

PURE FACTS ARCHIVES  
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Updated November 26, 2011

**April 1981**

- Dr. Feingold - East Coast tour
- Dr. Feingold named to Top Ten
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- Technology failing our youth
- Hanover Park Chapter
- Nitrites - FDA says not a color additive
- Fast food establishments
- Easter hints / natural Easter dyes
- Dr. Feingold at Cornell University

**May 1981**

- Latta foresees subtle influences from Feingolders
- Allergy skin test not accurate with food sensitivities
- Consumers Union applauds Lucky Charms!
- Dietary effects on nervous system
- Camps
- Book: *The Complete Food Handbook* by Doyle & Redding

**July/Aug 1981**

- Hersey elected president of FAUS
- CP Air serves Feingold
- Swanson - food dyes alter brain's electrical impulses
- Feingold - message to Feingold convention
- For the super sensitive person
- *Funbook* now available
- Vacation time:
  - Eating out
  - Fast food
  - Camping
  - Amusement parks
  - Air Travel
  - Sasame Place – a natural

**September 1981**

- Use of additives under tighter restrictions in Sweden
- Dr. Anderson - Red #3
- PACER informs parents of their rights
- Feingold Diet gives Mikeska chance to live normal life
- Aids for the traveler
- School – Feingold lunch

### **November 1981**

- Red dye complicates officer's life
- NINCDS - effects of Red 3 on brain
- Is your salad dressing killing you?
- Salicylates and the Feingold diet
- Thank you CSPI
- Thanksgiving

### **December 1981**

- FAUS conference in San Francisco
- Handling reactions
- Cleveland doctor - "Junk Food Phenomenon"
- One Tainted Tomato: Fish and Wildlife Service Harvey Miller
- Holiday season
- How to stuff a stocking
  - Recipe: Caramel corn
- Oral Roberts University assists students on special diets
- FDA grants permanent status to three synthetic colors
- Will the real cheese please stand up
- Turning PCBs into table salt

### **January 1982**

- Volunteer time
- Study on hives
- Dairy Council alarmed by "fake" foods
- Help – Grandma's giving him a Twinkie
- New TV show interviews Dr. Feingold
- Unfair punishment

### **February 1982**

- NIH Conference on Hyperactivity recognizes Feingold Diet as one approach
  - Dr. Feingold speaker at Conference
  - Feingold Association representatives share experiences
  - Scientists testify to adverse effects of food dye
- Valentine's Day recipes:
  - Hot cocoa - Hot carob drink - Whipped topping
- Love is not a lollipop
- McDonald's – a rare opportunity in McAdditiveveland
- Dr. Feingold explains:
  - Why nitrites and benzoates are not eliminated from Feingold Diet
  - How much sugar is too much?
- The Hatch Act: A step backwards
- Coalition for Safe Food begins with fight to save food safety laws
- Rhinosyn products still available
- Scientists beginning to look at behavioral effects of chemicals
- Safe nose drops
- Product safety – a little after the fact ("rifed" is a word coined by President Reagan in an effort to downsize the government)
- Schweitzer quote: "It is the fate of every truth to be ridiculed before it is accepted."

### **March 1982**

- Nutrition information group established
  - Network for Better Nutrition
  - Established by food companies
- Colas are now the breakfast drink of many
- Remember when eggs made waffles yellow? Houston breaks no eggs about it.
- When “flavored” means natural
- Feingold audio-visual tape now available
- Dr. Feingold explains why MSG is not eliminated by the Feingold Diet
- Simple tricks for baking with unprocessed ingredients
- T’anks but no Tang
- Chocolate substitute
- Double check your “Fun Shapes” popsicles

### **April 1982**

- American Baby Magazine article a sham
- Studies on food dyes continue to turn up bad news
- FDA sees biological effects of chemicals as priority study area
- Johnny Rutherford promotes Feingold philosophy
- Lawyer warns food processors to shape up or face stronger regulations
- The Tainted Tomato flies again (Gary Maurer & Hyper Help)
- Zapping your news for more enjoyable reading
- Easter the Feingold way
- Decorating your Easter eggs
- Britain - drugs and hyperactive children
- Weiss: Food additives like drugs
- You must be doing something right when ...
- Synthetic vs Natural – what is “natural?”
- Alkyl benzenes studied for behavioral changes
- Is there a villain in your vinegar?

### **May 1982**

- Dr. Feingold dies at 81
- Elizabeth Whelan: Scientist or sideshow host
- Yes, fast convenient meals are part of the Feingold Diet
- Long use no assurance (food additives)
- Hope for the future

### **June 1982**

- Starting your own Feingold camp
- Dairy industry concerned about imitation products
- 7<sup>th</sup> Annual National FAUS convention
- Gypsy moth spray to be avoided
- Daytripping the Feingold way
- House bill seeks to compensate volunteers
- Dr. Feingold’s dietary management tape now available
- Hurray for Norway
- FDA commissioner Hayes’ financial disclosure
- Grow tomatoes without insecticides
- Real food for real people ... the Feingolder in the kitchen:
  - Tenderize your steaks naturally
  - Picking a ripe pineapple
  - The choice is yours (chocolate shell)
  - Naturally orange
- Free Cookbooklets
- Remembering Dr. Feingold

## July/August 1982

- Gaining your child's cooperation on the diet
- Stop looking for ideal cookie, Hunter cautions (Beatrice Trum Hunter)
- Japan seeking to ban BHA
- Nutrition conference seeks solutions
- Make a profit with the Feingold Diet
- Safe chlorine for your pool
- Ritalin results – no proof of hyperactivity
- Dear Abby needs advice
- Books for special children
  - *The Lost Puppy* by Frank Asch
  - *Walkie-Talkie* by Phyllis Green
- Feingolder in the kitchen:
  - Baking soda vs baking powder
  - Slop on the barbecue sauce
  - The choice is yours (natural punch)
  - Summer coolers
- Fly the friendly skies, naturally
- If your doctor doesn't agree with ours

## September 1982

- Do you know your rights?
- Parents surprised by school's "safe" lunches
- Shaklee products not endorsed
- Roaches
- Is your child ready for school?
- Feingolder in the kitchen
  - Brown bagging it
  - Gee Whiz cheese spread
  - Chicken salad spread
  - Holiday candies
  - The choice is yours (puffed corn)
- Through the eyes of an LD teenager
- Book: *Sweet and Sugarfree* (cookbook) by Barkie
  - Recipe: Home Style Banana Bread

## October 1982

- Change school lunches by finding weakest link
- Pediatric groups support breast feeding over additive-laden formulas
- Reye's Syndrome: a lesser threat to Feingold kids?
- Tanning tablets
- Be sure you're eating "pure"
- Thoughts from a Feingold mom
- Welcome FAUS chapters
- Bathroom confessions of an errant Feingolder
- The Land of Plenty has plenty of additives
- Tips for Halloween
- Dr. Ben Feingold on drug therapy for hyperactive children
- The Feingold baby
- Feingolder in the kitchen
  - Halloween means doughnuts
  - Preparing new non-stick pans
  - The choice is yours (better grape drink)
  - Pineapple recipes
- Quote by Dr. Harvey Wiley, author of the Pure Food and Drug Act of 1904

## November 1982

- What's that on your apple?
- Stimulant drugs believed to cause neurological impairment
- CSPI discovers cereal company in sheep's clothing
- Mother of Tourette's Syndrome son writes
- Feingolder in the kitchen
  - Feingold Thanksgiving
  - Classic French dressing
  - Pear sauce
  - The choice is yours (Italian Stuffing)
- Did you know?
- Book: *Good for me!* By Marilyn Burns

## December 1982 / January 1983

- Court says 23 color additives stay
- Adults also helped by Program
- What greater gift (the skeptic from Eau Claire, WI)
- New Year's Resolutions
  - To help yourself
  - To share your good fortune with others
- Gifts for special teachers
- JECFA to evaluate BHA, BHT, Carmel color
- Kool-Aid, Hawaiian Punch, Hi-C and Gatorade given the raspberry by CU
- FDA considers labeling of allergenic ingredients
- Quote by Rosenblatt & Dodson in *Beyond Valium*, 1981
- Finding a "safe" meal when traveling this holiday season
- Feingolder in the kitchen
  - Tossing in the nuts
  - Getting your Vitamin C this winter
  - Sparkling Tuti Fruiti Punch
  - Make-your-own Carmel Corn (without the carmel)
  - The choice is yours (Cracker Jacks)
- Did you know?
- T'was the Night Before Christmas (Feingold style)

## February 1983

- Why does the Feingold Assoc. allow sugar when it isn't healthy?
- Tolerance to sugar varies, Dr. Feingold found
- Additives given permanent status
- Feingold moms cook up good nutrition
- Feingolder in the kitchen
  - Low-fat milk that tastes too good to be true
  - Label checking is not enough
  - Skate better with Coke
  - Sugar by any other name ...
  - The choice is yours (Carob fudge)
  - Make a better bagel
- Did you know? (% sugar of several items)
- Associations Report
- Quotes re sugar:
  - CA Commission on Crime Control and Violence Prevention
  - Center for Science in the Public Interest
  - Beatrice Trum Hunter
- Book: *The Sugar Trap* by Beatrice Trum Hunter

### March 1983

- ODA (Orphan Drug Act) could help hyperactive children
- Labels: What they say – and what they mean
- A tribute (anniversary of Dr. Feingold's death)
- Tourette sufferers please write
- In the chill winds of March, thoughts drift to summer camp
- Make Easter traditions – the Feingold way
- Where the Easter Bunny gets his natural colors
- Feingolder in the kitchen
  - Banana split breakfast sundae
  - Pizza sauce
  - Safeway crackers: a safe buy
  - The choice is yours (homemade cream cheese frosting)
- Ban proposed for flavoring agent
- Associations report
- Did you know?
- Another satisfied customer
- *A Special Child* (poem by Dee Shaffer)

### April 1983

- Feingold boys traveling to WJ '83
- Desmond leads fight for pure food
- Convention '83 coming on shirttails
  - Shirt your kids and send a Feingold mom to Convention
- Feingolder in the kitchen
  - Let them eat silver – FDA is powerless
  - Salad – yes, Pizza – no, at Chuck E. Cheese
  - Theater popcorn: little purity left
  - The choice is yours (green peas and cream sauce)
- Open letter to Better Homes and Gardens

### May 1983

- Helping Feingold teens
- The autistic child and the Feingold Program
- The Feingold Frontier
- Ingredients on alcoholic beverages
- "Natural" meat and poultry now means something
- Hyperactivity: A first step to alcoholism?
- Dr. Feingold explains:
  - Reactions may differ after child on Feingold Program a few years
- Empty calories packed with action
- School cleaning products affect child
- Studies to prove/disprove Feingold Program have fundamental error
- Feingolder in the kitchen
  - Pac-Man Vitamins Feingold OK
  - Stocking up (chicken stock, beef stock recipes)
  - The original "good old-fashioned lemonade"
  - What's wrong with these labels?
- Scentless Strawberry Shortcake Dolls available
- Association Report
- Feingold parents write ...
- Prairie dogs belly-up on junk food
- Book: *What if they knew?* By Hermes

### June 1983

- Feingold Assoc. looks back on decade of growth
- Kellogg responds to consumer's complaints
- Assoc. president helps woman simplify her life
- A father's choice (letter from a Feingold dad)
- Let's not forget Dad on Father's Day
- Feingolder in the kitchen
  - Fruit Loops – a military defense? (Andy Rooney)
  - Reeses peanut butter cups causing reactions
  - Making your own mayonnaise can be simple
  - The choice is yours (banana frost)
- P.F.'s contributors are special
- Poems for your young child
- Regional conferences held
- Associations Report
- Guide to restaurants serving natural foods

### July/Aug 1983

- Synthetic colors worst offenders, survey shows
  - Report on salicylates and other chemicals too
- Old friends, new friends, comradery warmed '83 FAUS conference
- Good nutrition invaluable, speaker says (Dr. Eleanor Williams)
- Thanks for the memories
- Allergies and your Feingold child
  - Summer pollens may add to problems
  - Skin tests not accurate for food allergies
  - Fido may be sensitive too
- "Lite fruit" ads canned
- Food additive testing very inadequate
- Whelan/Stare book panned by *New England Journal of Medicine*
- No. Md. Feingold kids enjoy night of magic
- Real food for real people ... the Feingolder in the kitchen
  - Homemade fruit leather
  - How to buy a watermelon
  - Are you fooled by these labels?
  - The choice is yours (fudgesickle pops)
- Associations report summertime hint round up
- Did you know? (re volunteers)
- Betty uses no butter
- FAUS has a new address

### September 1983

- Long-term studies change professional outlook
- Inquiries and pleas for help flood FAUS mail bags
- Hour Magazine features Feingold Association
- Do-it-yourself rug cleaner elicits reaction
- Book review: *Creative Food Experiences for Children*
  - By Mary T. Goodwin and Gerry Pollen
- Real food for real people ... the Feingolder in the kitchen
  - Nutritious after-school snacks
  - Natural junk food
  - The choice is yours (banana cream pie)
- Feingold safe Haagen-Dazs expands
- Feingold parents write ...

### **October 1983**

- Too early to close book on Feingold's diet-behavior hypothesis (Dr. John Selner)
- Behavioral toxicity of food additives (Dr. Bernard Weiss)
- The propagation of propaganda (editorial)
- Letter to American Dietetic Association
- Success story: Relief for Rachel
- Cartoon: "It must be good for us because it has a long list of what's not in it"
- Pregnancy and drugs don't mix
- Sweetarts, Watermelon Candy, Life Savers ... (Oh no! Oh yes!)
- Real food for real people ... the Feingolder in the kitchen
  - Popcorn party mix
  - Popcorn
  - Pear bread
  - Peanut butter cupcakes
  - Favorite hot drinks
  - Ideas to help you enjoy the bewitching day
  - The choice is yours (pear pie)
- Dear Pure Facts ...
- Halloween hints
- Tranquilizer side effects hinder children

### **November 1983**

- Researcher cites flaws in Feingold diet tests (Dr. Bernard Rimland)
- Cleveland – cries for help from troubled families
- College credit given for Feingold experience
- Real food for real people ... the Feingolder in the kitchen
  - Roasting turkey
  - Pumpkin pie
  - Italian Stuffing Lynn
- Feingold recipe cards
- Don't get caught by phoney fish
- Holiday gift ideas
- Survive the holidays

### **December 1983 / January 1984**

- Aspartame
- A calmer Christine, a merrier Mom
- Industry responds to consumer demands
- Feingold Program helps sleep apnea victims
- The choice is yours:
  - Better fruitcake
  - Better eggnog
  - Mulled fruit juice
- Holiday dining
- Dear Pure Facts (Q&A)
- Vanillin now in popular candy
- Another adult chooses the Feingold Program
- Cartoon: skyrocketing cost of chemical preservatives ...
- It's science fair time
- Start the New Year right
- I'd rather not eat turquoise cupcakes (idea book)
- Write on (dietician at a private school for children on probation in California)

## February 1984

- Behavioral toxicity of food additives (Bernard Weiss)
  - How many of our grandmothers would have foreseen a synthetic chicken soup?
- Letter to Mrs. Reagan
- Editorial
- Baby bottles, teething rings, and cancer
- Deceptive ads are now O.K., rules federal agency
- Drug & alcohol abuse and the Feingold Program
- Does chemistry rule behavior?
- Hyperactivity & alcoholism
- Quote from Dr. Feingold re alcohol
- Real food for real people ... Feingolders in the kitchen
  - Advertising jargon and chemicalization of alcohol
  - *Chemical Additives in Booze* by Michael Lipske at CSPI
  - The choice is yours: chicken soup
- Government delays Reye's Syndrome pamphlets
- Be our Valentine
- Our readers write

## March 1984

- School violence report notes need for more discipline
- Dr. Feingold traces juvenile delinquency and diet
- Behavioral toxicity of food additives: current evidence (Bernard Weiss)
- Real food for real people: Courts overturn ban on school junk food
- Pac-Man Vitamins
- The choice is yours: make-ahead hot chocolate mix; hot chocolate
- Our readers write
- Conference news

## April 1984

- Feingold handbook sent to libraries
- Growth through involvement – 9<sup>th</sup> annual FAUS conference
- Feingold Program helps senior citizens
- Dining out on the Feingold Program
- Fabulous Fake Food Feast (April Fools)
- New T-shirts
- A food industry mix-up
- Pussy willows may elicit reaction
- The behavioral toxicity of food additives (Bernard Weiss)
- Boston is a city to see

## May 1984

- Visit the dentist – but avoid the additives
- Additives expert to speak at conference (Beatrice Trum Hunter)
- A father and son success story
- Cartoon re chemical waste
- Real food for real people: Q&A
- The choice is yours: Biscuit mix
  - Biscuits, pancakes, muffins
  - Impossible cheesburger pie
- Summer camp in Maryland
- Soft drinks for the sick

## June 1984

- Homemakers celebrate 25<sup>th</sup> year
- A tribute to Dr. Feingold
- Chemicals in food
  - Americans concerned about additives
  - Scientists concerned as well
- Cartoon re official junk food of 1984 olympics
- Editorial
- Cheeses: are they natural?
- Cooking fresh vegetables
- The choice is yours: Macaroni & cheese
- Preservatives added to mono- and diglycerides
- Beware of vanilla bargains
- Our readers write

## July / August 1984 (Special Issue On Babies)

- Predisposing baby to hyperactivity
- Nutrition during pregnancy
- Hyperactivity and smoking
- The problem baby
- Book review: *At Highest Risk* by Christopher Norwood
- Like father; like son
- Real food for real people: (recipe) Pineapple upside down cake
- Basic advice for a back-to-the-basics baby
- Our readers write
- Preparing for your baby
- In the nursery
- Michael's success story
- Icy fruit treats
- Staying sweet this summer
- Summertime survival tips

## September 1984

- Conference '84 a big success
- How a teacher can help a Feingold child
- Cartoon re lunch
- Learning about schools
- Eating on campus – or off
- Milk Break Bars not quite natural
- The learning-disabled child
- Special education programs
- Lunch at school
  - Educating the taste buds
  - The disposable generation
  - The lunch box scene
  - Back to real food
  - Checking out the cafeteria
- An 'A' in behavior for Jamee
- Josh and the Case of the Missing Socks (camp)
- Other conditions that may respond to the Feingold Program
- How to gain the school's cooperation

## October 1984

- What lies ahead for additive sensitivity research
- Try a Halloween video party
- Photodynamics – light plus dye
- When Dad won't cooperate
- Safety colors attitudes about food colors
- The choice is yours: Fanny's spicy carrot cake & cream cheese frosting
- Feingold Program helps "retarded" child
- Natural air freshener
- Chemical hypersensitivity syndrome

## November 1984 (Special Issue on Teens)

- Teens on the Feingold Program
- Harmful dyes not yet banned
- Editorial – helping Feingold teens
- News from the FDA
- A teen in trouble: Another side of the Feingold story
- Planned cheats
- Success for a working mother and teen
- Our teens write
- Candy canes

## December 1984 / January 1985

- Additives in booze
- Fallacies about food coloring
- Insufficient studies on alcohol additives
- How I discovered my salicylate sensitivity
- Medical list
- Holiday entertaining, Feingold-style
  - Cocktail meatballs
  - Salmon party spread
  - Hot artichoke dip
- Food research needs computer
- FDA to ban dyed bread
- Some other alcohol additives
- One of the first Feingold families

## February 1985 (Special Salicylates Issue)

- The Feingold Program
- Salicylates
- Getting enough Vitamin C
- FDA cautions on Nuprin and Advil
- No apples for the principal
- Salicylates – the shadow problem
- Observation of child's behavior
- Dear Pure Facts (mint)
- Book review: *Nontoxic & Natural* by Debra Lynn Dadd
- Salicylates and a blood disorder
- Scientists concerned about synthetic chemicals
- Hyperactivity – the new U.S. export?
- Is the "Pepsi Generation" going natural?
- The choice is yours: Un-tomato pizza
- When winter flu season hits
- California dreaming (10<sup>th</sup> FAUS conference)

### March 1985

- Consumer group sues government over food dyes
- Finding a doctor
- When babies don't sleep
- Enjoy a Feingold Easter
  - Recipes: Bunny cake & creamy frosting
- Feingold summer camps
- Caution on chewable Vitamin C
- Corn syrup and infant botulism

### April 1985

- *Why Your Child is Hyperactive* – now in paperback
- Product information research: How we find out what is *really* in our food
- Amanda's diet
- Stopping drug abuse on the range
- 10<sup>th</sup> annual conference, San Francisco, CA registration info
- A little bit o' blarney (dye in river may harm fish)
- Rainbow Brite named winner of Pure Facts April Fool's Day Award
- Dear Pure Facts (question re butter)
- Something fishy (surimi)
- From the Food & Drug Administration
- Consumers strike back
- New aspirin caution
- In one day ... (additives eaten in a year)

### May 1985

- Conference speakers
  - Stephen Schoenthaler, PhD
  - Thelma Dalman, Registered Dietitian
  - Stephanie Turner, Registered Dietitian
- Mother's Day and the single parent
- Rules for relocating with children
- Strategies for dealing with the end-of-school party
- Dear Pure Facts (bread yeast question)
- The choice is yours: Heavenly Cheesecake recipe
- It's a bug-eat-bug world
- Panel urges FDEA reconsider sulfite position

