The FDA Rewrites History
In 2011 the Food and Drug Administration (FDA) convened a scientific panel to address the potential link between food dyes and ADHD.

In collecting the data to be reviewed, the FDA focused on the most recent study where British researchers showed that a modest dose of food dyes can bring on symptoms of ADHD in all children, not just those with a diagnosis. [McCann, The Lancet, 2007] (Earlier studies also showed dyes trigger ADHD symptoms in the majority of children with this diagnosis.)

Prior to the panel's meeting, the FDA published an Interim Toxicology Review Memorandum where they wrote, "...FDA concludes that a causal relationship between exposure to color additives and hyperactivity in children in the general population has not been established. However, for certain susceptible children with ADHD and other problem behaviors, the data suggests that their condition may be exacerbated by exposure to a number of substances in food, including, but not limited to, artificial food colors." [emphasis added]

The panel understood that food dyes bring on ADHD symptoms in sensitive children, but they were asked to decide if dyes make non-ADHD children become hyperactive. (While the British study showed that -- given enough of a dose -- most children will exhibit ADHD symptoms, we know that it is illogical to say that dyes make all children hyperactive. Thus the panel said "no.")

On their web site the FDA now claims the panel concluded that "...based on all available data, no causal link could be established between children's consumption of synthetic color additives and adverse behavioral effects including hyperactivity..." [emphasis added]

Holiday Meals
Hearty traditional foods fit in perfectly with the Feingold Diet.

Just as the Pilgrims hunted for their turkey, Feingold families will be hunting for theirs. The challenge will not be finding a dinner in the forest but in finding real food in the supermarket.

The plump birds in your supermarket bear little resemblance to their wild cousins from centuries ago. They might be injected with a solution containing "natural flavoring," which can be a code word for monosodium glutamate (MSG).

Seek out birds without a long list of ingredients.
If you will be serving cranberry sauce (Stage Two), see if you can find a jellied sauce that is sweetened with cane sugar, not the low-cost high fructose corn syrup food companies love to use.

And if you like whole berry sauce, it is so simple to make you might as well skip the commercial version. Bring one cup of sugar and one cup of water to a boil in a saucepan. Add a 12-ounce package of cranberries that have been rinsed, and return it to a boil. Reduce the heat and boil gently for 10 minutes, stirring occasionally. Pour the sauce into a small bowl; cover and allow it to cool to room temperature. Then, refrigerate. It will thicken as it cools.

Continued on page 2

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.
The sunshine vitamin and your health
So many systems of the body rely on this vitamin.

British researchers examined data from over 14,500 men and women between the ages 42 and 82 and found that those with higher levels of vitamin D3 were less likely to suffer a variety of health issues than people who had low levels. The information, spanning 13 years, showed that the high-vitamin D3 participants were less likely to suffer from heart disease, respiratory disease and fractures.

Researchers from the University of Cambridge's School of Clinical Medicine followed the health records of citizens living in Norfolk. Like others who live in countries that are located far from the Equator, Britain's get limited exposure to sunshine, and it's sunshine that causes our bodies to create vitamin D3.

Studies conducted in Ireland found similar benefits from vitamin D3. Irish adults ages 60 and older participated in the study, which found that the immune, cardiovascular and skeletal systems are impacted by a deficiency. Additionally, the low D3 participants were more likely to suffer from inflammatory conditions like rheumatoid arthritis and multiple sclerosis.

Cancer and vitamin D3
A meta-analysis of studies from Europe and the US, published in the British Medical Journal in June, concurs with the above research on the benefits of vitamin D3 to protect seniors from many illnesses. The scientists found that the vitamin is beneficial to people who have had cancer.

Similar findings come from the University of California, San Diego School of Medicine. The journal Anticancer Research published the results of a study of 4,443 patients with breast cancer whose vitamin D levels were monitored. The women who had high levels of vitamin D3 in their blood had a 50% lower fatality rate compared to those with low levels. The study's lead researcher, Prof. Cedric Garland, came to a similar conclusion in his 2011 study that found a reduction in fatalities in women who took 4,000 IUs (international units) of the vitamin each day.

