convince reluctant school personnel (as well as relatives) that it really is important for them to follow your directions concerning what they feed your child. If your child needs additional services from the school, such a film could be very helpful. (It has worked for other parents!)

Ask the Association for literature to give to your child's doctor before you ask him/her about the idea of diet. Give him/her a copy of the latest information on the research that supports our work. We have a summary that can be quickly read, and there are more detailed lists of supportive studies if that is wanted. This way your doctor can evaluate the Feingold Program *before* he/she is expected to make a recommendation. See www.feingold.org/Studies.pdf



Research supporting our diet has appeared in the major medical journals.

(If your doctor is opposed to your using the Feingold diet, ask how much petroleum-based dyes, flavors, preservatives and synthetic sweeteners you should be giving your child each day. What is the recommended amount of Red 40, Yellow 5, etc.?)

Once you are seeing success with your child, consider contacting all of the professionals you have consulted in the past, and send them a description of how your family is doing now.

If you are not seeing positive changes, talk with other parents on Facebook and/or contact the Association and see if we can help you track down the reason(s) and perhaps suggest some additional interventions that may help.

Monster Foods for Dinner?

Genetically modified crops -- promoted as the great promise that was supposed to feed the world while bringing prosperity to farmers -- has done neither.

As a result of altered seeds and the chemicals designed to go with them, farmers throughout the world have lost their livelihoods, rural towns have withered, and weeds have mutated to seven-foot monsters.



Meanwhile, Big Ag grows richer and government agencies refuse to consider the research showing that this enormous experiment in our food supply causes serious harm, both to our bodies and to the land.

Over 90 percent of American consumers believe that we have a right to know if we are consuming GMO foods, and in the absence of government protection, they have worked to establish state requirements that they be labeled as such.

But the special interests are attempting to prevent this. Kansas congressman Mike Pompeo has introduced a bill that would forbid state and local jurisdictions from passing any initiatives requiring GMO labels.

Not only would there be no labeling of GMOs, they would be permitted to be advertised as "natural."

Numerous nonprofit organizations and local groups are pushing back against the wealthy special interest groups led by the Grocery Manufacturers Association. Katherine Paul, spokesperson for the Organic Consumers Association, says, "Rep. Pompeo claims that he is introducing this bill because he's concerned that labels on GMO foods will 'alarm' consumers. But consumers -- and many scientists and medical professionals -- are already alarmed...by the independent studies that have linked GMOs to a host of chronic illnesses."

Industry groups have created what they call the "Coalition for Safe and Affordable Food" and are spending enormous amounts of money to keep the public in the dark.

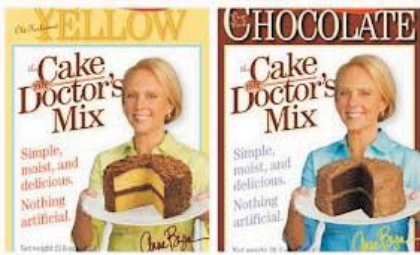
Last year, Oregon's Congressman Peter DeFazio and California's Senator Barbara Boxer introduced bills to require mandatory labeling of GMO foods.

To sign the petition to defeat the bill to kill mandatory GMO labeling see: <http://tinyurl.com/billtokillGMO>

Just what the (cake) doctor ordered!

Anne wanted to have a cake that was as good as her Mom's but didn't require "an afternoon to assemble."

Unlike most mixes, Anne's have only a few ingredients, and then you add a few more to make creations that are both light and moist. The one compromise she makes with the world of processed food is that she uses bleached flour -- something she considers essential in a light cake.

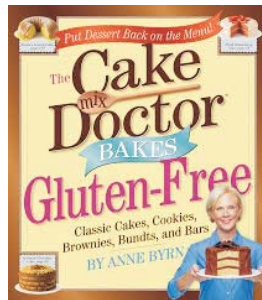


The mixes are available at Shaw Market (Boston) and Central Markets (Texas), as well as Publix, Harris Teeter and Food City stores on the East Coast. The mixes can also be ordered online from www.cakemixdoctor.com

As Anne's reputation grew, so did the requests for gluten-free cake recipes, and the Cake Doctor has come through!

Gluten-free baking calls for more attention to details and guidance, and she provides this. The recipes include cookies, brownies and bars, but all of them begin with gluten-free cake mixes, which have become increasingly available from many sources.