### June 1985

- Another positive study reported
- Their diet is a family affair
- Dear Pure Facts (time required for improvement)
- Next time you're in Singapore
- What is Down Syndrome?
- What makes frogs green? (Fat Frog ice cream)
- Fowl play (bleaching dark meat)
- Q&A (apples browning)
- From FDA (oil recall)
- Commentary on the *Lancet* article
- Look who's talking (William Hueper, National Cancer Institute)

### **July / August 1985**

- The story behind Nutrasweet (Beatrice Trum Hunter)
- Sleep disorders and salicylates
- Cosmetics
  - Certified colors
  - Lakes
  - Uncertified colors
  - Foundations, face powders, rouge, blusher
  - Lipstick, nail polish, nail polish remover
- Aspartame draws fire from critics
- 10<sup>th</sup> annual conference; product information task force
- Food industry news
  - Megacorporation being formed (Reynolds + Nabisco)
  - If you can't beat 'em, buy 'em
- Legislative news: Delaney Amendment
- Our future addition
- National headquarters established
- Sweet profits (aspartame)
- Our honored member (Mrs. Feingold)
- Flowers may provide safe new dyes
- New study on hyperactive adults

### **September 1985**

- Feingold school lunches (Thelma Dalman, RD)
- When food was real (Sue Maldonado)
- Nutrition education for doctors
- Legislative news
  - Agricultural pesticides
  - Sulfites in potatoes
  - Caffeine
  - Synthetic dyes
- Pleasing the lunchbox set
- Coq-au-Coke, anyone?
- Oregon bans sulfites
- Bedwetting

### **October 1985**

- Dye to get FDA approval
- Busy cooks make dinner
- Asthma and food additives
- United Way – a great way to help
- Top grades for science fair projects
- School daze
- Hives – the start of the Feingold Program
- Australia improves food labeling
- Recipe: Stir fry chicken and vegetables
- Feingold trivia
- You lucky dog! (KenL Ration treat)
- Eating out in Washington, DC

### **November 1985**

- What's in fast food?
- Over the river and through the woods (grandma)
- FDA refuses to ban dyes
- What is normal?
- Dear Pure Facts (vanilla)
- The difference between vanilla and vanillin
- Adam's little brother
- Chocolate chip cookie time
- Domestic vanilla
- Thanksgiving Dinner

### **December 1985 / January 1986**

- FAUS Advisory Committee named
- The hyperactive adult
- The other Feingolders in the family
- When the hyperactive child grows up
- Dear FAUS (19 year old)
- Winter heating caution
- Feingold trivia
- Dear Pure Facts: what to give a skeptical doctor
- Questionnaire for Adults on the Diet

### **February 1986**

- Aspartame and seizures
- A mother's story
- Busy cooks make breakfast
- From the Diet Assistant's notebook
- The choice is yours: French toast
- Microwave scrambled eggs
- Parent's favorite breakfast
- Sulfite ban proposed

### **March 1986**

- Cancer risk acceptable to FDA
- Busy cooks combine diets – the Feingold Diet and Celiac Disease
- Salicylates scientifically studied
- Attention label readers
- What is Celiac Disease?
- Liquor labeling
- Simple rules for pre-teen decision-making

### **April 1986**

- Feingold faces the future – the second decade
  - Additive expert to address conference (Beatrice Trum Hunter)
  - Dance movement therapy workshop (Barbara Cargill)
- Divorce and the Feingold Diet
- Salicylate spices
- April Foolers
- What is "Natural?"
- No Foolin' (what to do with Tang, BHT, diet cola)
- Try it ... you'll like it (misconceptions about diet)

### May 1986

- PIC – how you've grown!
- A Mother's Day note
- Fighting the food giants
- Salicylates in vegetables
- Food additives, asthma & hives
- New trends in beef
- Editorial: "Natural" means something as USDA

### June 1986

- The biochemistry of learning disabilities
  - Interagency Committee on Learning Disabilities & John Wacker
- Conference speaker investigates causes of hyperactivity (Ruth Aranow at Johns Hopkins U)
- NIH funds 5-year study on biochemistry of learning disabilities
- Summertime notes
- The summer dilemma – away from home and hungry
  - The convenience store
  - Pick up your picnic at the supermarket
- What about those exotic fruits?
- No scents makes good sense
- Pesticides in the news: first EDB, now Alar

### July / August 1986

- Fast food labeling: some good news
- FDA seeks information on food and additive reactions
- Conference '86 report
- New FAUS board elected
- Mark, Matt, and the "Strawberry"
- Dear Pure Facts (moving)
- Ban on dyes delayed . . . again!
- Low salicylate foods studied (salicylates – article #5)
- Cosmetics
- The right to know ... about lawn care chemicals
- Cleaner news
- In the mall
- FAUS gains rights to "FEINGOLD"

### September 1986 (Special School Issue)

- Thinking about college
- Back to school
- Michael's best year
- College and LD
- De Minimus and Delaney
- Do you drink your salicylates? (salicylates – article #6)
- Watermelon pops

## October 1986

- Feingold students take science fair honors
  - Fifth grader quizzes adults
  - Mighty hyper mouse
  - Science fair packet
- FDA approves 2 dyes, calls cancer risk “trivial”
- United Way
- Scientific studies – does the Feingold Diet work?
  - Positive results from studies
  - Study designs did not follow Feingold Program
  - Other problems with the studies
- National Institutes of Health evaluated the studies
- Food dyes are only part of the Feingold Program
- Some of the supportive studies
- Nutritional criticism not supported
- *Lancet* reported positive study
- Does sugar contain any salicylate?
- Mislabeling
- Letter from Australia
- Food labeling in Australia
- What is HVP? (MSG)

## November 1986

- Dear Ann Landers ...
- FAUS receives national publicity
  - Dealing with relatives
  - Comments you're likely to hear
- Changing the system
- Editorial: Where are the failures?
- Legislative update:
  - Sulfites
  - Booze
  - The good news – some additives listed
  - The bad news – full disclosure still not required
  - Alar – safer apples on the way
  - Consumer power
- Feingold's work is effective (Ann Landers)
- Dear FAUS ...

## December 1986 / January 1987

- The Feingold adult
- Hives and stress
- Ann Landers withdraws support
- A scientist looks at “scientific validity” – what does it mean?
- The aspirin triad
- Food technologists acknowledge Feingold Program
- ACLD symposium on food & behavior
- FAUS representatives testify at NIH
- Professional mailing list (Dr. Preston Edwards)
- Survey of Salicylate Sensitivity (all ages)

## **February 1987 (Special Issue On Sugars)**

- The Feingold Program and sugars
- Conference '87
- One child's reaction
- Textbooks pour on the sugar
- Is honey better than sugar? Not for everyone
- Dear Pure Facts (Q&A, heating, chewable vitamins)
- Dinner in a hurry – creamy soup for a chilly night
- Nuts about it (salicylates – article #8)
- Fast food labeling: update
- Study on sugar and hyperactivity
- Poster contest
- Welcome new members
- A message to “old” members

## **March 1987**

- “Color added” – what does it mean?
- Food dyes pose many risks
- FAUS publicity helps Domenic
- Editorial (history of new ideas)
- NIH conference on learning disabilities
- Major study on nutrition & learning
- Dear Pure Facts (antioxidants)
- Oh! How sweet it is! (salicylates - article #9)
- Britain bans children's aspirin

## **April 1987**

- Seizure disorders – does diet play a role?
- A new kind of teacher
- Seizures – another aspect of the problem
- Food dyes banned in England
- Synthetic statistics
- Easter baskets
- Snap, Crackle, and ... BHT?
- Pork preservative approved
- FDA news

## **May 1987**

- Where can we eat?
  - Looking for a competitive edge
  - Fast food can be good food in Maine
- Helping kids learn how to learn (Steven Sichel, PhD)
- ACLD symposium links diet & behavior
- The Feingold mom – a Mother's Day tribute
- Wrap session (packaging)
- Attention: Feingold kids
- Editorial (M&M candy history)

## June 1987

- European vacation
  - *E for Additives* by Maurice Hanssen
  - Other additives
  - Flavorings
  - *E for Additives Supermarket Shopping Guide* by Maurice Hanssen
- The seriously ill child
- Dr. Wiley's legacy
- Food additives are not a major concern to the FDA
- The Feingold traveler
- Cartoon about food & drug law
- Editorial comment (FDA attitudes re chemicals)
- Say "Yes" to the kids this summer (by Lynn Murphy)
- Dear Pure Facts (Q&A - Stage 2, corn, tetracycline)

## July / Aug 1987 (Special Issue On Drug Therapy)

- Parents under pressure
- Editorial note re school pressures to medicate
- Letters to FAUS (medications)
- School will soon begin
- Dear Pure Facts – questions about starting the Program
- Ritalin production increases 60%
- Ritalin's "top five"
- Drug "schedules" – a means for classifying abuse potential
- Behavior modifying medication – some comments from professionals
- Bar-B-Q Time
- Summer delights
  - Cool down with watermelon
  - Easiest corn ever
- Salicylates in pineapple?
- El Manual Feingold
- In defense of Ritalin – one doctor's view (Hunter Comly)

## September 1987

- Is he hyperactive?
- Finding the right college
- Observations of child's behavior (symptom chart)
- Page to give teacher:
  - How a teacher can help a Feingold child
  - Before and after pictures drawn by children
  - Learning about schools (fumes)
- Food additive IQ test
- All apples are not equal
- Poster contest winners
- In the school cafeteria
  - Flunking lunch?
  - The milk route
  - A little bubbly?
- "Healthy" food coming our way?
- Feingold Association Day
- New FAUS Board

### **October 1987**

- Childhood depression – the quiet epidemic
- Depression
- BHA, BHT in pizza?
- Halloween – what do Feingold members do?
- Editorial: After World War II
- I want to help ... here's how (United Way)

### **November 1987**

- Behavioral toxicology: the adverse behavioral effects of chemicals (Bernard Weiss)
  - The most vulnerable
  - Effects on the unborn
  - Subtle effects at low doses
  - The effect upon our society
  - The case against food dyes
  - Editorial: Assessing risk vs. Benefit
  - Considering the risk
  - Quote by Phillip Handler, head of National Academy of Sciences
- Keeping the holidays happy
- Roast turkey
- Cranberries and blueberries
- Word gets around (West Africa)
- Show your colors! (tote bags)
- EPA tests for behavioral effects
- Save those school papers (child's schoolwork)

### **December 1987 / January 1988**

- NutraSweet safety questioned by Senate committee
- Editorial comment (aspartame)
- Seasonal notes (glue, paint, snow, heaters)
- Hyperactive adults
- Diagnosis dilemma (Colleen Smethers, RN)
- An adult writes to FAUS
- Scientists testify at Senate hearing
- Dear Pure Facts (vitamins, frosting recipe)
- Surimi – the surreptitious seafood
- Merry Chist*m*ess! (poem by Mary Jo Carr)
- Sulfite caution

### **February 1988 (Special Issue On Salicylates)**

- What is a salicylate-free diet?
- Consumers win victory on two dyes
- Salicylate survey – Feingold members report
- Stage One – coping with the tomato-less times
  - Roanoke Valley spaghetti sauce
  - Un-tomato Pizza
  - PATH of Illinois tomato-less sauce
- Cook's notes
- How important are salicylates?
- Salicylates in herbs
- Salicylate sensitivity (Bonnie Volk)
- Dear FAUS (trying Stage Two)
- FDA gives approval for blue dye
- Vocational education for LD students

## March 1988

- MSG and the Feingold Program
  - MSG and infants
  - The many names of MSG
  - What is MSG?
  - “Bound” and “Free”
  - How is it made?
  - How does it work?
  - Eating out
  - Soup – is it good food?
  - Make it
  - A bright spot
- Tips from a working mother
- Hyperactivity and psychotic symptoms from MSG
- Cartoon re Yummy Foods Co. “even if you have to add food to it”
- FAUS conference to be held in San Francisco area
- EPA’s decision called “scientific vandalism”
- CSPI campaigns for full disclosure of MSG
- Form to send FDA c/o CSPI
- Supermarket suppers: shop on the way home
  - Recipe: Hearty Fish Chowder
- Walnut Acres – the little farm that could

## April 1988 (Special Issue On Allergy & Sensitivity)

- School and the chemically sensitive child
- Allergy vs sensitivity
- Allergy – one family’s story
- Study connects food additives and hives, angio-oedema
- Which foods/additives cause the most problems?
- April Fooler
- Recipe: Lemon Chiffon Pie
- The combined effect of chemicals
- Allergies – a Canadian perspective
- New potential for drug abuse

## May 1988 (Special Issue on Sugars)

- Can sugar cause hyperactivity?
  - “Candy” and “sugar”
  - Studies on sugar and hyperactivity
  - The sugar industry fights back
  - What Dr. Feingold recommended
  - The many different sugars
- Mother: “Guilty as charged”
- Happy birthdays (how to deal with parties)
- Editorial comment (sugar)
- Feingold look-alikes: Orange Julia
- Sugar takes the blame
- Sugar coated advertising

## June 1988

- Researcher charged with falsifying studies on Ritalin, Dexedrine
- News from McDonaldland
- A special anniversary
- A message to Moms & Dads (Colleen Smethers)
- Feingold Boy Scouts: Be prepared
- Noteworthy (from CSPI)
- Research proposal competition (Wacker Foundation)
- Summer travel
- Government agencies move slowly on carcinogens

## July / August 1988

- Hyperactivity and physical symptoms
  - Sleep disturbance
  - Implications of the studies
- Arts & crafts & problems
- Emergency! (experience at emergency clinic)
- Inactive ingredients and active children (chart)
- Dear Pure Facts (medication dye ingredients)
- The Feingold gourmet
- Natural water colors and crayons? (Livos)

## September 1988

- To tell or not to tell (NJ & CA moms)
- School year calendar
- Coolers and the Feingold Program
- College for the learning disabled student
- Make a Feingold bakery cake (recipe)
- Making naturally colored frosting (recipe)
- Four dyes finally banned (from drugs & cosmetics)

## October 1988

- Diet/behavior connection gains professional recognition (*Nelson's Textbook of Pediatrics*)
- If an additive is harmful, why doesn't the government ban it?
  - Background (from Congressional report)
  - FDA authority reduced
  - The dyes as carcinogens
  - Delaney Clause
  - Legal counsel
  - FDA Commissioner Young
  - The Legality
  - Red No. 3
  - Department of Health and Human Services
  - OMB (Office of Management and Budget)
  - Additional industry influence
  - President Reagan's executive orders
- Reaction reported to the dye in Tegretol
- Seizures, Tegretol and dyes
- Dear Pure Facts (butter)
  - Recipe: Honey Butter
- Halloween
  - Pumpkins
  - Recipe: Pumpkin Cookies
  - Vampire alert
  - Recipe: White Grease Paint
  - Recipe: Brown Grease Paint

### **November 1988 (Special Issue on Grandparents)**

- Thank heaven for grandparents!
- A Feingold parent's kind of Thanksgiving
- Summer school for Keri and me
- Ritalin abuse increases
- Time to bake ... but there's not much time
  - More on cholesterol
  - Recipe: Wacky Cake (chocolate)
  - Recipe: Quick Mix Pear Cake
- Ritalin – becoming the “drug of choice” in Iowa
- Feingold Cookbook
- Farewell to Ruth – a grandmother to be reckoned with (Ruth Desmond)

### **December 1988 / January 1989 (Special Issue on Food Allergy)**

- Ritalin increase noted in JAMA
- Other problems affecting Feingold members
- Combining the Feingold Program with an allergy diet
- Milk allergy
- Getting enough calcium
- Egg allergy
- Corn allergy
- Allergic irritability syndrome
- Crib death linked to sleep apnea

### **February 1989**

- Newest study supports Feingold's work (Kaplan 1989)
  - Abstract
  - Results
  - Study design
  - Non-food considerations
  - The double blind
  - Behavior ratings
  - Funding
  - Nutrition
  - Conclusion
- A new beginning for Scott
- Letter from Holland
- Headaches
- Tracking down a reaction
- Truth in labeling
- Consumer group monitors new additives (CSPI)
- Bad news on sulfites
- Pesticides
- Organic agriculture

### **March 1989**

- Religion and the Feingold Program
- Sick Building Syndrome
- Healthier buildings and homes
- HEAL
- The Feingold Diet goes Hollywood (Raffi DiBlasio & Paul Schorr)
- Editorial: Good nutrition can be hard to swallow
- Consumer's Rights
- “Raspberries” to Nabisco (fragrance in cereal aisle)

### April 1989

- Pesticides and other chemicals
- In defense of Ritalin
- Editorial: Is Ritalin good or bad?
- Going to camp
  - Finding the right camp
  - The next step
  - Your child's part
  - Some problem areas
  - Non-food culprits
  - The do-it-yourself camp
  - One more alternative
- Feingold Camp
- Better way of preserving fruits and vegetables
- Soda without corn syrup
- FAUS 14<sup>th</sup> annual conference – Chicago
- Natural gardening products

### May 1989

- Feingold: The next generation
  - Michael
  - Dawn
  - Mark
  - Tommy
  - David
  - Andrea
  - Lita
  - Gerrik
  - Chris
  - Michael
  - Laura
- Glad tidings
- Getting it together
- Gypsy moths and other beasties
- Sweet subjects
  - New sweetener approved
  - More low-cal foods on the way

### June 1989

- Suddenly, it's summer!
- Hotel room meals: The French student special
- Thanks to *Woman's World!*
- Cartoon: Herman, re Jell-O in bath
- Swimming
- The sandbox set
- Chemical sensitivity in the workplace
- Food shopping (travel)
- Sulfites proposed as safe
- Organic agriculture

## July / August 1989

- The lonely parent
- Pink polio vaccine
- He's "all boy"
- New ideas
  - Keeping food fresh
  - Bug-Vac
- Recipe: Our family's favorite potato salad
- Smelly subjects – fragrance, air fresheners, scented trash bags
- A better cup of coffee – SFE decaf & filters

## September 1989 (Special Issue on Learning Disabilities)

- When you suspect a learning disability
  - ADD and ADDH
  - Learning disabilities
  - Where to begin
  - Resources
  - The I.E.P.
  - Advocacy and testing
  - Public laws
  - Start early
- Feingold videotape now available (Impossible Kids?)
- Editorial: Feingold Program and learning disabilities
- Government reports on learning disabilities
- Another approach to education: Home schooling
- Will the Feingold Program help my child's schoolwork?
- FAUS elects new president: Pat Palmer
- Researcher addresses FAUS conference (Bonnie Kaplan, PhD)
- Commitment and vision
- Kid food
- Dear Pure Facts (Coke & Pepsi)
- Recipe: Tim's "Whenever" Spaghetti
- Potential culprits in the school

## October 1989 (Special Issue on Mental and Emotional Disabilities)

- The mentally or emotionally disabled child and adolescent
  - Depression
  - Stress disorder
  - Male vs female ratios
  - Hereditary factors
  - Finding help
  - Where to look
  - Other resources available
  - New Hope (residential program)
- Our foster child
- Editorial note: How does Feingold fit in?
- An adolescent under stress
- The dark memories
- Preston Edwards, MD wants to hear from members who received medication
- Cutting back on cholesterol
  - Recipe: "Better Butter"
  - Best peanut butter & dairy products
- Halloween's coming
- United Way and CFC donations
- Food coloring may alter kids' behavior
  - Reprinted from *American Psychological Association*

### **November 1989 (Special Issue on Teens)**

- Parenting the Feingold teen
  - Make the Program a family affair
  - Yes, your child is different
  - Don't make the diet more different than necessary
  - Be sure there are lots of acceptable foods in the house
  - Consequences of going off the diet – “placebo effect, where are you when we need you?”
  - The rebellion years
  - Positive rebellion
  - Try to be aware of what's normal ...for the age
  - Fringe benefits
  - Life isn't always fair
- Editorial: The Feingold Program's mysterious “1% success rate”
- My ordinary kid (Annette Miller)
- Dealing with the relatives
- Recipes: UnTomato Sauce, Pizza Sandwiches
- Chemical Consciousness Quiz
- The “clumsy” driver
- Cartoon re driving
- The Association doesn't endorse products

### **December 1989 / January 1990**

- Editorial: Who's minding the store?
- 23 years of hyperactivity
- Frustration
- Appetizers & Beverages (recipes)
  - Dill Dip
  - Teriyaki Meatballs
  - Caramel Dip
  - Easy Dip
  - Little Link Oriental Sauce
  - Stuffed Mushrooms
  - Pineapple Banana Slush
  - Shrimp
  - Holiday Olive Spread
  - Refried Bean Dip
  - Cranberry Tea
  - Holiday Cheese Ball
  - Salmon Ball
- A good night's sleep
- Australian study of Feingold families
- Caffeine – more than just “coffee nerves”
- Pollution inside your house

## February 1990

- The Feingold summer vacation
- Special menu tours
- Sugars and a Happy Valentine's Day
- FAUS 15<sup>th</sup> Annual Conference - Baltimore
- My very sensitive child (Jason)
- Cookies & Desserts - recipes
  - Banana Bars
  - Snickerdoodles
  - Chocolate Snack Cake
  - Rhubarb Sponge Pie
  - Microwave Brownies
  - Frosty Strawberry Squares
- Natural candy choices for Feingolders
- Vitamin C
- New, but not necessarily improved
- Tastykake
- What's new in Candyland?
- Where there's smoke ...
- Troubles down on the farm
- Organic agriculture
- Noteworthy quote re ratio of benefit to harm
  - From *New England Journal of Medicine*

## March 1990

- FDA bans some uses of Red Dye No. 3
- Summer camp!
- Chrissy's camp
- Major food companies in the United States
- The colorful history of Red No. 3
  - Thyroid problems and mood swings
  - Red 3 in combination with light
  - When Red 3 goes, where will it go?
- The other red dye – Red No. 40
- More choices for the consumer

## April 1990 (page 2 is doubled)

- State, government agencies study chemical sensitivity
- Is NutraSweet safe? (Virginia Messina, MPH, RD)
- Norsk Feingold Forening (Feingold volunteers in Norway)
- Letters to FAUS: Two little girls and one boy
- Artificial fat approved (by FDA) (Simplese)
- Recipes: Main dishes
  - Beef Strips Oriental
  - Sweet and Sour Meatballs
  - Stove Top Tuna Macaroni and Cheese
  - Zesty Chicken Oregano
  - Turkey Tetrazzini
  - Foil-Baked Fish with Vegetables
  - Chicken Parmesan
- Updates: Feingold Candy (Nancy Kemble)
- Feingold camp
- April Foolers
- Beautiful babies contest
- FAUS 15<sup>th</sup> Annual Conference
- A special gift

## May 1990

- Schools in crisis
- Will Uncle Sam tell all? (labels)
  - Problems with MSG
  - Feingold families wary of MSG
  - Asthma
- The end of school fiasco
- Spring cleaning
- New developments
  - Hot stuff (thermal pest eradication)
  - Melons / Tomato / Cut fruit
- Barbecue
- Talking turkey (rosemary)
- Roy Rogers says “Happy Trails” and rides off into the sunset
- Planning your vacation
- Cartoon: Grin and Bear It
- The over-protective mother strikes back
- Non-toxic gardening
- Take time to say “Thanks” (to companies)
- Going to camp

## June 1990

- The damaged children: FAS (fetal alcohol syndrome)
  - Characteristic behaviors
  - What is available? (Book: *The Broken Cord* by Michael Dorris)
  - Identifying a FAS child
  - Dealing with FAS
  - The Feingold Program
  - How much is too much (alcohol)?
- Michael’s story
- Carol Ann’s story
- Brian’s story
- Watch out for vacation bible school!
- “Safest Stripper” (paint remover)
- Just when you thought it was safe to turn on the lights (scented light bulbs)
- What are emulsifiers?
- New from Japan
- Remembering Dr. Feingold
- Thanks to Dad!