Note: People who are on blood-thinning medicine should not take vitamin D supplements without first checking with their doctor.

Holiday Meals, from page 1
If you absolutely must have marshmallows on your sweet potato casserole, you might be able to find a natural version at Whole Foods, or you can order them online. But these nutrient-packed gems are called "sweet" potatoes for a good reason, so they don't need any added sweeteners. A delicious option is to peel, cut up and boil the potatoes until they are fork-tender. Drain, and return them to the saucepan and add a little pineapple juice or (Stage Two) orange juice and beat them with a mixer until smooth. Turn into an oiled casserole dish and put them in the oven until they are heated through. The flavors will blend and they are so naturally sweet, you won't miss the extra sugars.

If you will be serving mashed (white) potatoes, skip the box of instant flakes and opt for the high fiber, highly nourishing real thing. What's wrong with instant mashed potatoes (besides their high price)?-- sodium bisulfite, corn syrup, artificial flavors, trans fats, BHA and unnecessary sugar in the form of maltodextrin.

No turkey dinner would be complete without the gravy, and cooks have the option of making their own with drippings, broth, butter, flour and seasonings. There are many prepared gravies and mixes, but most are loaded with sugars and multiple MSG clones. Artificial flavors and the three preservatives we eliminate are found on some labels but hidden on others.

We now have the option of using a prepared gravy that does not have these chemicals. See the article on Pacific Organic Turkey Gravy on page 5.

For dessert, use canned pumpkin with only "pumpkin" on the label. Then, check your Foodlist for acceptable brands of pie crusts, and whipped cream topping. Enjoy!
Hayden's rapid response

Hayden fit most of the descriptions on the Feingold Symptom Checklist.

His lack of impulse control was always getting him in trouble; he couldn't sleep more than 4 hours straight, and naptime was a futile and physical battle that left his mom, Daphne, completely exhausted. It never occurred to her to consider that her food choices could be causing all, or even some of the problems he was having. But when a friend who is a pediatric nurse-practitioner mentioned using Feingold with her own children, Daphne decided to give it a try. Hayden was now 4½, and although his parents were at their wit's end, none of the conventional approaches seemed acceptable.

The prospect of removing natural salicylates for a time, especially the bell peppers and tomatoes Hayden loved so much, would be challenging, but her determination to stick to the plan brought rapid and dramatic changes.

Before starting the diet, Daphne counted 30 symptoms listed on the Feingold Symptom Checklist that Hayden strongly exhibited, including these:

- Running instead of walking
- Inappropriate wiggling of hands/legs
- Disruptive behavior
- Unresponsive to discipline
- Demands immediate attention
- Difficulty with playground activities
- Constant motion
- Inability to sit still
- Destructive behavior
- Excessive touching
- Accident prone
- Resistance going to bed
- Difficulty falling asleep

Today, none of these symptoms applies.

Within the first week of the diet, Hayden slept through the night and stopped the naptime battles. His attention span expanded from seconds to 45 minutes, and he stopped constantly sucking on his clothes, so his shirts were no longer wet! Hayden is a good sport about sticking to his diet and even laughs when he sees other shopping carts full of brightly colored food and questions why they're buying food that isn't "approved."

Stephen's progress continues

In the July/August issue of Pure Facts, we published the amazing story of Stephen Harvie, a little boy whose autistic characteristics disappeared once he went on the Feingold Diet.

For most children with autism, the Feingold Diet will improve behavior and will often help with other symptoms, but Stephen's success is amazing.

Pure Facts asked Stephen's mom, Stephanie, if he had ever received an autism diagnosis, and this is her response:

"We never received an official 'diagnosis' of autism. However, anyone who met him called him autistic. He would sit in a fog, was not potty trained, and at age four he could barely speak. When he did speak it was about buses. If you asked him what color the sky is, he would tell you, 'Bus!' Everyone assumed Stephen was autistic and if I had a quarter for everyone who called him autistic, I would be rich!