Feingold members will notice that most of the recipes call for a small amount of instant pudding mix. Anne explains that rice flour, the main ingredient in most GF mixes, can make the texture a bit gritty and the pudding mix reduces this. Happily, she suggests that you can replace it with almond flour (Stage 2) or potato starch (Stage 1).



Some of the recipes are dairy-free, and Anne offers suggestions for using non-dairy liquids like coconut milk, or reducing fat by substituting applesauce in place of oil, or yogurt in place of sour cream. The book also includes yummy, creative frosting recipes.

As soft drink sales continue to decline, the mammoth PepsiCo has announced they are planning to offer several new versions of the iconic cola. This summer, they will roll out "Pepsi Made With Real Sugar," in the basic cola flavor, plus vanilla and wild cherry flavors. As more and more consumers reject foods with high fructose corn syrup, the company returns to the sweetener originally used in 1898, when Pepsi was first created.

Walmart has announced their new line of about **100 organic products** that will carry the "Wild Oats" label. These foods will be priced about 25% lower than the competing brands, according to *Forbes* magazine. Sales of Walmart's organic foods have been growing faster than its conventional brands, and the company's research has found that if the costs were lowered, most of Walmart's customers would purchase organic foods.

Chocoholics, rejoice!

Perfecting the art of the delicious

For more than 140 years, San Francisco Bay Area's premier chocolatier, Guittard, has been supplying the finest quality product to both candymakers and to the public.

Since 1868, the Guittard family has used France's traditional methods of crafting fine chocolates, and has kept the industry from debasing its products. CEO Gary Guittard sounded the alarm in 2007 with a grass roots group and petition called, "Don't Mess with Our Chocolate," when industrial confectioners petitioned the FDA for permission to replace cocoa butter with cheaper fats and still call the product "chocolate." As a result of these efforts, products cannot be called "chocolate" unless they are made with real cocoa butter.



Guittard is licensed by Fair Trade USA, working for greater profits for farmers, and the company sources cocoa beans that are Rainforest Alliance Certified for greater sustainability. The chocolates are made in a peanut-free and gluten-free facility and are non-GMO; some of the products are certified as kosher.

They make many varieties of chocolate products, with varying amounts of cacao, and chocolates that had previously been available only to chefs can now be purchased by home bakers. Products are available at various stores and on Internet web sites. For details on where to purchase them, visit www.Guittard.com or call (800) 468-2462.

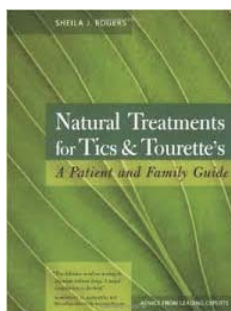
Tourette's - sometimes helping people is not easy.

Who would have thought it would be so difficult to help children (and adults) when what you are advocating is so much safer and more effective than the conventional approach?

For twenty years, Sheila Rogers, MS, has been helping people with Tourette syndrome (TS), a condition where one's body seems to take on a life of its own. The person with TS may experience a variety of involuntary movements and sounds. While TS is not a new disorder, the incidence has grown in recent years, as has ADHD and the many related conditions.



Sheila Rogers



Sheila notes, "One weakness in the traditional manner of assessing tic conditions is that, typically, little effort is made to determine what is actually causing the symptoms."

(It has long been known that one of the triggers for tics is the use of the stimulant drugs that are routinely prescribed for ADHD.)

In her landmark book, *Natural Treatment for Tics and Tourette's*, Sheila writes, "In the US approximately half of the children with TS also have ADHD. Researchers also estimate that more than half of those with TS have learning problems and/or obsessive-compulsive disorder. Anxiety and panic attacks, separation anxiety, and depression are also common. Behavioral difficulties and mood swings are frequently reported, adding to the difficulty of targeting treatment. Trichotillomania (involuntary hair-pulling) occurs at higher than average rates among those with TS. Sleep problems, bed-wetting, and numerous other complaints are also frequently reported. Research suggests that patients with TS have a nearly four-fold increased occurrence of migraine headache compared with the general population."

Food additives can be a culprit.

The 'laundry list' of potential triggers for tics is similar to what Feingold members have found. They include: food and environmental allergies, food additives, synthetic chemicals in the environment, pollen, mold, pesticides, scents, lack of certain nutrients and heavy metal exposure, to name a few. The person with TS is more likely to be affected by stress, caffeine, flashing lights and fluorescent lights, and video games.