## July / August 1990

- Cosmetics
  - Fragrance-free
  - Lipstick – real lipstick!
  - Feingold survival skills at the cosmetic counter
  - Especially for teens and pre-teens
- How the Feingold Program fits in (Beatrice Trum Hunter)
- Danny’s story
- Cartoon: label reading
- What can we do with vinegar?
  - Recipe: Zucchini Pickles
  - Book: *A Whole Houseful of Uses for Heinz Vinegar – Naturally*
  - Book: *A Salad Tour of the United States*
  - Why Heinz?
- FAUS elects officers, Board of Directors
- Footnotes on cosmetics

### September 1990 (Special Back-to-School Issue)

- Starting the new school year
- When it's time to prepare the IEP ...
- Better ways to help ADHD children (Dr. Paul Lavin)
- Edward and the K.I.S.S. Plan
- Learning math (pamphlet from National Council of Teachers of Mathematics)
- Pass the butter, Bonzo (cholesterol)
- Lunchtime at school (milk)
- Book: *Why Your Child is Hyperactive* (in paperback)
- FAUS gets an 800 number
- Bumper sticker
- New study on sugar (Tamborlane & Jones)

### October 1990 (Special Issue on Medication)

- Happy Halloween!
- If your child is sick
- Mark
- When medicine does more harm than good
- Hyperactivity and risk of manic episodes
- Medications in Canada
- Another "dimension" to candy and other foods
- What do cranberries, oranges, garlic, onions and bananas have in common?
- Reading, writing, arithmetic, lead and asbestos
- Those fruity little things
- Is your child doing "pretty well" on the Feingold Program?
- Little chocolate pumpkins
- Old fashioned ham, sausage and bacon
- Donna's homemade sausage
- New red dye
- Another good reason not to smoke
- Here's what a little giving can do
- The high price of using pesticides
- Pen pals

### November 1990 (Special Issue on Grandparents)

- Dear Grandma and Grandpa
- Holiday dinner (recipes)
  - Pumpkin Bread
  - Swiss Creamed Peas
  - Lemon-Pear Gelatin Salad
  - Pumpkin-Ice Cream Cake Roll
  - Norma's Pear Sauce
  - Ginger Squares
  - Carrots in Pineapple Sauce
  - Hot Lemon Sauce
- Cooking with love
- Grandmothers write to FAUS
- FAUS totes

## **December 1990 / January 1991**

- The Kellogg Report – a landmark study
  - Relating the report to the Feingold Program
- Measuring brain activity in hyperactive adults
- Yellow dye and health problems
- Salicylate sensitivity: The elusive diagnosis
- Do your friends a favor – don't give out your Foodlist
- How I saved Fairfax County \$62,296.00
- Solutions (corn syrup, unexplained reactions)
- Editorial: What's wrong with our schools?
- Easy-to-make cold cereal
- Our video gets around
- Food adulteration in Australia
- Organic news

## **February 1991**

- A new look at diet and ADHD
- Sensitivities to aspirin and to food additives
- Heidi
- A message of love for your littlest valentines
- Feingold conference to be held in the nation's number one Ritalin state
- Cookies & Desserts (recipes)
  - Microwave Fudge
  - Best Ever Gingersnaps
  - Dump Bars
  - Pumpkin Bars
  - Lemon Ice Cream
  - Cupcakes
  - Mint Chocolate Chip Frosting
  - Lemon Sponge Pie
  - Flaky Pie Crust
- Solutions (paint)
- Here comes Valentine's Day
- Sugar & lemon rinds
- Our poor little world
- Mailbag
  - Soccer star
  - Sensitivity to noise
  - Bumper stickers
- Breathe easier in the Northwest

## March 1991

- Getting the support you need
- Get the bugs out – bringing integrated pest management (IPM) to your community
- Color Johnny Hyperactive/ADD (handout)
- A brief background of the Feingold Program
- Summer school for Keri and me
- Connecting diet and ADD
  - NIH: Animal studies show that artificial food dyes are associated with hyperactivity
  - Shaywitz: The effects of chronic administration of food coloring on activity levels and cognitive performance in normal and hyperactive developing rat pups
  - Swanson & Kinsbourne: Food dyes impair performance of hyperactive children on a laboratory learning test
  - Schoenthaler et al: Major study on nutrition and learning
- Mark
- Policy statement: Is Ritalin good or bad?
- Easter time – there's life without jelly beans
- Say it isn't so! (grape flavor on fields, synthetic fat)
- Is this really progress?
- Sulfites
- Filling the baskets
- Allergic-type reactions to nail polish
- Corn syrup sensitivity?
- Special harvest for babies
- Learning disabilities may be inherited
- Happy birthday party

## April 1991

- April Fool Foods
  - What have they done to natural cheese?
  - Pizza cheese
- Sweet dreams for Katie
- When things are not what they appear
- We're looking for Feingold artists
- Don't be "April Fooled" by the label!
- Be sure to check those labels
- Another hidden hazard
- And some good news
- Letter from New Zealand (AHA: Auckland Hyperactivity Assn)
- The problem of the "good pill"
- Tim: science fair experiment about use of lemons in experiments

## May 1991

- Summertime!
- Happy birthday to FAUS!
- A Mother's Day story – Feingold style (Sharon Latta)
- Smelly stuff
- New pain reliever for infants and children
- Plan ahead for all pollen allergies
- Stage One summer foods
- Natural preservative (bamboo plant)
- Spring cleaning
- Editorial: Some thoughts on police brutality
- FDA gets a new chief (David Kessler)

## June 1991

- Disney World!
- New study nearing completion
- Bobby: The story of a good boy (Susan Frisina)
- Anesthesia
- Editorial comments (re study)
- Thank you! (Idaho members)
  - Recipe: maple-type syrup
- Label caution proposed
- Summer note: PABA in suntan lotions (benzoates)
- Occupational hazards (Jackie Gleason)
- Fast Foods

## July / August 1991

- Finding suitable medications
- Dear Pure Facts (Austin Lacy)
  - Recipe: Hi-Energy Multi-Grain Waffles
- Chaos in Canada?
- Recipes: Summer picnic
  - Lemonade
  - Frothy Fruit Drink
  - Cheese Bread
  - Easy Yogurt Salad
  - Pasta Salad
  - Simple Side Dishes
  - Chicken Teriyaki
  - Grilled Turkey Tenderloin
  - Jeff's Pear Cake
  - Lemon Glaze
  - Pineapple Cake
- Helping you find medicine
- Beyond Feingold
  - Clothing for the chemically sensitive
  - An allergy boutique
  - Eggo Bella
- Freeda Vitamins, Inc.
- Medicines: to crush or not to crush
- If you can't say something nice ... (Alar in Colorado)

## September 1991

- Editorial: The Four R's: Readin' Ritin' Rithmetic and Ritalin
- Making it (Dustin Marks)
- The high cost of poor health
- The problems with giving stimulants to children
- Comments we have heard from parents (re stimulants)
- Feingold members "adopt" families
- 1990-1991 school year calendar
- Good news down in the Bayou
- Peanut butter and what?
- A new kind of "ice milk"
- Plan an "S.O.S. lunch"
- Those pesky pests
- Help for your pets (BIRC – Bio Integral Resource Center)
- The chemically-sensitive adult
- Mailbag (Q&A re food at night)
- Meet your pen pal

## **October 1991**

- Food labeling improvements proposed
  - Incidental additives
  - The troublesome anti-oxidants
- Staying dry – Melissa’s triumph
- Sugar time
- Canadian products
- Have we got news for you! (Pillsbury)
- Post Halloween Syndrome
- MSG, the elusive additive

## **November 1991**

- Why doesn’t my child’s doctor support the Feingold Program?
- Feingolding – our way (Christopher, Nicholas & Peter Westberg)
- Confronting yeast
- Thanksgiving!
  - Getting there
  - Pumpkin Pie (change in label color)
- Teacher’s gifts
- Mailbag
- Your beautiful child

## **December 1991 / January 1992**

- How can I gain my child’s cooperation?
  - Substitute, don’t deprive
  - The very young child
  - Pre-schoolers
  - Elementary school-aged children
  - Junior high and high school
  - Ignore your teen
  - Negative vibes
- Dear Pure Facts; we’re international
- Candy!
- Family Almanac highlights Feingold assistance
- MSG gets a “taste” of notoriety (60 minutes)
  - Industry lobbies gear up
  - Sure & possible sources of MSG
  - High cost of flavor
  - FDA changes its mind
- Product information
- Feingold T-shirts and sweatshirts
- Feingold News
  - Welcome, new members
  - Great news
  - Funds
  - Give Stage One a good trial
  - What is a Program assistant?
  - Starting Out
  - Going shopping
  - Unexplained reaction?

## February 1992

- Questions new members ask
- Starting out
- Mailbag
- Around the world
  - “Traditional” vs “Alternative”
  - Australia makes a poor choice
  - Request from Norway
- New carpeting
- Recipe: Pat’s Quick & Creamy Soup
- Editorial: Was the new henhouse designed by the fox?

## March 1992

- How do I actually begin the Program?
  - Born chef or convenience food fancier?
  - Your old standbys
  - What now?
  - The sincerest form of flattery
  - Time warps
  - How many diets can you do at one time?
  - The other meals
  - Plan a limited repertoire for lunches too
  - Need more help:
- The long and the short of it
- Getting to know my little girl (Carolyn)
- Dinner in a hurry (recipes)
  - Shrimp, Broccoli & Fettucinni Alfredo
  - Easy Beef Stew
- Food technology for sale
- Labelreading 101
- Marshmallows
- Easter candy
- 17<sup>th</sup> Annual FAUS conference

## April 1992 (Special Issue on Indoor Pollution)

- Why I don’t go to church anymore
- A view of hyperactivity from the other side of the pulpit
- More about carpeting
- “Toxic carpet”
- Perfume! What is this stuff?
- MCS – Multiple Chemical Sensitivity
- Your child’s bedroom
- Dinner in a huff (recipes)
  - Super Supper Sandwiches
  - Pretzel Treats
- North California Feingold camp
- Just say “Ahhh ... Phooey!”
- Fresher air inside
- Airpollution folder
- Lead in water
- Young wisdom (quote: “... like you swallowed a war”)

### **May 1992 (Special Issue on Food Allergy)**

- The Feingold Mom
- Mothers Resource Guide
- How we manage Feingold + food allergies (Cindy Pacileo)
- Food allergies!
- "Foodcare" (UK)
- Recipes from Pacileo kitchen:
  - Cindy's Fruit Cobbler
  - Anna Bea's Gingerbread Cookies
  - Maple Pecan Dessert Cakes
  - Instead of Milk
  - Oatmeal Muffins
- Nabisco
- Allergy and hearing loss
- Worst allergy foods / solutions
- Allergy: a Brief History

### **June 1992 (Special Restaurant / Travel Issue)**

- New study strengthens diet/hyperactivity link
- Editorial: The Lancet study and the Feingold Program
- Viral infection
- Mailbag
- Summer vacation – with restaurant food
- Saccharin – regular or unleaded?
- In the swim this summer

### **July / August 1992**

- Traveling abroad
- Doug's Story
- Jason's Story
- Le Big Mac (UK & Europe)
- Help abroad
- Looking ahead to holidays (recipes)
  - Natural Peanut Butter Cups
  - Easy Candy Clusters
  - Cake decorating
- Tracking down Tom's (toothpaste)
- Those pesty pesticides
- Benzoates
- Sounds fishy!
- FAUS elects new Board
- Travel abroad
- "E" additives to avoid
- Battling bugs

### **September 1992**

- The sick school syndrome
- That kid who drives you crazy! (handout)
- The research
- Editorial: Some thoughts on new books, shiny shoes, and lost childhoods
- School lunch
- Giving a child the gift of time
- Sad commentary (Steve Howe, baseball pitcher)
- School year calendars

## **October 1992**

- The finances of helping hyperactive/ADD kids
  - Industry “front” groups
  - Names of organizations & supporters
- When the goblins go out gobblin’
- Healthy skepticism (Lynn Murphy)
- Editorial: . . . and some good news
- Making your voice heard
- David’s story – from angry child to “Bobcat”
- FAUS members lend a hand (Hewlett Packard Co)
- United Way
- Mailbag
- Le Supermarket
- Cheerios (not on list)

## **November 1992**

- The child who’s “not that bad”
- One big happy family (Kenny)
- Tess – Daddy’s lucky little girl
- Petrochemicals – some new developments
- Where’s the beef (fat)?
- Ritalin use reported in decline
  - Top ten states
  - Georgia
- Congressman Wyden lambastes junk food TV ads
- Goodbye to Ted Weiss
- A Fresh (Fields) approach to supermarkets
- Turkey talk
- Very orange oranges
- Sorry, Charlie
- FAUS Scholarship Fund takes off
- Drug interactions (Dilantin & MSG)
- Words of thanks

## **December 1992 / January 1993**

- Salicylate/aspirin sensitivity handbook
- A look back at 1992 – Food becomes more complex
- Plan ahead for conference – in the Big Apple!
- Jerry earns his black belt
- Salicylate sensitivity can take many forms
- The Brave New World of Foods
- Making sense out of Salicylates
  - The degree of sensitivity
  - Which foods are the worst offenders?
  - Pineapple and pear
  - Are organic salicylates better tolerated?
  - Does salicylate sensitivity go away?
- What’s wrong with apple juice? (Handout)
- 10 free things to do in New York City
- Non-salicylates for big and little people
- Stage One treats
- Chocolate chip caution
- Scenes from a mall – the wired child
  - Difficult Child? Business card
- Another way to spread the word: Bumper sticker

## **February 1993 (Special Issue on Social Skills Deficits)**

- Social skills
  - New research / Dyssemia / Other problems
- Jenny's story – creating social skills problems
- Another resource – American Guidance Service (AGS, STEP program)
- Problems at preschool
- Timmy's mom describes the problem
- A preschool director / Feingold mom responds
- One technique for helping Timmy at home
- A parent's perspective
- I thought you'd never ask!
- The new me (labeling a child)
- Feingold pen pals
- Hot tomato (genetically engineered)
- Staying beautiful – naturally
- Tanning pills – when natural coloring is too much of a good thing
- Natural foods available via mail order
- No comment! (spill of ethyl butyrate, flavor enhancer for bubble gum)
- NIH explores alternatives
- "Healing the Mind" on PBS
- For the birds (bird houses)
- Burning issues (second hand smoke, fire, kerosene heaters)

## **March 1993**

- Ear infections
- Brian and Christina
- Hyperactivity and ear infections
- "Strategies for Success with the ADD/Hyperactive Child"
  - Program for seminar
- Feingold camp
- Camp Latieze (Catherine Jackson, age 7)
- Stamp out hand stamping
  - What to do? / Markers, too
- Bag of ranges turns out to be a lemon
- Easter
- FAUS scholarships available
- Antibiotic alternative
- Dear P.F.: canned vegetables

## **April 1993**

- Autism – the invisible prison
- Notes on autism
- MCS – Multiple chemical sensitivity
- Fragrances – MCS nightmare
- Nontoxic home and work
- Down the tubes! (non-scented drain opener)
- California tackles perfume pollution
- Michael's story
- Too much candy!
- No (April) foolin! (Heinz vinegar)
- Flowers for Mother's Day
- Whitman's candy
- High cost of beauty
- Confections
- Getting to know your Stage One list
- Healthy food help

### May 1993

- Mother's Day
- The Feingold Program on a tight budget
  - Saving money on food
- Research finds genetic link for some cases of hyperactivity
- "I used to hate cooking"
- "still hate to cook"
- Busy, busy Mom
- Editorial: Moms who use Ritalin love their kids too
  - The guilt glands
  - Some Feingold kids do well on Ritalin
  - What's the controversy?
- Fresh Fields
- Book: *Mother's Almanac* by Marguerite Kelly
- Save money on spring cleaning too (glass cleaner)
- "Placebo effect"

### June 1993

- The Feingold Program's 20<sup>th</sup> anniversary
- Traveling abroad
  - Decoding the ingredients
- Why do we bother? (volunteers)
- Additives in Europe ... and Australia
- MSG safety debated
- Something to think about (politics & health)
- Ingredient labeling
- Summer sunning
- Picnic time, pickle time
- Flower fundraiser
- Fighting fleas
- Not so dandy
- Mothballs
- Mail ordering natural foods

### July / August 1993

- Asthma
  - More children affected
  - Asthma and allergy
  - Other suggested triggers
  - FDA cautions asthmatics
  - Asthma medication can backfire
  - Women at high risk
- FAUS conference speaker
  - Sal Nicosia
  - Gerald Deas, MD
  - Charles Richardson
  - Bernard Weiss, PhD
- Althea's story
- New convenience meals for adults
- Eating out in South Florida
- A radio show that needs to know ... about us!
- Social skills workshop
- Pudding-lovers (Kozy Shack)

### **September 1993**

- Finding real food in your school's cafeteria
- A case of "Parent abuse"
- Milk is a ... ?
- Breakfast time
- Trials and tribulations of food research
- ADD and the law
- Beacon College
- The right to read
- Pesticides in schools
- *Our Toxic Times* (newsletter)
- School year calendars
- Feingold News
- Open letter to James Dobson, MD (Focus on the Family)

### **October 1993**

- Young and violent
- New! FAUS Endowment Fund
- Dim prospects (of young adults diagnosed ADHD)
- Walt's story – Dr. Jekyll and Mr. Hyde
- Oh no! he's having a reaction!
  - Chart of possible triggers
- Dealing with a reaction
- Feingold News
  - Meet Markey Dokken
- Solutions – fingerpainting
- Make it yourself – donuts!
- Latex gloves
- Face painting
- A message from Sandy
- A natural palette
- The causes of violence (editorial by Pat Palmer, FAUS pres)

### **November 1993**

- MISSING

### **December 1993 / January 1994**

- Health care 1994
- Feingold adults shop for wine
- Fine tuning the Feingold Program
- Phosphates
  - Alcohol and phosphates
- Red wine headache?
- FAUS testifies before USDA
- No more whole milk?
- Phoney but not fatty
- Become an activist
  - Oprah
  - Kraft / General Foods
  - Dobson letters
- Rhinosyn
- Missing USDA report on nutrition & health
- Feingold News