"I was okay with getting a diagnosis, and his teacher said if we wanted the label she was sure we could get it, but we wanted to try Feingold first. Our doctor questioned if my husband and I were okay with delaying the diagnosis and we said that we were.

"Now that we have had such success using the diet, the doctor is on board and his dentist, who wanted us to have him tested for autism, has done a 180. His teacher had wanted us to medicate him for ADHD but within two weeks she stopped pushing the idea of medicine.

"Today, Stephen is a regular everyday boy; the fog has stopped and we no longer hear the word 'autism.'"

"To give you an idea of how well he is doing, we went in to meet his kindergarten teacher yesterday and she was stunned. Stephen knew what a hexagon was, knew his shapes, knew his alphabet and the phonetic sound that went with each of the letters.

"She said he is doing better than most children his age, he sat and played quietly while we chatted. ½ years ago this same little boy could not tell you his name and his teacher called him her 'little piece of popcorn' because he bounced around so much!"
Britain will provide food for its children!

Jamie Oliver, the chef who first became famous by exposing the dreadful state of school meals in Britain, is seeing the results of his efforts, and the hard work of countless others, to insist that the country's schools provide decent food to its children.

When Jamie started this crusade a decade ago, there were higher standards for pet food than for what was being fed to school children!

The TV documentary, Jamie's School Dinners, made viewers aware of just how bad things had become. A nation that once had high standards for the nutrition given to children had sunk to such depths. Media exposure showed how the Thatcher government's cost-cutting had led to a policy where the lowest bidder earned the contract for school foods.

The first part of the reform is to provide free school meals to children during the first three years they are enrolled in state schools. Those schools where pilot programs have been in place have reported very positive results. The children ate healthier foods -- more vegetables and fewer cookies -- than children at other schools, and they tested out two months more advanced in learning.

Back in 2005, new standards were introduced to get schools started on the way to providing nutritious food.

Jamie knew that just improving what was on those trays was not enough to educate a generation of children who had very little connection with healthy food. Now, British children will be introduced to the basics of finding and cooking healthy foods.

To support these efforts, Jamie's Kitchen Garden Project website provides materials to help teachers find recipes and create cooking projects for children ages 6 to 14. The site is www.jamieskitchengarden.org

Meanwhile in the United States

In contrast, the efforts to repair the broken system found in most public schools (and many private ones as well) have been fractured, with "too many cooks" in the form of competing interests from activists, politicians and the heavy hand of the huge food conglomerates. Adding to the mess are some inept efforts on the part of the Department of Agriculture. For details, see the September 2014 Pure Facts, and visit www.School-Lunch.org.

Health Freedom Upheld

Many of our supporters and some of our volunteers are dietitians.

It's easy to see why, since the Feingold Program is based upon healthy eating.

But ever since the Feingold Association was formed in 1976, we have found that the trade group representing dietitians in this country has refused to show any support for our work.

Once called the ADA (American Dietetics Association), the group changed its name to the Academy for Nutrition and Dietetics or "AND."

It soon became clear that there was a very cozy relationship between the ADA and the major food manufacturers in this country -- with generous donations coming from companies like Coca-Cola, McDonald's, General Mills, Hershey, and Kraft (formerly General Foods).

For many years, the AND has been trying to prevent anyone but a dietitian who has passed their version of a qualifying test from being allowed to offer nutritional advice of any kind. (One such test requires a dietitian to say that food dyes and fake sweeteners like aspartame are safe, and the idea that they can be harmful is simply an urban myth.)

But thanks to the efforts of the Alliance for Natural Health, the Center for Nutrition Advocacy and other activists, the AND will no longer have a strangle-hold in Michigan, and efforts by AND have been thwarted in New York.

Health crusaders have also succeeded in giving qualified nutritionists the right to prescribe patient diets in hospitals.

Visit: www.anh-usa.org and www.nutritionadvocacy.org
Wow Cookies
Wheat-free, gluten-free, GMO-free, natural and delicious!