The conventional way of treating TS is with the use of drugs, most notably the anti-psychotics Haldol and Orap and the blood pressure medicines Tenex and Catapres. All of them can bring on unwanted side-effects, but the anti-psychotics are particularly risky. They can cause "tardive-dyskinesia," an irreversible condition where the patient loses his ability to control muscular movements (similar to TS, only worse), and they can also cause death.

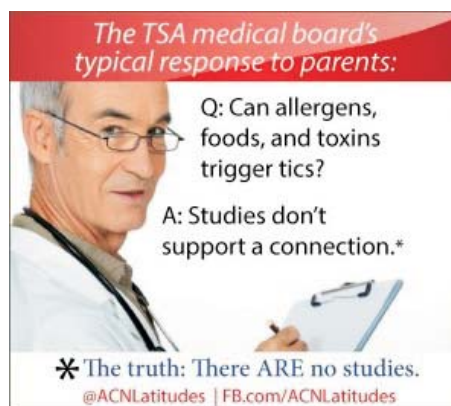
Is the national organization helping people or withholding help?

After 20 years of frustration, trying to convince the Tourette Syndrome Association to investigate the many known triggers for tics, Sheila is fed up. She writes, "The national Tourette Syndrome Association (TSA) has established itself as the leading voice worldwide for a medical condition that traumatizes and disrupts the lives of millions of children and adults, yet families are told there is no cure for Tourette syndrome.

"The TSA has spent many millions in funds and public donations, yet they have failed to find the cause or cure for Tourette syndrome. Meanwhile they have stonewalled those who presented viable new avenues to explore.

"Due to a lack of guidance from the TSA, doctors continue to instruct patients that Tourette syndrome is a genetic disorder and there is no cure."

Visit: <http://tinyurl.com/investigate-ts>



Why wouldn't everyone want to find the best possible ways to help children and adults who are suffering from this devastating condition?

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 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

AMANDA'S OWN CONFECTIONS*^ (available in CA, AZ, Alberta) (GF, CF): Sunflower Cups, Chocolate Bar, Chocolate Chips, All Holiday Chocolates, All Occasions Chocolates, Lolly Pops

ANCIENT HARVEST Super Grain Mac & Cheese (GF): Mild Cheddar with Elbows, Mild Cheddar with Llamas, Sharp Cheddar with Shells, White Cheddar with Shells

BELLA GLUTEN FREE Multi Grain Sandwich Bread Mix (GF,CF)

CAKE DOCTOR'S MIX (CF): Old Fashioned Yellow, Deep Dark Chocolate

EARTH BALANCE Coconut Peanut Butter (GF,CF)

GUITTARD (GF): Choc Au Lait Vanilla Milk Chips, Akoma Extra Semi-Sweet Chocolate Chips, Extra Dark Chocolate Baking Chips, Semi-Sweet Chocolate Super Cookie Chips; Chocolate Baking Wafers (GF): Bittersweet 72% Cacao, Milk 37% Cacao, Semi-Sweet 61% Cacao, White 31%; Gourmet Chocolate Baking Bar (GF): Bittersweet 70% Cacao, Semi-Sweet 64% Cacao, Unsweetened 100% Cacao; Cocoa Rouge Cocoa Powder (GF), Grand Cacao Drinking Chocolate

HOMEFREE*^ (GF,CF): Sun Lecithin Powder, Vegan Mini Chocolate Chips

KIKKOMAN^ Gluten Free Soy Sauce (GF,CF)

LOU ANA^ (GF,CF): 100% Coconut Oil

LOU ANA (GF,CF): Safflower Oil, Frying Oil, Canola Oil, Canola Corn Oil Blend

NATURA FOODS^ (GF,CF): Pear Delight

ORGANIC VALLEY* (GF): Organic Cream Cheese, Organic Cream Cheese Tubs, Organic Cheddar Cheese Stringles

PACIFIC* Non-Dairy Beverage (GF): Organic 7 Grain Original, Organic 7 Grain Vanilla, Organic Soy Unsweetened

SIMILASIAN^ Kids Cough and Fever Relief (GF,CF)

PIC Alert

These products need to be moved to the Stage Two section of your Foodlist under the Meat/Ham section:

APPLEGATE FARMS Black Forest Ham contains cloves.