## February 1994

- Flavorings
  - Vanilla vs. vanillin
  - Chocolate and vanillin
  - A scarce commodity?
  - Same or different?
  - The flavor chemist
- “Natural and artificial flavors”
- Autism
  - Research on autism and allergy
  - Book: *Son-Rise – The Miracle Continues*
  - What is allergy-induced autism?
  - Fragile X syndrome and autism
- Rebecca’s story – dealing with extreme sensitivity
- Rachel
- Wheat allergy?
- Versatile spelt
- Truth in advertising?
- Concerned chefs
  - Cleaner Foods, Cleaner Kitchens Alliance logo
- Gluten intolerance
- Latitudes
- Fatal form of asthma
- Feingold News
  - Meet ... Barb Keele

## March 1994 (Special Issue on Studies)

- **Carter:** Effects of a few foods diet in attention deficit disorder
- Increase in ADD and behavior problems
- No more “ADHD” for Joseph
- A note from the teacher – two letters to FAUS
- Dangerous side effect of an antidepressant prescribed for children
- **Egger:** Effect of diet treatment on enuresis in children with migraine or hyperkinetic behavior
- **Breakey:** Dietary treatment for hyperactive children
- Editorial comment: The story behind the sugar study (Wolraich)
- Natural nibbles – treats through the mail
- Recipe: Mama’s Chocolate Fudge
- 1994 FAUS conference info
- Feingold News
  - Problems in avoiding corn (citric acid in processed foods)

## April 1994

- Editorial: Smoking
  - Food and tobacco
  - What’s in that little weed? (list)
  - When Mom or Dad smoke
- Why won’t they even try the diet?
- Supermarket blues
- Just look at all those food companies! (list of who owns who)
- “Huffing”
- Book: *Vegetarian Journal’s Guide to Natural Restaurants*
- Natural linens
- Feingold News

## May 1994

- Navigating the rough waters of the IEP
  - Resources (pg. 5)
- Our Feingold family (Carol Tardiff)
- Feingold News
- Follow-uup (smoking)
- Food additives are a real blast
- Happy Mother's Day (*Welcome Home* – journal for Moms)
- Oh No! Not spring cleaning!
- And we thought *we* had problems (Japan - sausage from sewage)

## June 1994

- When children consume pesticides
- Two dads write about the Feingold Program
- Flying to your destination
- Book: *Pest control for Home and Garden*
- Book: *Common-Sense Pest Control*
- Summer traveling – booking a “green room” in the US
- Traveling abroad – a hidden hazard
- Air travel – a hopeful sign
- Science for sale – more on “industry front groups”
- Astro-turf?
- “The Great Defender of Petro=chemical Companies”
- MSG & “Food that hurts” – NoMSG seminar
- Dear Ralston Purina,
- Remembering Dr. Feingold
- Dear Pure Facts

## July / August 1994

- Finding solutions for learning problems (in-depth article)
- Alexander Huber
- Remembering Alex
- Recipes: Summertime coolers
- Taking the IEP to college
- Poison ivy relief
- Letter to Pure Facts (Charles Popper, MD, Harvard Medical School)
- Plummer's helper?
- Chlorine
- Get in the swim (pool products)

## September 1994

- FAUS holds 19<sup>th</sup> annual conference
  - Dr. John Taylor
- IPM – Going back to a safer school
  - New York ... and elsewhere
  - Pesticides outside
  - The most vulnerable
- National PTA position statement on pesticide use in schools
- “My favorite teacher”
- Take a second look at cereals
- Color Johnny sick
- College-bound
  - Preservatives in cereal
  - Preservatives in milk
  - The ideal dorm room
- Meet Lynn Murphy

### **October 1994 Autism**

- Using diet and other techniques to help autistic children (C.A.Kotsanis, MD)
- When your child needs medicine
- Helping Quinn – a child who is *not* autistic
- Another dietary approach to treating autism
- The autistic child sees the world differently (NACD)
- Bonkers for brownies
- Saving money with mail ordering
- Halloween candy
- United Way
- Fresh air
- Meet Judy Schneider

### **November 1994**

- A review of the studies on the use of stimulant medication for children with ADD
- Adult outcome of hyperactive boys
- Learning problems & attention deficits (Doman, Natl Academy for Child Dev)
- ADD abroad
  - Brenda Sampson (New Zealand)
- Every day parenting
- Fluoride
- What about bread?
  - Questions for the baker
- Dee's All Natural
- Visiting the relatives
  - When you need help
  - Foodlists
  - Going shopping
- Candles

### **December 1994 / January 1995**

- 1993
- Newest study names diet as a common cause of ADHD
- Help for adults
  - Solutions
  - Information
- Neurotoxicity
- Tots and toxins
- A cookie for children of all ages
- Dear FAUS,
- Feingold News

### **February 1995 (Brain chemistry)**

- How does a brain work?
- How foods and additives affect the brain (Robert Sinaiko, MD)
  - The pharmacological pathway
  - Immunologically-mediated pathway
  - Neurotransmission
  - Phenols
  - Enzyme deficiency
  - Receptors
  - Neurotransmitters have many roles
  - Antifungal drugs
  - Summary
- Editorial note: Quotes from Dr. Kleman & Dr. Feingold

- A Feingold family's Tampa restaurant: N.K. Café
- FAUS represented in recipe collection (Better Homes & Gardens)
  - Recipe: Stuffed Cherry Tomato Halves
- M&Ms
- Irritable? Out of sorts?
- Just say "Oh, No!"
- FAUS conference, Orlando, FL
- Money matters – where our funding comes from
- Where does the money go?

### March 1995

- New study: Rowe & Rowe 1994: Synthetic food coloring and behavior: A dose response effect in a double-blind, placebo-controlled, repeated-measures study
- The healthy markets
- Jacob's story: Attention Deficit Disorder, hyperactivity, learning disabilities ... and food choices? (Karen Witzke)
- Behind the times – US Dept of Education conclusion
- The Rowe study and the Feingold Program
- Good news for popcorn lovers
- Celebrity snacks
- Before & After drawings (reprint)
- Conference Notes

### April 1995 (Babies)

- Preventing hyperactivity/ADD
- Editorial: Violent behavior in children
- Starting out right – the Feingold baby
- Book: *The Natural Nursery*, by Louis Pottkotter, MD, FAAP
- The Program's easier the second time around
- Babies and
  - Smoking
  - Alcohol
  - Aspirin
  - Heat (& electric blanket)
- The Twinkies Defense revisited
- The anatomy of a Twinkie
- Dealing with "that waxy build-up"
  - Washing off the wax (Healthy Harvest)
  - Little kids and pesticides
  - Book: *Diet for a Poisoned Planet*, by David Steinman
  - Toxic exposure?
  - Book: *Raising Children Toxic Free*, by Landrigan & Needleman
- Predisposing baby to learning and behavior problems
- Environmental chemicals and birth defects
- Preventing ear infections
- Baby-safe houseplants & cut flowers
- Baby's first food, development and IQ
- Violence prevention, Feingold-style (Shula Edelkind)
- Is nothing sacred?
  - Butter
  - Cottage cheese
  - Jams, jellies, preserves

### May 1995 (Drugs)

- The business of drugs
- Fixing up the place with a fresh coat of paint
- "How come my doctor never heard of the Feingold Program?"
- Dear Dr. G. (Sharon Kokal)
- The bug-killer in the medicine cabinet
- FD&C dyes and D&C dyes
- Cartoon re Prozac
- Drug companies and our children – a Feingold perspective
- AIA – Autism-Intolerance-Allergy network
- Book: Marguerite Kelly's *Family Almanac*
- Coca-Cola, Pepsi-Cola and Feingold

### June 1995

- Consumer protection dealt a serious blow
- Smelly toys
- Suzanne – nearly two decades on the Feingold Program
- Ritalin use as a recreational drug can be fatal
- Baby perfume
- What's in perfume?
- Letter to Pure Facts – no Twinkie Defense
- Grow your own air cleaner
- Doughnuts!
- Pumpkin seed mystery solved (salicylates)
- Another unexpected source of salicylates
- Remember S'mores?
- Red potatoes
- Feingold catalog – helps you with those hard-to-find items
- Summer fun: Imagine That!!! (discovery museum in NJ)
- Carl Pfeiffer Center
- In memorium (Frankie Tucker Clubb)
- Steak & Ale & other food for Feingolders

### July / August 1995 (Autism, Intolerance, Allergy)

- An open letter to FAUS
- Autism, intolerance and allergy
- Resources for families of autistic children
- Digestive enzymes affected by dyes
- In the mood for pickles (recipes)
  - Pat's summer salad
  - Grandma's new dills (or half sour) pickles
- *Informed Consent* now *Green Guide*
- *Crime Times*
- Chlorine alternative
- MSG sensitivity
- Bug killers – at 30,000 feet (airplanes)
- Feingold News
  - Robert Palmer Research Development Fund
  - Cream of tartar = pressed white grapes (salicylate)

## September 1995

- NEA offers solutions for “sick schools”
- Scientific studies linking diet to ADHD are often ignored
  - What is the Nutrition Foundation?
  - What is the National Advisory Committee on Hyperkinesis?
  - How the game is played
  - Editor’s note (Zametkin)
- Feingold, Me, and the Future by Andrew Reed
- What can you do when you encounter negative comments?
- An inside look at how schools evaluate our children
- Peter’s before & after writing
- Foods for Feingolders: For Pete’s Sake
- A new candy treat: Tiny Tots
- Pennsylvania Punch – compliments of EPS (dyes in water)
- ...and a Mickey Finn compliments of NASA
- Get a head start on Halloween
- Tony’s journal
- Feeling good at age 5
- AIA network news
- Alternatives to candy
- School year calendar
- Why do some professionals believe that diet doesn’t work?
- What you can do to gain the cooperation of those professionals with whom you deal

## October 1995 (Excitotoxins)

- FDEA claims MSG is safe for most
- The other side of the story
- Book: *Excitotoxins, The Taste that Kills*, by Russell Blaylock, MD
- Consumer group sues FDA
- What is HVP?
- Locating hidden MSG
- MSG in baby food
- Fat-free, but not trouble-free
- Study: (Shaywitz 1994) Aspartame, behavior, and cognitive function in children with attention deficit disorder
- Aspartame effects not so “sweet” for sensitive member
- Book: *Aspartame (NutraSweet) is it safe?* (H.J. Roberts, MD)
- FAUS recipe book available
- Our daily bread (Quick Loaf bread & bagel mixes)
- Attention deficit disorder: a dubious diagnosis?
- Feingold News

## November 1995

- The growing problem if antibiotics
- Ear infection bacteria are becoming immune to antibiotic treatment
- Past the breaking point – the nightmare of spouse abuse
- Antibiotics are in danger of losing their effectiveness
- Study: (Nsouli 1994) Role of food allergy in serous otitis media
- New research on bedwetting
- Hidden treasurers
- The reluctant Feingolder
- Holiday notes
- AIA network news
- Conference '96
- The Developmental Delay Registry

### **December 1995 / January 1996**

- Vitamin C on a Stage One diet
  - List
- Sulfur and sulfites
  - Autism and sulfur
  - The many names of sulfites
  - Sulfa drugs
- Autism and allergies? One little boy's story (by Jean Curtin)
- Now we have Stage One jams!
- Fig and pear preserves
- More good news for members on Stage One
- Feingold News
  - After the diagnosis, then what? (DDR workshops)
- Book: *Different Kids*, by Sue Dengate, Australia
- Book: *We Cry Out*, by Kirstie Alley, Arsenio Hall, Tom Cruise
- Crayola still doesn't get it

### **February 1996**

- Getting off square one
- Gluten-free diets in a processed-food world
- Resources for gluten-free diets
- Beginning the program when your child is taking medication
- Sweetening the gluten-free diet (brown rice syrup)
- Just Devine (mail order cake and bread)
- Teaching social skills to children
  - *Being the Best Me*
- What's white, sweet, and 80% air? (marshmallows)
- Nutrition nightmare in a bowl
- Canadian resources
- Easter egg dye
- Fancy Easter eggs
- Herbs, etc.
- Feingold News

### **March 1996**

- Finding a summer camp for your child
- Many are searching for new ways to treat ADD, ADHD
- Parenting skills sometimes aren't enough
- Our view on drug therapy
- Allergy/Intolerance/Autism Network News
- Wholesome, healthy food – in a hurry (Canterbury Cuisine)
- Tracking down the cause of unexplained reactions
- Feingold News
- Books recommended by Beatrice Trum Hunter:
  - *Gluten intolerance*, by Beatrice Trum Hunter
  - *Grain Power*, by Beatrice Trum Hunter
  - *Against the Grain*, by Jax Peters Lowell
  - *Raising Your Child Without Milk*, by Jane Zuckin
  - *Milk is Not for Every Body, Living with Lactose Intolerance*, by Steve Carper
- Book: *Why Can't My Child Behave?* by Jane Hersey

### **April 1996**

- “It takes a whole village” – we *have* a whole village
- United Nations agency alarmed about Ritalin use in the US
- Failure to thrive (Jordan’s story)
- A “village” of help (Resources)
- AIA Network news
- The flavor of profits
- April food foods
- New study connects lead exposure with delinquency (Needleman)
- Pharmaceutical giants merge
- The Disney Institute
- Feingold News

### **May 1996**

- It’s time for Mother’s liberation
- Pesticides, their effects, and our right to know
- Some of us were our own worst enemy
- Treat yourself! Book: *What’s a Smart Woman Like You Doing at Home?*
- Mothers as activists
- Genetically engineered crops pose risk of pesticide resistance
- Babies and children are the most vulnerable to the effects of pesticides
- Effective alternatives to pesticides
  - For Ants
  - For Termites
- Feingold News
  - New England Tourette Syndrome Family Camp Session
  - Diamond Organics

### **June 1996**

- Eating out on a special diet
  - Disney World
  - On the ground / in the skies
- Study (Stevens) Essential fatty acid metabolism in boys with ADHD
- A little boy named Michael
- There’s more news about asthma, and it isn’t good
- Abnormal gene or abnormal diet?
- My Own Meals
- Breyers Ice Cream
- School House Rock
- Unexpected ingredient adds a sour note
- More about “healthy” artificial flavoring
- Recipe: Chocolate Mousse
- Feingold News

### **July / August 1996**

- FAUS celebrates 20 years of service
- AMA gives the US low grades on violence prevention
- One week of Feingold
- Strategies for dealing with Add in the classroom
- Help your child get a head start on school (Reader Rabbit)
- All that zucchini!
- FAUS elects new officers and board of directors (Dee Heinrich and Karen Witzke)
- Feingold News

### September 1996 (Teaching Interventions)

- The new regulations on pesticides
- How a teacher can work with a child diagnosed with “ADD”
  - Copying from the blackboard
  - Getting started
  - Homework
  - Cursive vs. printing
  - Language and speech delay
  - Hearing
  - Learning to read
  - Certain distractions
  - Note taking
  - Visual tracking
- Phonics readers
- Book: *The laughing classroom* by Loomans & Kolberg
- Feingold News
  - A farewell to Lou
- Breakfast time
- Lunchbox surprise
- At last – a good use for Kool-Aid!
- United Way and CFC
- School year calendar
- Child care options

### October 1996

- 22<sup>nd</sup> FAUS conference – Washington DC
- Many seek drug-free answers to ADD
- BHT: needed in cereals? (Christopher Gibson – science fair project)
- ADHD and substance abuse
- Scientists demonstrate the addictive effects of nicotine
- How a teacher can help the child with ADD – teaching math
- Getting it together ... and keeping it that way
- When a child is reluctant to ask for help, problems multiply
- Feingold News
- Mrs. Fanning’s bread ‘n butter pickles
- Book: *Against the Grain*, by Jax Peters Lowell
- The United States Capitol

### November 1996

- Going to the dentist
- Fluoride’s effect on behavior and learning
- Memories of summer camp (by Marilee Jones)
- Building self-esteem
- Study: (Mullenix 1995) Neurotoxicity of sodium fluoride in rats
- Dear Pure Facts (bed mattresses)
- Reaction to trombone lessons
- Feingold News
  - Holiday gift ideas
- What’s an alcopop
- Book: *Safe Shopper’s Bible*, by Steinman & Epstein
  - Non toxic products, from air filters to window cleaners
- FAUS Conf: Visit the Smithsonian Institution, etc

### **December 1996 / January 1997 (Fats & Cholesterol)**

- The search for a healthy diet
- Cholesterol and your moods
  - And aggression
  - And depression
  - And heart disease
  - Another conclusion
  - Cholesterol or fat: which is to blame?
- NutraSweet in the headlines again (aspartame)
- Fats: Good, bad, or ... who knows?
  - Different types of fat
  - Diets in other countries
  - Margarine
  - Canola oil
  - Fake fat
  - Other fat substitutes
- Cholesterol and the Feingold Program
- For the serious shopper (DC)
- Feingold News
  - How does a product get on the Foodlist?

### **February 1997 (Depression)**

- Depression
- Study: (Cade 1999) New research points to the connection between diet and autism
- My son's struggle with depression
- Another trigger for depression
- Finding help for depression
- Serotonin and autism
- More on serotonin
- Chocolate and the holidays (Valentine's Day)
- Book: *Healthy living in a toxic world*, by Dr. Cynthia Fincher
- FAUS conference and Williamsburg
- FAUS workshops, Jerry Mills, Debbie Dickson, sensory integration
- Feingold News
  - First Foodlist for Canada

### **March 1997**

- Member survey helps answer our question
  - The other additives
  - Other allergies & sensitivities (& chart)
  - What does it take to achieve success?
  - Compliance affects success on the Feingold Program
  - What else improved besides behavior?
  - Medications and the Feingold Program
  - Salicylate sensitivity
  - Unusual fruits
- Finding solutions to difficult problems in education
- Book: *Awakening Brilliance*, by Pamela Sims
- Books on tape may help you or your child
- Feingold News
- Editorial: "First, do no harm"
- Good cookin' (Newman's Own contest)

### April 1997 (School Services)

- Special help from the school
- Food labels – file under “Fiction”
  - What is a certified color?
  - Chocolate and vanilla
  - Synthetic sweeteners
  - Minimally processed
  - School cafeteria secrets
- You might fool people, but not the bees (by Shula Edelkind)
- Two laws protect Americans with disabilities
  - Americans with Disabilities Act
  - Section 504 of the Rehabilitation Act of 1973
  - US Dept of Education Office of Civil Rights – regional offices
- Some IEP strategies
- Other useful aids
- Book: *Is This Your Child's World? By Doris Rapp, MD*
- Smelly markers
  - Methyl isobutyl ketone
  - Butyl acetate
  - Finding solutions
- Getting help for your child – some good advice from a pro (Cathy Ziegler, parent advocate)
  - Educating the educators
  - The IEP
  - Follow-up
- Feingold News
  - FDA issues an advisory for sulfite-sensitive individuals

### May 1997

- Life on the Mommy Track
  - What job do you dislike most?
  - Shortcuts
  - Book: *Miserly Moms, by Jonni McCoy*
- Eating out
- Dear Feingold Staff, (Tommy's story) by Heidi Mantzoros
- Gaining help from your child's school
- Recipe: Buttermilk Salad Dressing
- Recipe: Chicken Nuggets – naturally
- Latest on FAUS 22<sup>nd</sup> Conference
- Feingold News
  - What IS the Feingold Program?
  - Why doesn't the government ban the harmful additives?

### June 1997

- How some critics view the Program
- Sensory integration dysfunction
- Daniel, then and now
- Cylert warning
- New latex source for allergy sufferers
- Hierarchy of development
- Feingold Resource Catalog
- Happy Father's Day
- Feingold News
  - Fast foods

### July / August 1997

- Asthma is in the headlines again
- “Good Nutrition” is not always the answer
- 22<sup>nd</sup> FAUS conference
  - Handle With Care T-shirt
  - Dr. William Shaw
- “Good Nutrition” was not the answer for Lisa
- Jerry Mills: Cassettes & CD
- Conference tapes available
- Swimming pool chemicals
- Buzz Away – zap the pests, not the people (bug spray)
- Something new on the grill (Applegate Farms)
- FAUS board for 1997-1998
- Two international conferences: The Medical Basis of Autism
- Book: *Healthy Living in a Toxic World*, by Cynthia Fincher, PhD
- Book: *Chemical Sensitivity*, by Sherry Rogers
- Feingold News

### September 1997

- Back to school, and back to “sick buildings?”
- It all comes down to money, and “regular ed” kids are getting short-changed
  - Letter to the editor from Beverly Chura
- The culprit was ADDitives, not ADD (Hunter’s story)
- How a teacher can help a child with ADD – positive feedback
- The Georgiana Organization – auditory integration training
- Feingold News
- Book: *Learning Disabilities: A to Z*, by Smith & Strick
- Book: *Handwriting Practice Book 3 (Cursive)*
- Book: *The Ritalin-Free Child*, by Diana Hunter
- Editorial: The times, they are a’changing
- School year calendar
- Perfume in the pews – phew!