"WOW stands for 'With-Out-Wheat.' At WOW Baking Company, we are dedicated to creating the best tasting all natural wheat and gluten-free baked goods found anywhere. Our baked goods are crafted with quality, all natural ingredients and include products grown from non-GMO seeds, unsulfured dried fruits, fair trade chocolate and sugar from pure cane sugar." The products are made with real butter and Madagascar bourbon vanilla, not the fake "vanillin." They do contain egg and milk.

The cookies are available individually wrapped, in plastic "tubs" and bagged. The Stage One flavors that are Feingold acceptable are Chocolate Chip, Snickerdoodle, Ginger Molasses, Peanut Butter, and the award-winning Lemon Burst. Their Chocolate Brownie is also Stage One. Oregon Oatmeal is a Stage Two cookie. All three of the acceptable cake mixes are Stage One: Chocolate, Yellow, and Spice.

Located in Kent, Washington, WOW cookies are now sold in the US, Canada, Mexico and Europe and are provided on United Airlines flights. In the US, look for them at various supermarkets, natural food stores, Marshall's and Target.

At last -- real turkey gravy!
Not only is Pacific Turkey Gravy organic, with none of the additional additives of concern, but it's a Stage One product. If you cannot find it in a natural food market or supermarket in your area, it can be ordered online.

If you will be making gravy from scratch, you may want to check out Pacific Foods Organic Simply Stocks, found in the PIC report on page 7. The Stage One GF/CF stock varieties are chicken and vegetable.

Pomegranate Candies
Beautiful red Stage One candies! Go Naturally Organic hard candies are made with organic cane sugar juice, organic brown rice syrup, citric acid and natural pomegranate flavor.

Sweet Freedom Bakery
This Philadelphia bakery has it all! Or rather, it is notable for all the things it does not have.

There are no synthetic additives, refined sugars, wheat, gluten, dairy, casein, corn, or soy. They don't use nuts, with the exception of coconut, and all of the products are vegan and kosher.

The Sweet Freedom Bakery offers an impressive selection of foods: cakes, cupcakes, cookies, doughnuts, crullers, bars, brownies and quick breads.

With limitations like these, turning out delicious treats, baked fresh every day, is a big challenge, but Sweet Freedom does just that!

In place of wheat, they use flours from sweet rice, garbanzo beans, sorghum, tapioca, and fava beans. All of the ingredients in their products are posted on their web site www.sweetfreedombakery.com.

In addition to their original store in South Philly, at 1427 South Street, they now have branches in Bryn Mawr, PA, and Collingswood, NJ. The treats can also be mail-ordered from their web site.
A tribute to a good friend

Rabbi Joe Ehrenkranz, 1927 - 2014

Many people are proud to say that they know movers and shakers of the world, but in the case of Rabbi Joe, it was the religious and political leaders who were proud to say they knew him. However, his friendship was not given only to powerful people, but to everyone who came in contact with him. He was a rabbi not only to his Jewish congregation in Stamford, Connecticut, but to people of all faiths.

His modesty was disarming, and the force behind his considerable power to inspire others was simply kindness and love.

Rabbi Joe was eulogized in the Huffington Post by a dear friend, Rabbi Daniel Cohen.

"Arriving in Stamford as a young rabbi in his mid twenties with a dream, he transformed our reality. He taught us, he loved us, he laughed with us, he cried with us, he listened to us, he danced with us and he dreamed with us. He intuitively understood that life has purpose. He reminded us that each one of us graces this world with the responsibility to be kind, be ethical, live fully and leave hundreds of imprints every day."

FAUS President Kathy Bratby recalls the special connection the Feingold Association had with Joe through his wife, Sandy, a long-time Feingold volunteer. "He understood the important work we do and he supported and inspired our efforts. Rabbi Joe's generosity of spirit and service is treasured by FAUS and those who were blessed to have known him."