WELLSHIRE FARMS Boneless Glazed Seasoned Ham has cloves and oil of pimento in the glaze. WELLSHIRE FARMS Glazed Spiral Sliced Seasoned Uncured Hams, both Whole and Half, contain pimento oil.

Stage One, *continued*

SLAVO SALT (available in CA, AZ) (GF,CF): Pure Garlic, All Purpose Seasoning

SMART BALANCE Rich Roast Creamy Peanut Butter (GF,CF)

SQUIRRELS NEST (www.squirrels-nest.com) Milk Chocolate Peanuts (GF) , Pastel Mints (CS)

THE SNEAKY CHEF No Nut Butter (GF,CF)

UTZ'S Seven Whole Grain Pretzels (CF)

Stage Two

COOKIE CLOUDZ (GF,CF) (<http://www.cookiecloudz.com>) Macaroon: Blueberry Lemon, Chocolate Banana, Pineapple Macadamia

HOME FREE*^ Oatmeal Chocolate Chip Gluten Free Cookies (mini) (GF,CF, apples)

NATURA FOODS^ (GF,CF): Peach Delight, Plum Delight

NEAT (available in PA) Breakfast Mix (GF,CF)

NUTRI GOLD (GF,CF): Alma Gold (gooseberry), Aswagandha GOLD (cherries)

RAWR BAR (available in CA) (GF,CF): Beet A Peel (oranges) , Super Sweet Potato (applesauce)

SLAVO SALT (available in CA, AZ) (GF,CF): Spicy Seasoning (bell peppers, chili peppers, paprika, red peppers)

SQUIRRELS NEST (www.squirrels-nest.com) Milk Chocolate Raisins (GF), Natural Dark Chocolate Jordan Almonds (CS)

THE SNEAKY CHEF Pasta Sauce (GF, tomatoes): Parmesan & Romano (red currants), Smooth Red (bell peppers); Whole Grain Veggie Pastas (CF, tomatoes): Elbows, Spaghetti

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.

Have you signed up with Amazon Smile?



When you sign up for AmazonSmile, a small portion of everything you buy will be donated to the Feingold Association -- at no extra cost to you!

1. Go to www.smile.amazon.com
2. List the Feingold Assn. of the United States, Inc. as the recipient
3. Bookmark this as the site you use to order from Amazon.com

There will be no difference in the way you shop at Amazon, and the Association will earn 1/2 of 1% on each order. It's a small percent but will add up fast to enable us to help more families!

Another good reason to stay away from aspartame

Heart disease is the leading cause of death in women, according to the American Heart Association. Killing one woman in 4, it is more deadly than all forms of cancer combined.

While it can affect women of any age, older women are at greatest risk, and women are more likely to die from it than men.

Cardiovascular disease includes heart attacks, hypertension and stroke.

New research from the University of Iowa and Purdue found that women who consume more than two diet sodas or diet fruit drinks a day have a 30% greater chance of having heart disease than those who never drink them, or who rarely do. The data was drawn from nearly 60,000 women over a ten-year period.

Colorful Feingold tote bags

Summer is not far away and with it come trips to the pool, the beach, or the gym, as well as to your favorite supermarkets and farmer's markets.

These sturdy earth-friendly bags are made from recycled water bottles and the brightly colored tie-dye design is sure to attract attention.

We will send you three bags for your donation of \$25. To order yours, see:

www.fgshop.org/shoppingbag.aspx



FOOD - If they dye it, don't buy it!

ADHD and Weight Gain

As children diagnosed with ADHD enter the teen years, they are more likely to be overweight than their peers. Research from Johns Hopkins University, published in the April issue of *Pediatrics*, studied the records of more than 160,000 children. Those who had been on ADHD drugs the longest had the largest weight gain.

Ironically, children who take drugs such as Ritalin and Adderall are likely to lose weight initially since one of the side effects is loss of appetite. They also tend to lag behind in height. But after being on the prescriptions for a longer time, the weight loss appears to change. A possible factor could be that one of the characteristics of ADHD is a diminished ability to defer gratification, making these children more likely to indulge in junk food.

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.

www.feingold.org

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FAUS Annual Meeting

The Feingold Association will be holding its annual meeting on Friday July 11, 2014, at 8:30 pm.

The location will be the Hampton Inn near the Baltimore-Washington Intl. Airport, 829 Elkridge Landing Road, Linthicum, MD 21090.