### October 1997 (Health Care in America)

- The mixed blessing of American medicine
- The role of the HMO
- From probation to principal’s honor roll (Tyler’s story)
- A pharmaceutical bonanza
- Dye-free medicines used for ADD
- ADD/ADHD in Europe and Asia
- The line between drugs and food seems to be getting blurred
- Alternative health resources
- Feingold News
- Eating out (Subway) – note this info is old
- Jell-O’s birthday
- FAUS resource catalog

## November 1997

- “We live out in the country. How can I find the food my family needs to be on the Feingold Program?”
- Book: *Why our children can't read and what we can do about it*, by D. McGuinness PhD
- Timothy's story
- Sam who couldn't behave
- Organic food
- Buying from a cooperative
- Recipe: People Puppy Chow
- Just getting started?
- Childhood asthma could be linked to gasoline additive
- Newest Foodlists have outgrown their covers

## December 1997 / January 1998 (Alternative Products)

- The bitter after-taste of a synthetic sweetener
- Is there a better low/no calorie sweetener? (Stevia)
- Robbie and his mom
- What the commercials don't tell you
- Better ways
- Some more sweet news
- How do you get rid of a wart?
- Cleaning up produce
- Competition for the crayon giant (natural pigment crayons)
- Highly sensitive skin?
- Those awful cold sores

## February 1998 (Healthcare Freedom)

- If you or your child get sick, will your doctor be allowed to help you? (Sinaiko)
- Parents can now teach their children to read well
- Some good clean fun leads to a product for Feingolders (soap)
- Citizens for Health
- Healthcare is a very big business
- How can you find a good alternative health care practitioner?
- Healthcare choices could be protected by law
- Book: *Reading Reflex*, by McGuinness & McGuinness
- The terrible legacy of a cold war (Oak Ridge contamination)
- Proposed regulations to define “organic”

## March 1998

- Autism and Pervasive Developmental Delays (PDD)
  - Book: *Biological Treatments for Autism and PDD*, by William Shaw, PhD
  - DAN! (Defeat Autism Now!)
  - PDD, ear infections and immunizations
  - The National Vaccine Information Center
  - The Feingold Program and ear infections
- The use of pesticides in schools
- Symptoms of autism could be based on diet (David's story)
- Economic suburban chemical warfare (by Sue Carroll) (FIFRA)
- Book: *Keep On Looking*, by Susan Stern (learning to draw pictures)
- Maple syrup – another El Nino casualty?
- Recipe: Your own sugar & Maple Syrup
- Gluten-free cakes (Passover potato starch)
- AIA Network: Detective work in action: a case study (by Jean Curtin)
- Antibiotics, ear infections, and their many effects
- California Medical Board hearings (Sinaiko)

## April 1998

- Strange sensitivities and rare reactions
- Fibromyalgia, attention deficits, and salicylates
- AJ's mom finds the answers
- April Fools winners
- Looking for a good fabric softener?
- Book: *Little Rainman*, by Karen Simmons
- Tell us about your child's experience with autism
- Recipe: Hot Cinnamon Biscuits
- Recipe: Vanilla Icing
- FAUS 1998 Conference
- School Year Calendar
- Labelit Poison
- Feingold News
  - California Medical Board hearings
  - T-shirt "Don't gag my doctor!"

## May 1998 (Special Diets)

- New studies yield support for diet/ADD connection (Breakey review)
- FDA approves Sucralose, a synthetic sweetener
- The dramatic effects of salicylates (Hannah's story, by Mundy Wilson-Libby)
- In the beginning: Tips on implementing a gluten/casein free diet
- French fries – they might be more than just potatoes
- Solutions (Q&A)
- Study: (Uhlig 1997) Brain activity of children with ADHD responds to certain foods  
[Note typo: Correct date is 1997, not 1977 as printed in *Pure Facts*]
- I-Hope Crackers, eating carefully but well (Marilyn Voelker)
- Book: *Good Food, Milk Free, Grain Free*, by Hilda Cherry Hills
- FAUS Conference – Jane Hersey's workshop and unedited student letters
- Feingold News
  - Special diets and the Feingold Program
  - Scents, fragrances & the Feingold Program

## June 1998

- Professional parents on a mission
- Natural salicylates in plants
- Dad benefits from a diet for his son (nasal polyps, by Chad Klacynski)
- Let's hear it for the dads~2 speakers at FAUS conference
  - John Taylor, PhD (book: *Helping Your Hyperactive/ADD Child*)
  - Jerry Mills ("Teacher, Tell Me What You See")
- Moms on a mission to help their children and yours
- Fibromyalgia
- Human nutrition plays a vital role says AAP
  - Essential fatty acids (EFAs)
  - Breast milk for infants
  - The Feingold perspective
- Organic regulations go back to the drawing board
- A special anniversary (Dr. Feingold's 25<sup>th</sup> anniversary of AMA presentation)
- Feingold News

## July / August 1998

- Studies: (Egger review 1997) Scientific research supports the diet/hyperactivity connection
- Doctors reconsider routine use of antibiotics for ear infections
- Our experience with a child with PDD/autistic-like symptoms (Daniels's story by Martha Duchnowski)
- FDA attempts to destroy books on natural sweetener
  - Why is the FDA so upset?
  - The glare of the spotlight
- Study (Schoenthaler 1997) Young criminals and food allergies/sensitivities
- Study (Ward 1997) Hyperactive children are at risk for mineral deficiency
- Where shall we go for dinner?
- FDA approves Sunett, a new artificial sweetener
- Where were you in 1938?
- In 1998 there's a new kid on the block
  - *Sully's Living Without* (magazine)
- NIH Conference on ADD – some potential problems

## September 1998

- Conference '98
  - John Taylor, PhD, keynote address
- Pampers, pacifiers, and Prozac
- You can introduce your child's school to good nutrition (by Sally Marinelli)
  - Before and after drawings
- MSG – in order to avoid it, you first need to know how to find it
  - Book: *The Feel Good Handbook*, by Annie Costa
- They are doing *what* with MSG?
- Do you miss Oreos?
- Science Fair study shows effects of aspartame on learning
- Methyl salicylate – another problem for the salicylate-sensitive
- School year calendar
- You can order audio tapes from Conference
- Back to school – with markers
- Feingold News
  - Kathy Bratby
  - Finding dye-free medication (Ron Keech, compounding pharmacist)

## October 1998 (Focus on Healthcare Freedom)

- Editorial: John Jacobs: A decision that chills the frontiers of medicine
  - From *The Sacramento Bee*, Sept. 3, 1998 re Dr. Sinaiko
- The role of nutrition in serious mental disorders
  - Things we eat can affect us physically, and can affect the way we behave
  - Book: *Natural Healing for Schizophrenia*, by Eva Edelman
  - There is a blurry line between many of the various disorders
  - New hope – residential treatment facility (Wellmind Assn and Pfeiffer Treatment Center)
  - Book: *The Autism Treatment Guide*
  - Book: *Biological Treatment for Autism & PDD*
- Does anyone remember Hippocrates? (by Judy Schneider)
- Who's teaching the teachers?
- Recipe: Macaroni & Cheese
- Children with autism sought for new study in Texas (Secretin, Dr. Kotsanis)
- Feingold News
  - Will your doctor be allowed to help you?
  - How will this affect me?
  - What can I do?

## November 1998

- What to do when there's not enough time
- Fat phobias and phony foods
  - Salatrim
  - Butter vs. margarine
- Setting things up for success
- The importance of essential fatty acids
- Book: *Smart Fats*, by Dr. Michael Schmidt
- Signs of fatty acid imbalance
- ADD, vision, dyslexia and EFAs
- Obtaining enough EFAs
- Recipe: Mediterranean Pasta Dinner
- Jams, jellies and preserves
  - Pectin
  - Recipe: Easy Pineapple Jam
- Head lice
- Developmental Delay Resources
- Holiday Gift Idea
- Feingold News
  - The FDA and the Olestra situation
  - FAUS cost increase

## December 1998 / January 1999 **Medicine for ADHD**

- Inconsistencies, confusion in the treatment of ADHD; NIH panel finds diet "intriguing" – NIH review:
  1. What is scientific evidence to support ADHD as a disorder?
  2. What is the impact of ADHD on individuals, families, and society?
  3. What are the effective treatments?
  4. What are the risks of the use of stimulant medication and other treatments?
  5. What are the existing diagnostic and treatment practices, and what are the barriers to appropriate identification, evaluation, and intervention?
  6. What are the directions for future research?
- INCB concerned about Ritalin use in the US
- Medical freedom gets a reprieve in California
- The long-term effects of diet management
- AMA's perspective on drugs and ADHD
- Texas allows medical freedom
- Non-drug approaches gain recognition (acupuncture, chiropractic)
- Study: (Gabrieli) Brain scans and children with ADHD problems
- Study: (Uhlrig 1997) EEG confirms food-induced abnormalities in ADHD children
- American Heart Association suggests guidelines for use of Ritalin and other psychotropic drugs in children
- Parents' Bill of Rights
- NIH Conference: behind the scenes
- Ritalin in the news – again

## February 1999

- “Inactive” ingredients added to medicine
  - Skewed science? (AAP using old studies)
  - Recommendations
  - Medicines for children
- The “down side” to the Feingold Program – if there is one
- Story: My son Wade, by Beverly Roy (molasses, benzoates)
- Antibiotics – too much of a good thing
- Building a better baby
- Alternative therapies to be studied
- New Horizons down on the farm (organic milk)
- Clean clothes without side effects
- Donation for proposed research study

## March 1999

- Going camping
- Saccharin may be making a comeback
- Story: The right place for Tim (Pat Lehman)
- Book: *Dancing in the Rain*, by Annabel Stehli
- Sarabeth’s Easter
- Cheese and whipped cream (Cabot Creamery)
- Hard-cooked eggs, without the guesswork (Sauder’s Eggs)
- FDA is taking another look at fragrances
- FDA Cosmetics Adverse Effects Hotline
- That pink, bubble-gum flavored syrup (antibiotics)
- Gluten/Casein-free information is available

## April 1999 **Asperger’s syndrome**

- Life gets easier for Feingold families
- Social skills problems are a hallmark of Asperger’s syndrome
- Story: Learning how to help Jesse (by Teresa Nielsen)
- Book: *Asperger’s Syndrome, A Guide for Parents and Professionals*, by Tony Atwood
- A personal perspective on Asperger’s syndrome (by Marilee Jones)
- School year calendar
- Research fund

## May 1999

- The art of mothering
  - A child’s sudden “cure” (turning 12)
- Pesticides seen as a serious threat to children
- Story: Becoming real (by Sharon Schexnayder)
- Mothers at home newsletter, *Welcome Home*
- Book: *Awakening Brilliance*, by Pamela Sims
- Lullaby, and goodnight (Terry Woodford, music + heartbeat)
- Better nutrition means smarter children
- Green Turtle Bay Vitamin Company
- Eating out at Arby’s
- Conference ‘99
- New online booksore

## June 1999

- California sees a 273% increase in autism in the past ten years
- What's an easy way to help someone understand ...
- Story: Angel Foods (Jacob and Elizabeth's stories)
- Study (Cade 1999): Link between autism, schizophrenia & diet
- California's search for answers (genetic markers)
- New help for those following gluten-free and casein-free diets
  - Ms. Roben's bread mix ANDI WunderBread
- Cookbooks for special diets
- Here's a natural baking mix (Jiffy Baking Mix)
  - Recipe: Crumb Cake
- Summertime quencher (root beer)
- Book: *Natural Foods Restaurants, by Vegetarian Journal*
- Swiffer
- Summertime fun with learning kits
- Book: *National Directory of Programs & Services for the Autistic Community (COSAC)*
- Violent behavior in children
- Health freedom hearing scheduled

## July / August 1999

- Danger of liver failure prompts manufacturer to revise labeling caution for ADHD drug (Cylert)
- Non-drug approach shows promise for helping adults with manic and bipolar depression
- Story: Moms write about their children
  - Joey, Aaron
- Health freedom – the Sinaiko case in California continues to unfold
  - Why this case is important
- Dessert treats to add to the lunchbox (Fig Newmans, Health Valley Vanilla Crème, Frooties Wheat Free)
- Vacationing in Virginia
- Conference on autism, Asperger's syndrome
- Ticks – spoiling the summer fun

## September 1999

- Strategies for Success – FAUS conference, Staten Island, NY
- Genetic engineering of our food
- Story: When the children are teachers (Joshua)
- Can schools make children sick?
  - 8 easy ways your child's school can improve air quality
- Soda in school (CSPI)
- Back to school resources
  - Book: *Helping Kids Get Organized*
  - Book: *Help! It's Homework Time*
  - Book: *Study and Take Tests*
  - Book: *How to Report on Books*
- Hain Kidz – all natural foods, just for kidz
- School year calendar
- Genetically engineered foods abroad
- Caterpillars and corn
- Medical Defense update

## October 1999

- Answers to your questions
- Story: A severe speech disorder responds to diet (Bradley)
- Book: *Toxic Sludge is Good for You!*
- Study (LeFever): Treatment of ADHD called into question
- Speakeasy / Cloud Nine candies/gum
- Vaccines – seeking a more balanced view (rotavirus vaccine)
- Hepatitis B Vaccine
- Solutions? (NVIC book: *The Consumer's Guide to Childhood Vaccines*)
- California Medical Board decision (Sinaiko)

## November 1999

- Diet and ADHD – A quarter century review
- Book: *Diet, ADHD & Behavior – A Quarter Century Review*, by CSPI
  - What happened and why?
  - Facts and figures
  - What is Center for Science in the Public Interest?
  - How many children are really helped by diet?
  - Who are the spin doctors?
  - Hugs, not drugs
- What about the various alternative treatments? (Dr. L. Eugene Arnold)
- Story: (Tracy) Are children affected by the foods/additives they eat? Ask the experts!
- Story: One parent was determined to prove the Feingold diet *does not* work!
- Book: *Reclaiming Our Health*, by John Robbins
- Where can you look for advice on good nutrition?
- Book: *Our Children ARE What Our Children EAT*, by Dr. Laura Thompson
- Delicious food, great prices, every day of the year (Whole Foods)
- Groceries to Go (internet shopping)
- Head lice are becoming resistant to current treatments
- NIH: The conference that didn't develop a consensus

## December 1999 / January 2000

- Helping the child on the ADD/autistic spectrum
- Do children hate being on the Feingold diet?
- Story: (Leah) What it was *really* like to grow up on the Feingold diet
- Story: Parents write to us about their experiences
- Is it hard?
- PDD and autism – can a child have both?
- Nutrition = Behavior (Dr. Kotsanis)
- Antibiotics and autism (Dr. Shaw)
- Ener-G Foods
- A new use for salicylates
- Pediatric medicines (compounding pharmacists)
- Media attention on CSPI report

## February 2000 **Use of drug therapy for behavior problems**

- Two very different views on treating behavior and learning problems
- A look back at the decade of the 90s – a legacy of violence
  - Study: Schmidt 1997
- A mother's search for help
- Creating a criminal
- Two views on drug therapy:
  - Drug therapy reduces the risk of substance abuse in later years
  - Drug therapy increases the risk of substance abuse in later years
- Adderall replacing Ritalin for some children
- A dark side to Adderall
- Canada, Australia and New Zealand face issues similar to the US
- Two studies use brain scans to identify physiological differences between people with ADHD and those without
- Valentine sweets for your sweeties (cookie recipes)
- Sugar sensitivity and antisocial behavior
- Consumer protection – some wins, some losses

## March 2000 - **Creating healthier schools**

- How a teacher can help a child with attention deficits
  - Book: *Signing at School*
  - Book: *Baby Signs – How to talk with your baby before your baby can talk*, by L. Acredolo & S. Goodwyn
  - Book: *Sign & Say – Baby's First Words*, by Meredith Layton
- The many effects of daylight
- Michael's story
- Children as teachers
  - Book: *Crabby Kathy*
- Pesticide use in schools to be investigated
- Jelly beans at Easter
- Gloves in a Bottle
- BHT
- A story to read with your child

## April 2000

- Toddlers on drugs
- What is Neotame?
- Story: A better way to help Julianne
- Editorial: Sorting out the facts
- Dear Mrs. Clinton
- Sweet Balance – sugar-free sweetener without the risk of synthetics
- A quince a day (is it a salicylate?)
- Recipe: Un-bearably cute, and good to eat
- Nonprofit group links environmental toxins to learning and behavior problems
- Lead in candle wicks poses a health problem

## May 2000

- Enuresis, the ADHD problem nobody wants to talk about
- My friend's child *really* needs the Feingold Program! How can I help?
- Julia's story
- Let's hear it for the Moms
- *Real Mothers, by author unknown*
- Websites that provide information and support for moms
  - SanityCentral.com
  - Naturalchild.com
  - MOPS International
  - Mothers at Home
  - American Mothers, Inc.
- "My child is on medication"
- "My doctor says the studies do not support the diet"
- Subway update
- McDonald's cheese
- Scientists call on the government to study environmental pollutants
- A good use for tobacco and for genetic engineering (TNT)

## June 2000

- ADD, ADHD, violence, and your drinking water
- "I don't want y son to be different" (dads)
- Fluoride can trigger reactions in some children
  - Story: Hunter
- What is Fluoride?
- Two leading fluoride advocates reconsider
- Walnut Acres – revisiting a pioneer
- Summer sun without the burn (sunscreen)
- Fluoride and tooth decay
- Fluoride and central nervous system damage
- Some more controversy in dentistry
- Aluminum and Fluoride
- The other side of the controversy

## July / August 2000

- Will supplements help my child's performance in school? (Carlton study)
  - Supplementation and IQ scores
  - Brain function and nutrients
  - Feingold Association policy on supplements
- Helping Hurricane Dakota (story)
- Congressmen call on the US government to acknowledge the role of diet in ADHD (letter to Donna Shalala @ Dept of Health)
- Clean your home – without chemicals or elbow grease!
- Recipe: Stage One Barbecue Marinade
- Lemonade Misty (syrup and ice)
- Tired of not having your chocolate during the hot summer months? Consider fudge!
- Bathroom confessions of an errant Feingolder
- Green dye!? (green ketchup)

## September 2000

- Getting started on a great school year
  - Food
  - Environmental chemicals
  - Learning differences
  - Your child's teacher
  - Offer to help
- Tim & Kim's stories
- Book: *The Way They Learn* by Tobias
- Book: *Learning Unlimited* by Markova & Powell (homework)
- Concerta: a new stimulant drug
- Valomilk: old fashioned candy
- Making snack cakes for the lunchbox, class parties, etc
- Pizza kits
- ABC report on organic produce
- Hidden additive in milk
- Getting into the swing (starting school again)

## October 2000

- The fearful child
- Trader Joe's
- Story: Rachel (niece of Joseph Lieberman)
- NIH Conference raises questions about drug industry testing
- Dry erase markers can really smell up a classroom
- Welcoming the Trick-or-Treaters
- Recipe: Halloween Party refreshments
- Human rights – whose rights?

## November 2000

- Food dye may prove deadly for the critically ill
- Vision deficits can be an ADHD look-alike
  - What is good vision?
  - Suppose something goes wrong
  - At-risk students may have vision deficits
  - Watch your child for vision problems
  - The behavioral optometrist
- Genetic engineering and the Feingold Program
  - A positive side to genetic engineering?
  - Action in Washington
- Riding on the inside track (Phillips, genetic engineering)
- Looking back (DDT ad)
- Thanksgiving
- Environmentalists cry foul after sniffing scented lawns
- Finding the source of a child's problem
- The competition takes on Ritalin
- Feingold Association celebrates 25 years of service

## December 2000 / January 2001 **Focus on autism and ADHD**

- Science and the cause and treatment of behavioral disorders (Rimland)
- Story: Robbie's parents are finding answers for autism
- Drastic increases in ADHD and autism
- Have vaccines been tested for safety?
- The preservatives used in vaccines
- Preservatives in vaccines and the incidence of autism
- Resources for families of children with autism
  - Book: *Special Diets for Special Kids*, by Lisa Lewis
  - Book: *Unraveling the Mystery of Autism and Pervasive Developmental Disorders*, by Karyn Seroussi
  - Autism Network for Dietary Intervention (gfcfdiet.com, ANDI)
  - Autism Research Institute (ARI)
  - Autism Asperger's Digest
  - Jessica Kingsley Publishers
  - Book: *Pretending to be Normal Living with Asperger's Syndrome*, by L.H. Wiley
  - Autism Recovery Network
  - Center for the Study of Autism
  - The Autism Source
  - FEAT || OASIS || ASC-US
  - Sully's Living Without
  - National Vaccine Information Center (NVIC)
  - Developmental Delay Resource (DDR)
  - Autism Resource Network
  - Safe Minds
  - Sensory Comfort Center
  - Weighted vests
  - The Floppy Sleep Game
- DariFree – a milk substitute the kids will enjoy
- Care Trak

## February 2001

- Sweetness without the sugar
  - Sucralose
  - Acesulfame-K
  - Aspartame
  - Neotame
  - Alitame
  - Saccharine
  - Cyclamate
  - Sugar alcohols
  - D-Tagatose
  - Trutina Dulcem (Opti-Sweet), Lo Han Kuo (Sweet Balance), Agave, Inulin, Dihydrochalcones, Monellin, Neohesperidine, Glycyrrhizin (licorice root), Stevioside (stevia)
- Syrups
- Corn syrup
- Perfumes are a big offender for chemically-sensitive people
- Plants for clean air
  - Hot solution (PCBs)
  - Another point of view (plants)
  - A novel way to clean up our world (TNT)
- Tea for salicylate sensitive people? (Shipibo Treasure Tea)
- Sprinkelz
- Meals in a hurry (Imagine soups)
- A very special lady (Irene "Vicky" Colquhoun dies)

### March 2001

- Asthma is a growing problem
  - Air pollution, pyrethrins, mice
- Editorial: Living in an upside-down world
- Story: Kennedy (an aggressive child)
- How does it feel to be on medicine? (adult Walter Kirn, GQ magazine)
- Dr. Rimland's survey
- Celebrate the holiday with jelly beans
- Enviro-Rite: Cleaners
- 26<sup>th</sup> FAUS conference; Connecticut vacation

### April 2001

- A strange little secret about fluoride supplements
- Book: *Trust Us, We're Experts*
- April Madness (April Fools products)
- Yorkshire Farms – natural pepperoni
- Recipe: Hot potato salad
- Vanillin (imitation vanilla flavor)
- Public relations firms use legitimate-sounding industry front groups to manipulate news and legislation

### May 2001

- (question most asked) Isn't it hard?
- Corporate predators in the schools
  - Math textbooks/ads
  - TV ads in the classroom
  - Computers
  - Watchdog groups
- Story: Matthew, by Becky Schlosser
- Caffeine
- Gems from moms
- When the challenge is not your child
- What's in a name? (Phony Foods etc)
- Methyl mercury in fish
- Auntie Anne's (pretzels at the mall)
- Disposable diaper caution
- Story: The best Mother's Day gift of all!