Elimination diets and fish oil shown to be the most effective for ADHD

An analysis of the research on treatment for ADHD, published earlier this year, showed, "Elimination diets and fish oil supplementation seem to be the most promising dietary interventions for a reduction in ADHD symptoms in children." [Heilsokov, Nordic Journal of Psychiatry, June 2014]

The paper pointed out that the studies on both treatments have shortcomings. Some of the biggest design flaws concerning the research on food dyes are clearly shown in the 10-minute slide show presented to the scientific panel of the Food and Drug Administration by Feingold representative Shula Edelkind.

To view the slide show go to: www.fda-dyes.com
Allow a fairly long time for this to download to your computer.

The most recent major study on food additives and ADHD (McCann 2007) is considered to be carefully designed; it demonstrated that a modest amount of food dye plus one preservative brought on ADHD symptoms in all children, not just those with a diagnosis.

However, the earlier studies typically put children on the Feingold diet (which eliminates thousands of chemicals that fall under the category of artificial flavors, as well as dyes, preservatives and synthetic sweeteners). As a result, most of the children improved. Then, the researchers selected one or two additives such as a dye and gave tiny amounts to the children -- usually about 1/10th of what a child would typically ingest. When this challenge failed to bring about a return of the ADHD symptoms, the conclusion was that "the diet didn't work," when, in fact, it was the challenge that failed.

Laura Stevens of Purdue University has shown that the actual amount of dyes used in food here in the US is far greater than the early researchers thought. Why did so many researchers believe that a child in this country typically consumed only 27 milligrams of dye in a day? Did they have a lab analyze a typical day's food to come up with that number? No! For this number, they relied on the very group that was working hard to discredit the link between food additives and behavior/learning problems, the food/chemical/pharmaceutical industry trade group!
**PIC Report**

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

**Stage One**

365 EVERYDAY ORGANIC Wheat Square Crackers (CF)  
ANNA’S CHOICE (GF,CF): Chocolate Cashew Swirls Nut Butter, Pecan Pancakes  
BOAR’S HEAD Appenadam Swiss Cheese Wheel and Precut  
GHIRARDELLI CHOCOLATE Holiday Impressions  
HARRISON’S Dark Chocolate Marshmallow Twists (GF), Passover Dark Chocolate Marshmallow Twists (GF)  
KING’S HAWAIIAN BREAD Original Hawaiian Sweet Sliced Bread  
NAMASTE FOODS Gluten Free Perfect Flour Blend  
NATURE’S BAKERY 100% Natural Fig Bars (CF, trace salicylate in pectin – oranges): Whole Wheat Fig, Vanilla Fig  
NATURE’S PATH Cereal (CF): Love Crunch Granola (CF): Dark Chocolate Macaroon, Banana Bread, Pineapple; Granola (CF): Peanut Butter, Chia Plus, Hemp Plus  
NOW Inositol 500 mg, Choline and Inositol 500 mg, Inositol Powder Vegetarian  
ORGANIC VALLEY American Cheese Singles (GF)  
PACIFIC Organic Simply Stock (GF,CF): Vegetable, Chicken; Organic Pumpkin Puree (GF,CF)  
PHILIPPINE BRAND 100% Mango Juice  
PIK-NIK French Fried Onions (CF)  
QUINN POPCORN (GF): Kale and Sea Salt (CF), Parmesan and Rosemary, Vermont Maple and Sea Salt (CF), Butter and Sea Salt, Hickory Smoked Cheddar (SM),

**Stage One, continued**

TRUJOY SWEETS Organic Chocolate Chews (GF,CF)  
VERMONT Seed and Grain Dinner Rolls, Spelt Organic English Muffin ; Organic Bread: Oat, Soft Multigrain, Soft Wheat, Soft White  
VERMONT Organic Bread: Spelt  
WELLSHIRE ORGANICS Uncured Bacon (SM,GF,CF)  
WELLSHIRE* Tavern Style Seasoned Deli Uncured Ham (SM,GF,CF)

**Stage Two**

GINNY BAKES Gluten Free Cookies (GF, CF): Coconut Oatmeal Bliss (raisins); Biscotti Bliss (GF,CF): Sunshine (almonds, cranberries, orange peel), Almond (orange peel)  
LAKEWOOD (GF,CF): fresh Pressed Pure Cranberry, Fresh Blends Mango (acerola cherry, apples, grapes), Calcium and Fiber Enriched Pure Prune, Pure Concentrate Black Cherry, Pure Concentrate Cranberry; Biodynamic Organic: Pure Apple, Pomegranate and Black Cherry, Apricot Nectar (grapes), Mango Nectar (grapes)  
NUTRIGOLD (GF,CF): Resveratrol GOLD (grapes), Healthy Weight Loss GOLD (cherries, coffee, green tea), Green Tea GOLD, Green Coffee GOLD, Mens Multi GOLD (Indian Gooseberry), Prenatal Multi GOLD (Indian Gooseberry), Women's Multi GOLD (Indian Gooseberry),Omega 3, 6, 7, 9 GOLD (cranberries), Healthy Glucose GOLD (Bitter Melon), Red Yeast Rice +CoQ10 GOLD  
VERMONT 100% Whole Wheat Hamburger Buns (cider vinegar), 100% Whole Wheat Hotdog Buns (cider vinegar); Natural Breads (cider vinegar): Sodium Free Whole Wheat, Vermont Yoga; Organic English Muffins (cider vinegar): Golden White, Honey Wheat, Multigrain  

**Stage Two Natural Fragrance**

PURPLE PRAIRIE BOTANICALS (GF,CF) (www.purpleprairie.com) Organic Olive Oil Lotion: Frankincense and Myrrh (orange oil); Bar: Ginger Clove Invigorating Body, Orange and Tea Tree Toning Facial; Face Cream: Frankincense and Myrrh (orange oil, rosehips), Carrot Rose (rosehips); Orange Tea Tree Clarifying Facial Toner

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.
Restless Leg Syndrome

The medications used for RLS (restless leg syndrome) have serious unwanted side effects.

Researchers from George Washington University, Harvard Medical School and the University of Ottawa recently published their findings in the October 20 issue of JAMA Internal Medicine.

After examining over 1500 adverse event reports, they found that one of the effects of the drugs is the development of impulse control disorders, the most common being compulsive gambling. As a result, they are calling for warnings on these drugs.

Carolyn Dean, MD, ND, believes an important factor in RLS is the fact that modern diets are sorely deficient in vitamins and minerals, especially magnesium (Mg).

Not only is Mg implicated in many chronic health conditions, but drugs typically prescribed for RLS can rob the body of what little magnesium it has. Some drugs contain fluoride. Dr. Dean writes, “Fluoroquinolone antibiotics like Cipro are the most well known for their fluoride content and its associated problems. Fluoride is also added to other drugs including certain cholesterol medications, anti-anxiety drugs, and painkillers for arthritis....Magnesium binds to fluoride to form magnesium fluoride, and that very effectively drains magnesium from your body.”

Conditions that frequently go along with RLS include ADHD and mood disorders. Feingold parents report that when their children are exhibiting ADHD symptoms, these can be eased by the addition of Mg, either in the form of a powder added to a beverage or by using Epsom salt baths to get Mg into their bodies. The calming of the muscles and nerves reported by parents suggests that a similar benefit might be found by people suffering from RLS.

Holiday Goodie Baskets!

FAUS is now taking orders for our popular basket of treats.

There are many choices including Stage One or Stage Two, dairy free, gluten-free, or corn syrup free.

The baskets can be customized for any of these events: boy's birthday, girl's birthday, autumn, Christmas, or Chanukah. To order your basket and support our holiday fund raiser, visit: www.fgshop.org/basket-one.aspx or www.fgshop.org/basket-both.aspx

Amazon Smile!

You can help support our work -- and at no cost to you!

When you sign up with Amazon Smile, FAUS will receive a donation each time you place an order.

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

Pure Facts

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

Membership provides the Feingold Handbook which includes recipes and a two-week menu plan, a Foodlist book containing thousands of acceptable U.S. brand name foods, a telephone and E-mail Help-Line, Fast Food Guide and our Member's Message Board.

There is a membership package for families living in Canada and an International membership package is available for those living in other countries.

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

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

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