### June 2001

- Behavior/Learning problems can have many causes
  - Child care facilities
  - Sleep deprivation
- Food labels are often inaccurate
- Story: Sarah isn't angry anymore
- Child care at its best
- How to have a natural day care center
- What should parents look for in a child care facility?
- Good Food Company
- Barry Farm
- Aggression, Day Care & Food
- More on Sucralose
- Book: *The All-in-One Guide to ADD & Hyperactivity*
- Patients, doctors, more open to alternative medicine

## July / August 2001

- Bullies and their victims are now gaining attention
- Sometimes nice guys do finish first
- Story: Preventing school violence – Joshua's story
- Book: *The Crazy Makers*, by Carol Simontacchi
- Book: *How to Handle Bullies, Teasers, and Other Meanies*, by Kate Cohen-Posey
- A home-grown pasta hits the big time (Annie's HomeGrown)
- Stoneyfield Farm – the little yogurt company that could
- Avoid the burns and stings of summertime
- What is DEET?
- 26<sup>th</sup> Conference speakers:
  - Maryanne Glanzman, MD
  - Pamela Sims, MD
  - John Taylor, PhD
  - Kathleen Bratby, MSN, RN
- The need to reform food protection
- Orange flour from Florida?
- Stranger than fiction

## September 2001

- Schools in Connecticut are prohibited from promoting drugs
- The changing face of the pharmaceutical industry
  - What is a support company?
  - Who is Shire?
  - What is Adderall?
  - Problems with the FDA
  - Side effects Shire sought to minimize
  - Adult cautions
  - A different pattern of use
  - Diet plus stimulant drugs
- Ben's story: What does the future hold for the child with ADHD?
- One way to help children who cannot read well
- What is dyslexia?
- Kid-friendly foods at many supermarkets
- Let's go out for dinner! (finding restaurants)
- "Cured" or processed meats
- Cigarettes and food
- Purple problems (Heinz Ketchup)
- Arsenic in drinking water

### **October 2001 - (Babies & Toxins)**

- The new baby
- Can preservatives in vaccines trigger autism?
- Christina's story: The next generation of Feingold
- Thimerosal (mercury) in some US vaccines
- Congressman Burton calls for removal of mercury
- Autism: a novel form of mercury poisoning
- Mercury-free vaccines now available
- NVIC's conference 2002
- Eight questions parents should ask before they vaccinate
- First mercury vaccine case filed
- Physician's group critical of vaccine policy
- What about the studies?
- Easy donuts
- Organic Bebe
- Book: *Smart Food, Smart Families*, by Dr. Laura Thompson
- EFAs in formula
- Editorial: Who's minding the baby?

### **November 2001**

- Integrity
- Childhood sleep disorders
- Ear infections
- Have your children's sleep patterns changed as a result of using the Feingold Program?
- Sleep disorders and diet – studies support the link
- Prevention and treatment of ear infections in children
  - Diet & ear infections
  - Tubes
  - Antibiotics – why so widely used?
  - Foul play?
- Clonidine
- Silver fillings in the news
- Integrity in medicine
- Tom's of Maine
- Coal tar and salicylates
- Consumer activism wins (USDA organic)
- McDonald's – apologies & acquisitions
- Let the sun shine in!

### **December 2001 / January 2002**

- What is Eczema?
  - Zinc / EFA's
- Tartrazine
  - Mom petitions FDA
  - Studies on Yellow 5 (Ward)
- Tartrazine (Yellow 5) and eczema
- Gail's story
- Role of parents
- Regulations on Yellow 5 ignored
- Letter to FDA
- Popcorn – wholesome snack to health disaster
- Additives in cosmetics
- What is FD&C / D&C / Lake?
- Helene Feingold dies at age 97

## February 2002

- How parents feel about drugs for ADHD
- Ritalin may have long-lasting effects
- Esther's story – A Feingold Moment
- Diet effects (EFA)
- Depression - children and adults
- Many triggers for depression
- Candy holidays / artificial sweeteners / sugar / sugar alcohols
- Dr. Wakefield / vaccines
- Practice guidelines for ADHD
- Dr. Arnold's advice to parents
- Tobacco / organic cigarettes / nicotine candy
- Tobacco ADHD connection

## March 2002 - Schools & Children

- Bullying and violent behavior can have many causes
- The vulnerable brain
- The Waldorf Schools
- Traditional education may not always work
- Timothy's story: Parents as teachers
- Another option (homeschool)
- Genetics
- Behavior Modification
- Character counts!
- Book: *From Defiance to Cooperation*, by John Taylor
- What's your story? Dr. L. Eugene Arnold's article
- Toxic schools

## April 2002

- Migraine Headaches
  - Gluten
  - Salicylate
- America's fat children
- Getting the kids to eat
- Headaches and sinus infections can be triggered by additives
  - Laura's story
- Synthetic flavorings
- What about those "harmless" food dyes?
- April Fooling Food
- Uncommon uses for common household products
- Editorial: asthma
- Sensory processing workshop
- Lunchables Fun Snacks contest
- PIC Report:
  - Those funny, phony foods
  - The color of lime

## May 2002

- Easy is . . .
- Paint
  - Many options
  - Other low or zero VOC paints
  - Handyman hints
  - EPA suggestions
- Conner's story
- Asthma
- Arsenic & old lumber
- Subway (restaurant)
- Remembering Joan Falconer
- "Say it isn't so file"
  - Cigalet – nicotine gum
  - More about fluoride
- CT scans of children
- Contact dermatitis (balsam-related diet)
- Forced vaccination? NVIC paper

## June 2002

- Summertime is coming
- White House Commission on CAM Policy
- Story: A family that "didn't need" the Feingold Program
- Book: *Back to Basics*, by Tina Kleiber
  - Recipe: Chicken Delight
- Natural bubble bath
- Smelly toys
- CSA – Community Supported Agriculture
- Low tech solutions to feeding hungry people
- Chicken feed
- Air travel bugs sensitive people (spraying pesticides)

## July / August 2002

- Nutrients and behavior – an undeniable link
- Editorial: CDC report raises questions about diagnosing ADHD
- Stephanie's story
- Katherine's story
- Martha's mixes
- Barbara's Bakery
- Tourette Syndrome
- Who decides what is healthy? (Gary Taubes in NY Times)
- Organic produce
- Audio Tape: *What are all those funny things in food?*

## September 2002

- FDA approves new synthetic sweetener (Neotame)
- The sad story of Aspartame
- The not-so-perfect food (milk)
- Why do so many people have problems with milk?
- Lactose intolerance
- Other possible reasons for milk intolerance
- BHT in vitamin A
- Bryan's story: Sometimes the experts are wrong
- Great news for busy families; Simply Organic (boxed dinners)
- School cafeterias begin to take a look at their food
- Calcium Propionate
- Butter flavoring
- Book: *Healthier Food for Busy People*, by Jane Hersey

## October 2002

- A different kind of school lunch (Appleton, WI)
- School foods are too often a low priority
- Science fair winner
- I live in Canada – where can I find suitable foods?
- We all want more restaurant choices (letters from restaurants)
- One person can do a lot to change the system ...
- Whole Foods Market
- Halloween, the chemical candy holiday
- Face painting / Hand stamping

## November 2002 **Focus on soy**

- Born in the USA (babies)
  - Exposed to manganese
  - Parkinson's
  - Hyperactivity and violent behavior
  - Formula industry defends soy
  - Soy formula deficiencies?
  - Sexual abnormalities
  - FDA concerns
  - Digestion, nervous system
  - Other problems
- Infant feeding abroad
- Breastfeeding's many benefits
- Infant feeding and later IQ scores
- Soy, from field to factory to food
- Essential fatty acids
- Editorial: Regulatory disorders
- Madison's Story: Happy baby & calm kids
- Propylene glycol
- Restaurant responses (more)
- Eating out
- Drugs for very little children
- Drugs for other children
- Oregon voters & biotech foods
- Feingold families celebrate Thanksgiving

### **December 2002 / January 2003**

- Food dyes trigger toddler tantrums
- Another ugly side to those pretty colors
- "Mito-what?" (Mitochondria)
- Starting the Feingold Program can seem scary
- Food "Awards"
- Feingold diet in the UK
- Research on dyes is flawed
- Study: Sasaki 2002 (mouse organs on food dyes)
- Autism, vaccines, & mercury
  - Genetic link
  - FDA attacks critics
  - MMR link found
  - Staggering costs
  - Mercury fillings
  - Improving gluten tolerance
  - Mercury in the environment
- What the nutrition experts are learning
  - Bt and the environment
  - Regulations and research needed
- Can MSG damage your eyes ... or affect fibromyalgia?
- Eating out
- Connecticut adopts anti-bullying initiative

### **February 2003 Focus on school food**

- Obesity, diabetes, high blood pressure and heart disease – on the menu in American schools?
- *Pure Facts* article travels around the globe
- Charlene's story
- Research shows the harmful effects of dyes
- Winter blues?
- Meet our new president (Colleen Smethers)
- Editorial: When schools feed kids
- Videotape: *ADD/ADHD Smart Solutions*
- Lead & delinquency

### **March 2003 Focus on drugs and young children**

- Drugs for kids
- Vitamin supplements & reduced violent behavior
- FDA warns of acetaminophen overdose
- Why are drugs so expensive?
- Teens abuse cold medicine
- Strattera, a new player
- Boys are dropping to the bottom of the class (by Ruth Aranow)
- Easter candy
- Gluten-free cakes
- Recipe for Dots
- Phthalates
- An amusing dilemma (Feingold actor gets part of hyper child)
- Cancer prevention coalition raises red flag over Ritalin
- Effective non-drug alternative (EFA)
- Drugs can be a double-edged sword (Prozac article)

### April 2003

- Sleep and ADHD
- The importance of essential fatty acids
- James' story: The high cost of convenience foods
- Fast food woes
- How is ADHD diagnosed?
- What's wrong with the list of symptoms?
- Ian's: kid-friendly line of frozen foods
- More things that can contribute to ADHD
- April Fools
- The Dietary Connection – a new resource (Blue Book)
- Sleep deprivation can lead to behavior & learning problems

### May 2003

- School food
- The edible schoolyard
  - Getting started (resources)
- Mom's forum
- Story: *Dear Feingold Friends*,
- You may need the Feingold Program if . . .
- Parenting is a tough job
  - Book: *Easy to Love, Difficult to Discipline*, by Becky Bailey
- Parenting's lighter moments
  - Book: *Blow-Drying the Frog & Other Parenting Adventures*
- Frustrated with fragrances
- Perfume for Mom this Mother's Day? Think again.
- Who's in charge
- Protection from forced drug use on children
- Childhood asthma
- They've done WHAT to seeds? (pesticide coating)

### June 2003

- What on earth can I fix for dinner?
- Study: Schnoll 2003 – "Diet modification plays a major role in the management of ADHD"
- English study shows food additives affect both behavior & IQ level
- British schools are removing additives
- Study: Pelsser 2002
- Better nutrition for our families
- Double duty cooking & piggy-backing meals
- Recipe: Cashew Chicken
- ADD & eczema are linked
- Antibiotic exposure during pregnancy (asthma, eczema, hay fever)
- Minute Maid concerned about your carpeting
- New Program Book for FAUS
- Resource for salicylate-sensitivity (Pat Palmer, biological families of plants)

### July / August 2003

- Soy formula & ADHD: Researchers suggest a link
- Diet and diabetic children
- Lincoln's story: Taming the Tiger
- Soy formula's many effects
- A baby's immune system
- And a baby's intelligence level
- Childhood obesity
- Hormones, boy & girls
- Soy and childhood diabetes
- Soy allergies
- Obesity & soft drinks
- Meat extenders
- "Skinny Pills"
- The ridiculous to the sublime
- Raisins to the rescue
- What's a jujube?
- Editorial: ADHD diagnostic test (Kodak)
- Ants in your pantry?
- Plastics and chemicals

### September 2003

- Science for Sale
- Tainted Science
- A mother's search for answers:
  - Isaiah and Isaac's story (arsenic in play area)
- The arsenic business
- Social Skills: the important lessons that are seldom taught
  - Book: *Raise Your Child's Social IQ by Cathi Cohen, ECSW*
  - Social skills and the Feingold Program
  - Asperger's syndrome
- Story: Finding Joshua
- The Breadery
  - School workshop
  - Ordering online
- Eating out is not for sissies

### October 2003

- Aspartame:
  - Does a popular synthetic sweetener pose a public health risk?
  - What is aspartame?
  - Heat and storage – when aspartame breaks down
  - How did aspartame get into our food supply?
  - Bressler Report
  - Safe or not, it goes into the food supply
  - PR campaigns
  - Senator Metzenbaum: One Senator's valiant efforts
  - Carcinogens in our grocery cart?
  - Behind the scenes
  - Consumer complaints
  - Children and infants are at high risk
  - Behavioral effects
- Britain issues warning on antidepressant for children and teens
- Jessica's story
- Diet soda, an aspartame bonanza
- McDonald seeks to improve its image: Salads

- Wendy's
- Editorial: Anecdotal evidence
- Celebrate without "Halloween Hangover"

### **November 2003**

- The big yellow school bus can make kids sick
  - Positive steps a school can take
  - Resources
- Benjamin's story
- Autism/mercury link
  - Getting rid of mercury
  - Measuring mercury
  - Too much mercury
- FDA dismisses autism treatments
- Antibiotics, allergies, and asthma
- Meat with an attitude – old-fashioned Texas Barbecue
- White Hots are a Rochester tradition
- Cinnabon strikes out
- Baja Fresh
- Book: Chemical-Free Kids
- Fluoride in drinking water
- Kids from our Kids
- Goat milk?
- Getting together
- Good news about plastic
- The color of salmon

### **December 2003 / January 2004**

- School-Lunch.org
- Corn syrup
  - Corn as a sweetener
  - Some families find that corn syrup is a big offender
  - Sorbitol (sugar alcohol – from corn sugar)
- Book: Nourishing Traditions
- Fats
- Coconut oil
- High fructose corn syrup – is it the bad guy?
- Extreme sensitivity to corn syrup
- Corn-free vanilla sugar
- Corn-free for Passover
- Caramel coloring
- Eden Foods
- Eating habits of American toddlers
- British headmaster links diet to behavior & learning
- Sweet Talk – which sweetener to use

## February 2004

- The junk food wars accelerate
- Supplements as effective as Ritalin
- Ability to buy supplements threatened
- Reading disabilities
- Story: Sadie
- The junk food/beverage defenses
- Waging war on healthy food
  - Dilute, distract and delay
  - The American Council on Fitness and Nutrition
- The company you keep
- Pediatricians join the battle
- Vending machine people weigh in
- Soda, schools and money
- A better soft drink option
- Canadian soft drink companies pull the plug on vending machines
- Wisconsin students can now focus on schoolwork
- Farewell to Bill Palmer
- Healthy markets in British Columbia
- The confusing issue of nutrition for kids
- Thailand bans additives in their schools
- Keeping posted on school lunch issues
- Fighting the Cola Giants
- Childhood ADHD may predict alcohol, substance abuse problems in teen years

## March 2004

- Feingold parents offer mutual support
- Antidepressants pose risks for children
  - Age of onset
  - Bipolar disorder
  - New drugs / New markets
  - Selling happiness
  - Conflicts of interest
  - Adverse reactions
  - Other options
- Problem child or problem school?
  - Smelly schoolrooms
  - A quiz for teachers
- How can parents find a doctor who will support them as they use the Feingold Program?
- Toxic smells in new cars and classrooms
- Critical quote
- New paper investigates the link between vaccines, autism, and ADHD
- Students take the lead in creating healthier schools

## **April 2004**

- Feingold and the Vegetarian Diet
  - Overused foods become allergy foods
  - Foods that aren't really food
  - A matter of balance
  - Nutrition science filled with conflicting interests
- The battle for vending machine drinks
- Dot's story: Getting better, not older (adult)
- A marketing executive's dream
- Aspartame addiction
- Aspartame in beverages
- Splenda
- Health vs. Money – schools can have both
- Schools around the country switching to healthy food
- Limited diets can be healthy
  - Book: Nutrition and Degenerative Disease, by Dr. Weston Price
- Science, health and politics
- Breakfast on the go
- April Fools prize – Lipton's Tomato Cup-a-Soup

## **May 2004**

- ADHD Child, ADHD Parent
- Wegman's
- Story: My little boy's friend
- The things we eat (fast food)
- William Carey, MD: One physician's perspective
- The Feingold perspective on ADHD
- Who decides what food is healthy?
- Drug companies and high profits
- Pudding cups and jels (Horizon Organics)
- Natural popcorn
- Food additives abroad
  - Italy
  - United Kingdom
- Study: Can excessive TV lead to ADHD?

## **June 2004**

- Many search for better foods for our children
- Plumping the profits on meat
- Kristin's story: An answer to a prayer
- USDA vs. Organic Food
- Beneficial fats greatly reduced in the American diet
- Tamari soy sauce
- SunRidge Farms
- Annie's Homegrown Organics acquires Simply Organic line
- Editorial: A suggestion for improving school food

### **July / August 2004**

- Study links additives to hyperactivity
- Newly published study makes headlines
- Dental sealants – are they safe for Feingold kids?
- Children’s health, behavior and learning issues in Great Britain
- Kid-friendly cookies parents will enjoy too
- Our wacky world of food
- How important are organic foods?
- The ‘whey’ we eat (tagatose, Naturlose)
- Drugs for kids
- The frightened frog
- Editorial: working for the food additive/junk food industry

### **September 2004**

- British food giant goes back to nature
- Aspartame officially excluded by the Feingold Program
- Montana school cleans up the playground, then the food
- Film: *Sweet Misery* (about aspartame)
- USDA introduces the McVegetable
- Turning vitamins into drugs
- Taking care of business
  - Pres. Gail Wachsmuth
- Are baby vitamins linked to asthma and allergies?
- Late July: Snack foods
- Good news and bad news on vaccines in Great Britain
- US research strengthens vaccine/autism link
- FDA rethinks its position on fats
- Natural Ovens seminar
- Brits pay more for pumped meat
- Aspartame in Europe
- Editorial – milk

### **October 2004**

- Recipe for obesity?
- Food allergy labels
- Volunteer web site
- Tanner’s story: How changing our diet has changed our life
- Sugar and the Feingold Program
- High fructose corn syrup
- MSG-induced obesity
  - Fat mice
  - The role of soy
- Sprinkle on some color – sugar sprinkles
- Natural candy canes
- Hardee’s
- How good is the food in your child’s school?
  - Cheese Quesadilla ingredients
- Vaccine data withheld

## November 2004

- Big Pharma draws fire from critics
  - Antidepressants and teen suicide
  - Antipsychotics and children
  - Toddlers
  - Testing drugs
- Some promising developments about school lunches
- Matthew's story: A Feingold success, year's later
- Book: *Windmill Gardens* by Carol Tardiff
- The truth about the drug companies
- Does Big Pharma own our health care?
- Fund-raising letter
- Curious beverages
- Two (food) empires at risk: Twinkies, McDonald's
- (Monsanto) Money can't buy everything
- Wild Oats sows good taste and good health
- Seattle schools ban soda and junk foods
- Organic ivy in New Haven (Yale)
- California votes for junk food

## December 2004 / January 2005

- Consumers enjoy many new food options
- Feingold members face the potential loss of additive-free drugs (compounding pharmacists)
- Virginia parents and teachers call for school food reform
- Cellular Towers and ADHD
- Virginia PTA Resolution on Food Additives
- Is vitamin E risky? The story behind the story.
- Junk food and children
- EPA halts study of pesticides on young children
- Fast Food Guide
- Papa John's
- Something for dessert (Immaculate Baking Company)
- Flu shots, mercury, and other options
- Dyslexia may have a nutritional component
- Planet Organic offers healthy food in Canada

## February 2005

- Our unhealthy health care system
  - The cozy relationship between the regulated industry and the agency that is supposed to regulate it
  - The FDA's conflicting roles
  - Protecting Big Pharma
  - Government's revolving door
  - Buying influence
  - Why so many abuses?
  - Getting rid of the competition
- Ritalin, Concerta, and Strattera – new problems surface
  - Twisted science
- Anxiety and Depression, two unwanted visitors
- The public trust – some editorial comments
- How can you find the best care?
- Strattera dangers
- ... and new problems for Prozac
- Antipsychotic drug use in children increases
- More drugs for small children?

- Consumers fight back
- Another cause of behavior, learning and health problems: teething
- Good news and bad news about medicine and children
- Help for violent behavior
- Vaccine damages (UK)

### March 2005

- Commercial Kids
- Different country, different rules (Australia)
- Kraft responds
- How industries fight back
- Adderall taken off shelves in Canada
- Chewable Methylphenidate
- Diazoaminobenzine (DAAB)
- Kiddie tobacco
- A breakfast discard that can help keep you healthy
- Is there a “fluffernutter” in your future?
- Natural products offer many health benefits
- Recipe: Stuffed potatoes
- Kroger joins the healthy markets with Fresh Fare stores
- Drinks and obesity in preschoolers
- Iced Tea – consume it in moderation
- Problems with fluoride
- Editorial: The industry that created the problem is offering to solve it

### April 2005

- Stay away from neotame
  - The story behind the “studies”
- The Wild World of Food and other strange things
  - Grapple
  - Candied “fruit” in hot cross buns
  - “Natural” progesterone cream
  - Carded for a cone? (with Newcastle Brown Ale)
  - Have some Mandelonas
  - Why the dye? (in sweet potatoes)
  - Non-dairy milk (casein in cheese)
- Sugar vs. Sugar-Free
- Aspartame reactions reported
- Aspartame, neotame, MSG, and the heart
- MSG in disguise
- As sweet as Shugr?
- Much ado about Splenda
- Sunette
- Diet, ADHD drugs, and heart disease
  - Newer drugs claim to have fewer problems
  - New methylphenidate risk
- Fructose use rises, especially high fructose corn syrup
- New option for natural colorings
- Science Fair Project (Chris Jones & lima beans)

## May 2005

- Help for busy moms
- Do I need to follow the Program 100%?
  - In the 1970's
  - Taking away the rest of the culprits
  - We have tried to make it easy for you
  - Set your own pace
  - Sometimes the Feingold Program is just the first step
- Compliance: 100% or not?
  - How serious are the consequences?
  - Parent's choice
- Liver damage linked to two ADHD drugs (Cylert, Strattera)
- Cooper's story
- Book: Dr. Denmark said it
- Panera, a good place to buy bread
- Mom on the Air (Monica Moshenko)
- Mom as detective
- More help for moms (Feingold support board)

## June 2005

- Medical freedom wins big in California
- New study links nutrition to behavior and learning
- Story: No more petroleum for this family (Lisa Stuckey)
- Remove additives or add supplements?
  - Tox-insulation
  - Selecting a supplement
  - Down the hatch
- Help! We're on Stage One – and we're Italian!
- Consumers fight back
- Healthy food wrap
- Happy cows aren't so happy (Horizon)
- The fight for your health dollars
  - Some of the major issues
  - Big Pharma turns to PR
- Antidepressants and children
- Benefits of zinc
- Ear infections:
  - Vaccine problems (Prevnar)
  - Antibiotic problems

## July/August 2005

- Jamie and the Turkey Twizzlers
- Taylor's fuzzy brained mice
- Gourmet school lunches
- Fish oil helps toddlers' behavior and concentration
- Correction (Sally Fallon) re fish oil / cod liver oil
- Concerta & other ADHD drugs
- Can aspartame cause cancer and obesity?
- San-J Tamari Soy Sauce
- Recipe: Hawaiian grilled chicken
- Recipe: Sparkling pineapple drink
- Internet: Store Wars & The Meatrix
- McDonald's salad "Close but no cigar"
- Toxic Bodies / Toxic Wombs / More toxins?
- Child Safe Chemicals Act
- "Deadly Immunity" by Robert Kennedy, Jr.

- Stay safe in the sun
- Why not just get rid of the bugs?
- Sunshine & vitamin D

### September 2005

- Many work for healthier school food
  - Some wins; some losses
- Back to school with good food (recipes)
- Laptop Lunches container
- Ross' story
- Sugar highs and foodless foods (ingredients in BBQ rib; beef teriyaki nuggets)
- Taking care of business
- Classroom candy shop
- Alvarado Street Bakery
- Soft drink turn-around
- California district opts for Green Schools
- Super Size Me is now available for children
- Funky fruits & vegetables (tatoos on vegetables)

### October 2005

- I have bipolar disorder. Can the Feingold Program help me?
- What is bipolar disorder?
- Television junk
- Depression, drugs, and deceit
  - Kiddie drugs
- Deficiency symptoms
- The things we eat
- EFA sources
- EFAs
  - There is an imbalance in the EFAs we now eat
  - Other conditions treated
  - Behaavior and learning problems in children
  - Autism and Asperger's syndrome
  - More help for autism
  - Healthy fats needed before birth
  - Nordic Naturals
- Halloween strategies
- Recipe: Your family's new favorite cookie
- Healthy chocolate?
- Designer beans
- Scary candy
- Child medication safety alert (HR 1790)
- Health Freedom Expo (Healthkeepers Alliance)

### November 2005

- Britain to reform school foods
- Survey of ADHD drug use in the US
- Sean's story
- Strattera alert
- ADHD drugs reviewed
- Antipsychotic drugs investigated
- FDA head is out (Lester Crawford)
- Sleep
  - Sleep and Bedwetting
  - Twitching, night terrors
  - Sleep and ADHD

- CD: Dream Journeys, the Magic Carpet
  - Sleep and obesity
- Junk food is having a tough time in England
- Pop Tarts and crackers (TBHQ)
- Echinacea for colds
- ADHD and Iodine
- Organic food, supplements under fire
- Antidepressant and birth defects (Paxil)
- What can one person do?
- Soy formula caution

#### **December 2005 / January 2006**

- The Food and Drug Law – 100 years later
  - In the FDA's own words
  - "Today's consumers"
  - Good food, bad food
  - Ice cream – FDA style
  - What's a source animal?
- Schools, drugs, kids and their parents (mental health screening)
  - Heading down a slippery slope
  - Who would pay?
- Emily's story (Bouncy Boo Becomes Better)
- Chromium (in depression)
- Book: The Chromium Connection
- Accountability (lawsuits)
- New Mexico takes on Aspartame
- Valentine's Day is Coming
- Hiding aspartame
- A child studies aspartame
- The Land of the Censored? (Congressman Dr. Ron Paul)

#### **February 2006**

- Food additives and brain damage
  - "Synergy"
  - Limited value of testing
  - What children eat
  - Response (by UK Gov)
  - Toxins can have subtle effects
- Story: Megan's Goof
- Pure Facts responds:
  - Cookie self-defense
  - Subway cookies
  - Candy, etc.
- The politic\$ of Food
- A "must see" (Natural Ovens Bakery DVD)
- Big Pharma's young customers
- Coughs & colds & sniffles & sneezes
- New choices from Trader Joe's
- Bipolar disorder – feedback from readers
- Aspartame hearings
- Fish oil supplements and behavior

### **March 2006**

- Marketing to children
  - Other countries address the same issues
  - US Lawsuits
- Drugs and ADHD
  - Adults and drugs
  - Reality check
- (Adult story) The Feingold Program is not just for children
- What is lupus?
- Easter candy
- Fast Food Guide questions

### **April 2006**

- Carbon Monoxide – modern technology or consumer fraud?
- Innovations and Oddities
  - A new energy source
  - Old fashioned chocolate
  - New car smell
  - Vanilla fragrance?
  - Wal-Mart goes natural?
  - Squeezing the berries
- Kirsten's story – Eczema!
- FDA caution on eczema drugs
- Is the FDA allergic to cherries?
- New legislation on food laws
- Eating out G-F (gluten-free)
- Heartland's Finest – a carb you can feel good about (gluten free)
- Natural chicken . . . that isn't
- Your mood and omega-3 fatty acids

### **May 2006**

- Happy Birthday to us!
- Common preservative and leukemia
- ADHD drugs and hallucinations
- Book: "Tics and Tourette's – Breakthrough Discoveries in National Treatments"
- Zohar's story (No more Tics!)
- FDA rejects one ADHD drug ... and approves another
- Anti-psychotic drugs for children
- ADHD drugs in Australia
- Britain takes a closer look at aspartame
- Consumer protection safeguards under assault
- Smelly groceries – are they coming to a store near you?
- New studies (fluoride, soy)
- How natural is that chicken?
- Letter – giving campaign
- Editorial – "Honey, we're killing the kids!"

## June 2006

- Soft drinks in schools
  - Diet drinks and cancer
  - Aspartame fights back
  - Physicians respond
- TeenScreen
  - Stigma
  - Parental consent
  - More depressing information about anti-depressants
- Story: A Feingold Family (Amy's story)
- The DSM – editorial
  - Money, drugs and the DSM
  - “Disease Mongering”
  - ADHD and the DSM
  - Tonsil Disorder?
  - More missteps in school vending machine reform
- Jamie's School Lunch Program
- Rudi's (organic bakery)
- Red flags and science
- Pretty colors and cancer

## July/August 2006

- Chemicals in our environment can affect behavior, learning, and health
  - Pesticide exposure on children, infants and the unborn
  - EPA seeks to test chemicals on children
  - Pesticide deadline
  - Method of testing
  - Hormone disruption
- New natural food dyes
  - Yellow dye – POP
  - Red dye – Tomat-O-Red
  - Dragon fruit
  - Red chili peppers
  - Kiwi Green
  - Red, Orange, Yellow & Violet (ColorFruit)
  - Caramel coloring
  - Flower power
- Logan's story: He was different (autism)
- Smelly hotels
- Have fun in the sun and stay cool this summer
- My Family Farm: A business unlike any other
- Nifty places to shop
- Ice cream secrets
- Panera Bagel product alert
- Lemonade
- AZM lawsuit – one pesticide to be zapped

## September 2006

- Great Britain to initiate school food reforms
- Too much fluoride
- We can never go back
  - Jenna's science fair project
- Book: Bullies to Buddies – how to turn your enemies into friends
- FDA: No Black Box for ADHD Drugs
- Cool Blue not so cool
- Fish blood ice cream?
- Environne (vegetable wash)
- Pills with Sparkles
- Artificial flavor dangers

## October 2006

- Smelly groceries
- Healthy hospital food?
- Rick's story: From "dumb" to gifted
- ADHD drugs
- Trans fats and Feingold Foodlists
  - What are trans fats?
  - Contact Kellogg
- Healthy carbs
- Old fashioned yummys
- Freeda Vitamins
- No more blue Smarties
- FDA approves virus sprays for meat and poultry
  - Other uses for viruses
- Drug-free help for ADHD: Pycnogenol, vitamins

## November 2006

- Junk food is facing challenges
- Other ADHD triggers
- Internet marketing
- Story: Letter from one mom to another (Sheri Youngquist)
- The "dangerous" world of the dentist's office
- Ear infections
- It's getting easier to find healthy, natural foods
- Natural colorings can be a problem for some
- Turmeric: more than just mustard
- Monkey Muffins (mail order)
- In the news:
  - Diagnostic use of dyes increases health risk
  - Smelly stores & toys for big and little children
  - Alzheimer's and Diet
  - Diet soda and alcohol don't mix
  - Aspartame update
- FDA strengthens Dexedrine warning
- Holiday plants to avoid

## **December 2006 / January 2007**

- EFAs and violent behaviors
- FAUS offers many services
- Our member's message board – always ready to help you
- EFA research around the world
- Crime and Punishment
- Preschool Ritalin
- The little kids who “really need” drugs
- Jonathan's story
- Allergy Grocer – help for special diets
- Kiddy Smokes?
- Not so Fabulous! (Fabuloso – a cleaner)
- Q&A
- Index for 2006

## **February 2007**

- Splenda
  - How is it made?
  - Chlorine
  - Study results
  - Absorption
  - Chemicals used to create it
  - Health effects
  - Sucralose and the environment
  - Competition (sugar) fights back
  - Alternatives (Stevia, Sweet 'N Low)
- Aspartame
- Neotame
- Pull the plug on air “fresheners”
  - What can you use in place of air fresheners?
  - Asthma and 1,4-DCB
  - Commercial cleaners can also cause problems
  - What chemicals are used in air fresheners and plug-ins?
    - Benzyl alcohol, camphor, dichlorobenzene, ethanol, formaldehyde, limonene, naphthalene, phenol, pinene
- Story: Three little girls and their mom by Debbie Gatchel
- Perfumes, another stinky offender
- Nice FG moment (message board, Valentine's Day candy)
- Yummy Earth Lollipops
- Vanilla
- Book: Teaching Your child the Language of Social Success

## **March 2007**

- What's wrong with the food industry and why is it so hard to change?
  - Book: Appetite for Profit by Michell Simon
  - Some missing pieces
- Lisa's story (about son, Shaun)
- Lasagna Chips
- Kosher and Feingold
- Food industry giant face many critics
- Where does Feingold fit in?
- Drugs for Tots
- Hold the cold medicine for babies

### **April 2007 (Special on Autism)**

- Autism in the USA (part One)
  - Characteristics
  - Digestion
  - Enzyme (PST)
  - Intestines
  - Morphine-like substances
  - Sulfur
  - Nutrient deficiencies are part of the autism puzzle
  - Biology or Psychiatry?
  - Toxins make it very hard for a body to work
  - Antibiotics
- Too many salicylates!
- FDA requires ADHD drugs to include warnings for parents and patients
- April Fools Ads
- April Fools Science
- Sharing Feingold help without being pushy
- A breath of fresh air
  - Book: Naturally Clean by Hollender & Davis
- The Birds ... and the Bees
- Caution on hand sanitizers for young children

### **May 2007 (Special issue on babies)**

- Britain blows the whistle on “illegal” additives in children’s medicines
- Today’s Babies
- Vitamin D3
  - Sunshine and vitamin D
  - A modern epidemic
  - Depression
  - Light and ADHD
  - Asthma, Wounds, Psoriasis, Inflammatory bowel disease, Cancer, Autoimmune diseases, Periodontal disease
  - Healthier bones
  - Vitamin D3 and the elderly
  - Nutrition and disease
- If your baby gets sick
  - Make friends with your pharmacist
  - Health Food Stores
- Baby formula and fluoride
- Happy Baby
- Florida’s Natural
- I can’t believe I just bought a box of Oreo’s!
- Noah’s offers pretzels that are gluten-free
- McDonald’s
- California Baby

### **June 2007**

- The down side of everyday foods
- Autism: from a rare disorder to an epidemic
  - Beneficial bacteria
  - Reduce toxins, increase nutrients
  - A road map to therapies: Some treatment options & resources
- Carol’s story: Finding the cause of so many problems (Celiac)
- Book: No More Cupcakes & Tummy Aches (gluten-sensitivity)
- Is there a dramatic increase in gluten sensitivity?
- Chocolate alert!
- “On my honor ...” (Girl Scout cookies & trans fats)

- How about some “natural” flavoring?
- If you believe that, I have a bridge to sell you!
  - Monsanto’ Roundup, Coke w/vitamins
- Amaranth
- Vitamins for gluten-free diets

### **July/August 2007**

- British supermarkets “clean up” their food
- New study on food additives and behavior
- Story: A mom who found solutions for her family (Margaret Fletcher)
- ADHD is linked with other conditions
- Vitamin D3 and cancer
- Products for the very salicylate sensitive (Cleure)
- Great food in Manchester, VT
- College Farm organic candies
- Six Beans near Atlanta, GA
- Sodium Benzoate
- Help for those who must avoid gluten (rice-potato flour)
- Kellogg’s dances around the rules
- Preventing eye disorders (age-related macular degeneration)

### **September 2007**

- School foods can be real foods, and really good tasting!
- Can these ideas work for a large school system?
- Fisher Elementary School October 2006 menu
- Vending machines in schools
- Schools abroad reform their food
- School Chefs
- Kids in special ed classes may benefit the most from better school food
- School food from local farms
- Five Guys Query
- The cheese quesadilla revisited
- Red dye and meat
- America’s soft drink obsession
  - What constitutes a “major study?”
  - Vitamin fortified Coke?
- New findings on nutrition and ADHD
- Smoke flavoring
- Peanut vs. cashew allergy

### **October 2007**

- New British study shows additives trigger hyperactivity
- Industry attempts damage control
- British regulatory agency feedback
- Lead in toys
- Many food additives are imported from China
- Why school stinks this year (perfumes for teens)
- Children’s jewelry can also be a lead hazard
- Buttery Twinkies (artificial butter flavor)
- Children with ADHD are at greater risk for delinquent behavior and substance abuse
- Aspartame can come from China too
- Sweet new things are coming our way
  - Stevia
  - Companies searching for better sweeteners
  - Is Rebiana safe?
- The Bipolar Child

- What's a Koolickle?

### November 2007

- Junk food has become an international problem
  - Candies in the Andes
  - Here in the US
- What can you do when people just don't "get" it?
- One mom found a solution
- ADD drug risks to be studied
- The ADHD industry
- Cough medicines are not suitable for infants and toddlers
- Increase in abuse of ADHD drugs
- Massachusetts will attempt to keep tabs on psychiatric drugs given to pre-schoolers
- E Numbers – their days may be numbered
- Tomato-free sauce for Stage One
- Beecher's – a company with a message and a mission
- Simply sugar
- Vanillin from what?
- Alcohol labels
- The down side of popcorn
- Nitrites in processed meats
- Junk food and vision problems
- Smellovision?
- Talking Turkey

### December 2007 / January 2008

- No long-term benefits of ADHD drugs
- Research and reality – *editorial*
- Chemicals in Food *by Connor Kelly, age 11*
- More new research on ADHD and medications
  - World-wide market for ADHD drugs
  - Clonidine returns in a new form (Clonigel)
  - Big Pharma's big profits
  - ... and deep pockets
- Study on hyperactivity and additives
- More on Vitamin D
- More professionals recognize the link between diet and behavior (omega 3 EFA)
- British supermarket chain leads the way to additive-free foods
- Recipe: Easy Corn Chowder
- Healthy? Sensible? Kid Friendly?
  - Oscar Mayer Lunchables
- Index for 2007

### February 2008

- Does the child have ADHD, depression, anxiety disorder?
  - Symptoms of CI (convergence insufficiency – vision difficulty)
- Do you *really* need to go gf/cf? – editorial
- New research on autism
- Links between gluten sensitivity and ADHD
- Industrial chemicals cause damage to children
- Chemicals and genes
- Coughs and colds
- Book: Gluten-Free Quick & Easy
- O'Naturals (restaurants)
- Gluten-free, great tasting Stage Two product
- Questions parents ask (from the Helpline)

- Candy holidays
- Sodium benzoate replacement?

### March 2008

- American Academy of Pediatrics acknowledges diet for ADHD
- You can change the foods served in your child's school
- Behavior can be different at home vs. away
- New pesticide approved for use on strawberries
- Being two-years old is not an illness
- England takes the lead
- A call for a ban on synthetic dyes in food and beverages
- Sunflowers bloom in the southwest
- A diet soda for Feingolders?
- Even natural colorings can be a problem for some people
- Fast food Q&A

### April 2008

- Meat, corn and *The Omnivore's Dilemma*
- What's the best way to help autistic kids?
- Story: Tammy & Kevin's astonishing family
- Life with the Grindheims
- Europe won't ban food dyes (EFSA)
- Altered foods causing health problems
- How far is too far?
- Bevi Bags for beverages on the go
- Scientists call for freedom
- Gross candy!
- Lake Country Family Farms Direct
- Healthier meats
- April Fool Foods
- Autism and Vitamin D3
- Test your Additive I.Q.

### May 2008

- Good food leads to good grades
- New products for babies and mommies
- Pressure to ban food dyes in Europe
- Jack's story
- Preschool problems with air fresheners
- The sweet smell of nothing (ZorbX)
- Pediatric cough and cold medicines
- Famous Dave's (restaurant)
- High Fructose Corn Syrup
- Batter Blaster Organic Pancake & Waffle Batter
- What's in a name? (rBST hormone)
- Fake sweeteners now have fake versions
- Big Tobacco is after the kids ... again!
- Some of the many additives used in tobacco products

### June 2008

- New additives are being hidden in food
- Brayden's story: Diagnosis unknown – a mom's search for answers
- More stealth additives are hidden in food
- Epilepsy diet is shown to be effective in recent study
- "Popcorn lung" is now officially recognized (Diacetyl)
- The way we eat

- Dining out
- Do fake sweeteners make us fat?
- Pure Fun – a new way to look at candy
- Orthorexia – editorial

### **July/August 2008**

- Food dyes and behavior/learning problems are in the news
- Removing dyes and preservatives should be a standard part of ADHD treatment (British Medical Journal)
- Spencer's story: Feingold and Spelt – the answer for Spencer
- CSPI Citizen Petition to the FDA
- Should the FDA ban food dyes?
- Leading bi-polar drug proponents lied about payments from Big Pharma
  - Dr. Biederman being investigated
  - Badmouthing natural treatments
- FDA and women
- Book: The Hundred-Year Lie
- Tyson's: The truth but not the whole truth
- Keep cool and well hydrated this summer (Ultima)
- Einstein Bagel alert!
- Safe No-Cal Sweetener (Truvia)
- Scientists urge Congress to ban synthetic food dyes
- FDA forced to warn of mercury dental fillings
- AMA revises its stand on Vitamin D3

### **September 2008**

- Out on their own (Feingold teens)
- ADHD problems in Australia
- James' story: The story of my ADHD child, by Shirley Fadden
- Another option for Feingold-friendly meals
- Enjoying Mom's recipes away from home
- Book: Low to No Additives
- Progress in New Zealand
- X-Treme Fruit Bites: A treat for the lunchbox
- Alcohol energy drinks pose problems for young consumers
- When is a food not a food?
- CSPI takes on the Girl Scouts
- Book: Wit's End
- Sometimes discipline is not the answer
- Look for causes

### **October 2008**

- Salicylates are confusing
- Tinnitus, aspirin and salicylates
- Too much salicylate?
- Too much aspirin?
- Do Feingolders deserve a break today? "No," says McDonald's
- How can I know what foods are best?
- Resourceful mom has Happy Meal night
- Book: A Whole Foods Primer by Beatrice Trum Hunter
- FAUS to begin identifying GF/CF foods
- The stevia wars heat up ... and so do the Cola Wars
- Sorghum for GF diets
- The Feingold Diet in a Nutshell
- Monsanto loses this one (Bovine Growth Hormone - rBGH)
- But consumers lose this one (Bisphenol A - BPA)

- DVD now available: Impossible Kids? Possible Answers.

### November 2008

- Parents write to FDA
- Strong measures suggested for child obesity
  - Statin drugs and the ability to think clearly
- Feingold families celebrate Thanksgiving
- Lee's story – Taming the Tasmanian Devil
- How can you deal with the holidays?
- More drugs for kids?
- HFCS – the corn products industry fights back
- Childhood obesity
  - Are we creating fat children?
  - What are kids actually eating?
  - HFCS and obesity
  - Mother's sweet tooth may program baby
  - Sugar-free sweeteners
  - Ear infections and obesity
- Natural candies in the UK
- The 5% Notion
- Smelly things – fragrances, holiday scents

### December 2008 / January 2009

- A message to our new leaders
- Hanna's story: seizures
- Aiden's mom writes to us
- Feingold Bill of Rights
- Autism spectrum disorders
- Book: Envisioning a Bright Future, by Patricia Lemer (DDR)
- Autism's high price tag
- Gluten-free choices expand
- Drugs for kids increasing
- Recipes: Economical and delicious!
  - Cindy's Rice Pilaf Mix
  - Creamed Spinach
  - Fish Chowder
- Yummy Earth Lollipops (feedback power)
- Better foods at bargain prices
- Index for 2008

### February 2009

- Children under stress
- Kidney stones and kids
  - The war of the soup giants
  - MSG in hiding
- Natural pizza (Pizza Hut)
- Story: Luke and Ryan
- Valentine dessert
- Chicken soup – for the soul and the budget
- What happened to Hershey's?
- News from the United Kingdom
- News from Australia
- Book: *Eat safe*: The truth about additives from aspartame to xanthan gum
- Iodine deficiency and ADHD
- Contact lens dye?

### March 2009

- New perspective on causes of autism
- Slushies in the school?
  - Understanding the “double-talk”
  - Slushies abroad
- Food dyes face challenge
- Tourette Syndrome
- Easter candy – Surf Sweets
- Allergy-friendly foods
- A way to help a friend
- Mercury in high fructose corn syrup
- FDA scientists ask for reform
- Fast Food Guide alert – Einstein Brothers

### April 2009

- England sees results from improved nutrition
- Iron deficiency, ADHD and other symptoms
  - Too little iron
  - Dopamine
  - Testing for iron
  - Iron poisoning
  - Iron in foods
- Story: Brett, Kristen, Ryan
- Using the diet at day care centers and school
- Mommy says I can! (Stage One candy)
- Book: Shortcuts to Gourmet Cooking by Fran Schaffer
- Knox and the mysterious disappearing recipe
  - Recipe: Jell-Oh
- Healthy US schools
- Healthcare in the schools (nurses)
- Autism interventions

### May 2009 **Special focus on Eczema**

- The ADHD / Eczema link
- ADHD drugs dealt another blow
- Walker’s story: Aggression and eczema both helped by diet
- Doctors in Britain encouraged to reduce ADHD drug use
- Eczema
  - Vitamin D3
  - Fish
  - Vitamin B12
  - St. John’s Wort
  - Too clean? Too sanitary?
  - Psoriasis caution
  - Acetaminophen
  - Food allergies/ Book: *Jenna’s Journey* by Rachel Tomkinson
  - Probiotics
  - Hard water / soft water
- Book: The Super Allergy Girl Allergy & Celiac Cookbook by Lisa Lundy
- Kettle Cuisine Gluten-Free Soups
- Blue beverages

## June 2009

- Sweeteners – fake and otherwise
- Poor baby!
  - BPA
  - Phthalates
  - Postpartum depression
  - PCBs damage IQ
  - Mercury and brain damage
  - Editorial
  - Better choices
- Unexplained reaction!
- Chemicals in the environment and ADHD symptoms
- Baking natural treats – Zebra Mix
- Recipe: Fast and Fancy Baked Chicken
- Shaved ice, slushies, and sno cones
- Advantame
- Going green with fake sweeteners?
- New natural sweeteners
- Book: Poisoned Profits: The Toxic Assault on Our Children by Philip & Alice Shabecoff
- Ricks
- Better than Teflon
- Safer preservative? (Guarana)

## July/August 2009

- How does it feel to have a reaction? Feingold adults
- Seniors are also vulnerable to chemicals
- Story: Beazell family – Coping with environmental chemicals
- Help for the chemically sensitive with a focus on adults
- Drugs for seniors
- Book: Feingold Family Favorites – our new cookbook
- CARA - Salvaging lives and saving money through good nutrition
- CARA Award – Barbara Reed Stitt, PhD
- More about ticks
- Harvard Medical School “Health Letter”

## September 2009

- Fixing our troubled economy
- More drugs for kids
  - Health risks of antipsychotics
  - Toddler deaths
  - FDA drug approval process
  - Conflicts of interest
  - Risperdal
- Healthier Americans
- Presley’s story (ear infections, asthma, eczema, eye problems, etc.)
- Book: *The Unhealthy Truth* by Robyn O’Brien
- DVD: *Food Matters*
- Book: *Exposed – The Toxic Chemistry of Everyday Products ...*
- Natural, organic and genetically-modified foods – good news and bad news
- Sports drinks
- Art supplies
- Head lice
- Volunteer of the year: Markey Dokken

## **October 2009**

- “Out of the mouths of babes”
  - (SPD: Sensory Processing Disorder)
  - Over-reactors, under-reactors, and seekers
  - Jordan
  - Jacob
  - Who can help?
  - Can the Feingold Program help these children?
- Asperger’s Syndrome
- The ally at your child’s school (the coach)
- The powerful effect of food dyes
- Looking for a science fair project?
- Defend against colds and flu this winter
- Candy holidays
- Helping children with SPD
- All that Halloween candy!
- A supplement designed for brain and behavior support (B-Focused)
- Book: The Autism & ADHD Diet by Barrie Silberberg
  - Julie’s story
  - Emma’s story
  - Melinda’s story

## **November 2009**

- Here come the holidays!
- Story: Aging on Feingold
- Starting out on the Feingold diet
- Will the Feingold Program help my child? (OCD)
- Avoid the flu this winter
- If you are taking blood thinners
- Holiday treats!
- Small-bladder syndrome?
- “Smart” choices

## **December 2009 / January 2010**

- Junk food addiction
- “Smart Choice” system
- Cola defense
- How the game is played
  - Putting junk food companies in charge
  - The sneaky food additives
- Obesity and psychiatric drugs
- What is Pycnogenol / phytochemicals
- Nutrition can help autism and ADHD
- “Less is More”
- Fast Food Guide
- New cereals from Annie’s
- Necco candy
- Goodie Basket list
- Special K
- Prison food and school food
- Ed: “The Medicated Child” Frontline special
- TV: “The World’s Strictest Parents”

- Another reason to avoid diet soda
- Feingold Family Pages intro

### February 2010

- When food hurts – allergies continue to rise
- More good reasons to eat those veggies
- Isa's story: Tics & temper tantrums
- Alarming autistic statistics
- Common pain and fever reducer may be linked to autism (acetaminophen)
- Aspirin, acetaminophen & the Feingold Diet
- FDA recognizes acetaminophen dangers
- Drugs used for pain and fever reduction
- Help for troubled tummies
- Special sweets for your sweetie
- Extra vitamins are needed in winter
- Smelly stores (Scent Marketing Institute)
- US scandal causes Australian embarrassment
- Big Pharma and Big Buck\$
- Mystery meat
- Some good news about organic farming
- Popcorn deceit
- ADHD & Phthalates
- Risky jewelry

### March 2010 (Special issue on picky eaters)

- Dinnertime wars and the picky eater
  - Food additives rob the body of important nutrients
  - Sensory deficits can interfere with healthy eating
  - Drug side effects diminish appetite
  - Professionals comment
- Nonna Joann and Baby Bites
- Mom & Dad vs. the Picky Eater
  - The psychological aspect
  - Mommy ploys
  - More ways to coax good food into small bodies
  - Experiencing food
- Lunchtime variety, and dinners too (Hormel Natural Choice Deli Sandwich Meats)
- Marich Confectionary - Green Beans Jelly Beans
- Feingold parents share their experiences
- Books can help
- Asthma and Tylenol
- Tylenol recall
- "Smokes" for the kiddy market?

### April 2010

- April Fooling
  - "AminoSweet"
  - Temper Tantrums?
  - "Milk Protein Concentrate"
- New study questions ADHD drug benefit
- Nick and Nathan's story
- Some good news for Mother Earth
  - Pesticide ingredients disclosure proposed
  - California judge could stop planting of GM sugar beets
  - Not so Earth-Friendly (Sara Lee)
- Wired Magazine's satirical predictions

- Why weight-loss diets fail
- Organic medical food for babies
- Prematurity a major risk for babies
  - Premature births linked to fluoride in water
  - CDC & ADA warnings against fluoride for infants
  - Support for parents of premies
- Healthy food with Food Stamps
- Food Stamps for Health
- Soy allergy?
- FAUS honors volunteers
- No Foolin! – Weight Watchers endorses McNuggets
- ADHD drugs in Australia
- FAUS annual meeting

### May 2010

- Jamie Oliver's Food Revolution
- Internet expose of school food
- What is your school serving?
  - What's really in that food?
  - A foodie's fantasy
  - Healthy food can cost less
  - Kid power
- New study links HFCS to obesity
- Story: A Mom's Detective Work Uncovers the Answers
  - Linda & Cara's stories
- Liver damage linked to high fructose corn syrup
- Great school food in Vermont
- More natural snacks at Starbucks
- Revolution Foods
- California mom's prize winning idea
- Misguided efforts (Coca-Cola & PepsiCo)
- Starbucks – more than coffee
- Margarine & IQ
- Vitamin D deficiency
- Vitamin D reduces flu
- EFAs and brain power
- Colors in Canada
- Restrictions on Kiddie Smokes
- Prescriptions gone wild (antipsychotics and statins promoted for kids)
- New "drug" to prevent lung cancer
- Detroit ditches perfumes

### June 2010

- Dyes are on their way out in Europe!
- Story: Dustin finds his appetite
- GAPS: Gut and Psychology Syndrome
  - How are the gut and brain linked?

- Antibiotics
- Alcohol produced by a damaged gut
- How mental illness is treated
- Possibility and probability of a gut-to-brain connection in autism
- Adding probiotics
- What's really in that "natural" soy product?
- Ronzoni's smart taste isn't
- If you like peanut butter and chocolate
- Walnuts, cherries and the FDA
- Dr. Zevia (soda)
- Pampers problem
- Probiotics, diabetes, and colic
- BPA and babies
- Diet and diabetes link
- King Corn & HFCS

### **July / August 2010**

- Solve many problems with good food
  - Schools can do this
  - "Fresh cooked food"
  - Not so fresh, and not so green
  - Flavored milks in school
  - Milk money
  - Putting pressure on schools
  - Real food for kids
- Story: From "E.D." to star student – Gus' story
- CSPI: Food dyes pose a "Rainbow of Risks"
- Flavored milk in schools
- What's in flavored milk?
- Starting the kids off wrong (sugar)
- No more chocolate formula! (Enfamil)
- What is smelly and strange? (hamburger scented candles ...)
- Not smelly, but definitely strange
- Dyes are a good place to begin
- Diabetes
- Good news from the FDA (antibiotics in animals)
- Severe asthma attacks (Vitamin D3)

### **September 2010**

- Your child is ready for school, but is the school ready for your child?
- Congresswoman calls for the FDA to regulate dyes
- Story: The ugly side of food dyes (Michael & Kaitlyn)
- New information on "Why Your Child is Hyperactive"
  - Histamine
  - Diet soda/premature birth
- Natural candy and snacks
- Teacher's candy stash
- Recipe: Ranch dressing
- Cool cups (natural gelatin)
- Spectrum shortening
- Birch oil
- Book: Our Children Are ... What Our Children Eat by Laura Thompson
- Vaccine combination increases seizure risk

- High fructose corn syrup is in the news again
- My 4<sup>th</sup> Grade Teacher
- Too many drugs for kids

### **October 2010**

- Lunchtime at your child's school!
- Vanishing childhood
  - Growing up too soon
  - Starting too early
  - The wrong solution
- Additive-free in the community
- Savannah's story
- Do school lunches make kids fat?
  - Dubious solutions
- Jamie Oliver update
- Let folks at your school know of your interest
- Who's in charge?
- Got petroleum? (science fair project)
- Jacksonville, FL – Chase Foods, Allergy Free Food Market
- Catering to kids
- Whole milk will now be researched
- Tried & True breakfast & lunch ideas
- New Halloween candy
- Talk about scary things!
- AbleChild fights for children
- Would you like statins with that?
- Why Big Pharma wants to test drugs on kids.
- Universal screening?
- Goodie Baskets
- Scary/fun movies to enjoy on Halloween
- Halloween T-shirt

### **November 2010**

- Thanksgiving!
- Ben's story
- Institutional Thanksgiving (ingredients)
- Consumers win this round (rBST hormone)
- Childhood obesity - more than TV and chips!
- Cigarettes and cheese (Kraft)
- Corn sugar and the name change game (HFCS)
- Restaurants:
  - Silver Diner: VA/MD restaurant chain puts the focus on healthy food
  - Evos - a bright spot in the South
  - Check out Chipotle
  - Papa Murphy's
- Europe and food dyes
- Red Velvet Cake
- Holiday gifts (Goodie Baskets)
- Dental Association warns about fluoride
- Canada calls BPA toxic

### **December 2010 / January 2011**

- School lunch solutions: looking for answers in all the wrong places
- ADHD increased to nearly 10% of children in the US
- Medical practice is slow to change

- Whistle blowers punished
- Losing antibiotics
- Damaged gut
- Cyrus' story: "My little boy felt like a robot"
- School gardens
- Feeding children – a fable for our time
- Lack of "good bacteria" linked to many health problems
- Fries in your future?
- Sensible scents
- Pesticides linked to ADHD
- Kellogg cereal and ADD claims
- Prenatal exposure to pesticides
- Amazing but true: MSG research

## February 2011

- Harming our children
  - Neurotoxicant chemicals
  - Who is harmed?
  - The role of genes
  - Testing
  - Playing the game
  - Epidemiology
- Jordan's story: Look at him now!
- Parkinson's disease
- Polluting the air
- Pollution in the classroom
- Musk
- "Fierce" protest
- Harsh chemicals are unnecessary
- Dakota Free
- Cadia
- Dry skin, itchy skin – winter woes
- Fed. Recommends reducing fluoride levels
  - EPA scientists object (white paper)
  - Dental benefits questioned

## March 2011

- Changing school food
- Jamie's back in town!
- Schools have many options
  - Ditch the dyes
  - Get rid of other unwanted additives
  - Commodity foods
  - Natural food companies
  - Go back to the 1950s
  - Cook it, don't thaw it!
- The payoff for schools
- Andrew's story
- The next steps after Feingold
  - If child is still having problems)
  - Dr. Richard Carlton
- Casein and calcium
- Kids DO like good food
- Book: Free for All: Fixing school food in America
- Fast Food Guide update
  - Papa John's, Einstein Bagel

- What a toddler eats
- Food dyes and cancer: Apple Green
- New research:
  - Brain development and D3
  - Fluoride in the news again
  - Schizophrenia
  - Scots study Vitamin D

#### **April 2011**

- The wacky world of food
  - Missing berries
  - Diet Coke
  - Skinny Pepsi
  - Jamba Juice
- Story: Sometimes a good diet isn't enough
- Wal-Mart
- Smencils and Smens
- Frito-Lay
- Tylenol and asthma
- Giftedness, ADHD, and where to start looking for answers

#### **May 2011**

- Happy birthday, FAUS!
- Gray popsicles and other strange notions
- Feingold mom testifies (FDA) (Shula Edelkind)
- A warrior mom testifies before the FDA (Amy Yuter)
- Kitchen chats
- Another warrior mom (Robyn O'Brien)
- Naturally colorful candies
- Book: American Wasteland - Wasting food, using food
- DC Central kitchen
- Good food for schools
- The Campus Kitchen Project
- Finding help for the public school kitchens
- The FDA's identity crisis

#### **June 2011**

- Why does food cost so much?
- Dollar meals
- A dad's story (Troy)
- Pediatricians call for protecting children from harmful chemicals
- Painkillers during pregnancy increase risk
- The preschool critic
- Jingle defense
- Good news from Australia
- How schools sabotage learning
- Food fibs
- What's for McBreakfast?
- Meat glue – Ewww
- "Corn Sugar" – a rose by any other name
- School food in Los Angeles
- Good news from DC
- Website: The Slow Cook – another Dad making a difference
- Why are some school officials so reluctant to reform their food?
- Saltwater swimming pools
- Local harvest

### **July/August 2011**

- The empire \$trikes back
- Feeding our kids
- Colorado Springs gets it right!
- Fowler family story: A Feingold family
- Soft drinks – major culprits
- The worst and the best
  - Foods highest in pesticides – “Dirty Dozen”
- Sensory Processing Disorder and the Feingold Program (John Taylor, PhD)
  - Book: Learn to Have Fun with your Senses
- Two Feingold favorites set up shop in Texas
  - Trader Joe’s
  - In ‘N Out Burger
- Wegman’s goes to the Bay State
- bGood – “Real Food Fast” in Boston area
- Back Door Bakery in California
- Nutrition and mental disorders (childhood schizophrenia)
- Sleep problems, ADHD and EFAs
- Our new cookbook: Feingold Family Favorites II
- Taiwan’s tainted tea (bubble tea with DEHP)

### **September 2011**

- A new approach for teachers and parents (Dr. Howard Glasser)
  - Book: Notching Up the Nutured Heart Approach
  - Book: All Children Flourishing
- Dyes in cosmetics
- Let’s get creative! – art products
- Story: Trenton makes the grade!
- The hot school lunch – it’s not so hot!
- Brown bag winners – good lunches to fix at school or at home
- Feingold-friendly snacks
- Papa Murphy?
- Frito Lay products being removed from our Foodlists
- Fast Food Guide Alert – Culver’s
- Locating Feingold-friendly foods
- Shopping for food bargains
- Pinkberry Frozen Yogurt
- Is your diet regimen too hard?
- Grandparent’s Day

### **October 2011**

- Who decides what is healthy?
- What’s the big deal about school food?
- The junk food industry gears up for its own “study”
- Tennessee school goes from beige to green
- Chefs prepare nutritious food at this South Bronx charter school
- Story: Stewart Crawford
- Los Angeles brings in better food
- Face painting for Feingolders
- How to locate those hard-to-find products (VitaCost)
- Honeybee Gardens offers natural beauty (cosmetics)
- Book: Healthier Food for Busy People
- Holiday baskets

- Stage One Halloween candy
- Vegan witches cartoon
- Food dye petition
- Workplace giving campaigns

### **November 2011**

- ShopHouse (restaurant)
- California initiative on GMO labeling
- Children, Fluoride and Alzheimer's
  - Thyroid gland
  - Pineal gland
  - Bone fractures
  - Sulfuryl fluoride (ProFume)
- Study links nutrition and autism
- Book: Nourishing Hope by Julie Matthews
- Story: Taran never wants to leave Scotland
- Dry erase answers
- "We're not buying it" – restricting junk food ads
- Dunkin Donuts
- Better Batter offers gluten-free solutions
- School lunch problems
- A school lunch solution
- Laundry scents
- School food unmasked (Mrs. Q)
  - Book: Fed Up With Lunch