

Pure Facts

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The Hurried Child

Very young children are being expected to master complex skills long before they are ready, and when they cannot, they are candidates for an ADHD diagnosis.

Most schools in the United States are now using what is called the Common Core State Standards Initiative. (States that adopt it receive additional federal money.) It was created with the intent of improving the education of all of the children in this country. But like the disastrous "No Child Left Behind" it is proving to cause more problems than it solves, particularly for the very young child.

The initiative has brought strong criticism, especially its focus on academics for children in kindergarten. Teachers are expected to teach 5-year-olds how to read and to "participate in shared research and writing projects."

This means that the creative play which was once the mainstay of kindergarten is being replaced by instruction, work sheets, and standardized tests. Children will also have homework, and many kindergartners already do. Proponents claim that it will give children a head start in their education, and critics say it will teach them to hate school.

"In the United States there is a widespread belief that teaching children to read early -- in kindergarten or even pre-kindergarten -- will help them be better readers in the long-run. Unfortunately, there is no scientific evidence that this is so." This is the conclusion of the report, "Reading Instruction in Kindergarten: Little to Gain and Much to Lose," published by two organizations that oppose the accelerated curriculum. The groups are Alliance for Childhood (www.allianceforchildhood.org) and Defending the Early Years (www.DEYproject.org).



Early childhood education professionals have found that active play is important in preparing children to understand symbols, language and the printed word, which are all vital components of reading.

Children follow a predictable sequence of development and need to have a good foundation in understanding their natural environment before they are ready to understand the abstract concepts that are used in academics. One of the

criticisms leveled at the Common Core Initiative is that experts in early childhood development were not included in the planning.

Another criticism is that the concepts were implemented without first testing them out in a small number of schools. Critics consider it a mass experiment on our children.

The No Child Left Behind scheme funded schools based on their test results, but scores of children with ADHD were excluded so school administrators had an incentive for labeling more children as having a disorder.

Success in later life.

Some of the pressure for schools to teach academics to their very young children and pile on the homework comes from parents who believe it will better prepare the youngsters to compete in school and in the job market. But business leaders stress that they want to hire young people who are creative thinkers, able to solve the novel problems that arise as our society evolves.

Continued on page 2

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

Hurried Child, from page 1

Both France and Finland do not formally teach reading until a child is seven years old. In her newly published book, *A Disease Called Childhood*, Dr. Marilyn Wedge, a child therapist with many years of experience, notes that there are many differences between the way children are educated in the U.S. compared to Finland, where students rank much higher than those in the U.S. for reading, science and math.

The child who learns to read at age 7 does as well in the long run as one who learns to read earlier.

The Finnish child begins school at age 7, and his school day is only four hours long. Forty-five minutes of each hour is spent learning, and the children then have fifteen minutes for free play.

He has little or no homework and can go home or stay at school and participate in sports. What's more, Finland's schools provide free nourishing food for all of their children. Healthy food is also an essential part of the French child's school experience. Unlike most schools in the US, France places a very high priority on feeding children well.

The American Medical Association now approves the use of ADHD drugs for 4-year-olds.

In France, the number of children taking stimulant drugs has risen in recent years but is still only about 1%, while in the United States, 10% of high school boys take them. As for Finland, the number is a tiny 0.1%, or one in one thousand.

All work and no play makes Jack hyperactive.

1. The young child is expected to meet unrealistic academic expectations.
2. When he cannot meet them, there is an assumption that something is wrong with him.
3. Once it is believed that he has a "disorder," the next step is likely to be drugs.
4. Research has shown that the improvement often seen with ADHD drugs is not likely to be sustained beyond 2-3 years. And after the child becomes a teen, the symptoms are as severe for 90% of the children, regardless of whether or not they had been medicated. [Pelham 2007, NIMH 2009, Riddle 2013]

Studies have found that being the youngest child in a classroom is a high risk factor for being labeled as "ADHD." [Pottegard 2014, Zoega 2012] ■

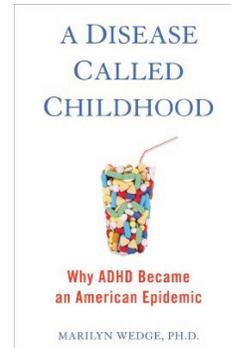
A Disease Called Childhood

Why ADHD Became an American Epidemic

by Marilyn Wedge, Ph.D.

In a sea of books on ADHD, this one stands out. Dr. Wedge has done her homework.

In 2012, her article "Why French Kids Don't Have ADHD" was published in *Psychology Today*. It went viral and is still having a huge impact.



Using words reminiscent of Dr. Feingold's observations, she describes the many factors, including diet, that can affect the way a person behaves. This concept is often ignored by other therapists who focus only on counseling. Dr. Wedge writes, "I believe that ADHD is a constellation of symptoms that our society interprets as a medical condition for reasons that will become clear in this book."

"I believe that psychiatric medications only conceal, rather than treat, the real cause of a child's troubles."

What follows is a well-documented account of how and why a country that protects its children with sunscreen and car seats promotes the use of powerful drugs that are often unnecessary. It's a tale of money and pseudo-science. It is also a chronicle of betrayal by many of the government agencies, politicians, doctors and educators in whom parents have placed their trust.

"By nature, young children have a lot of energy. They are impulsive, physically active, have trouble sitting still, and don't pay attention for very long....Yet we expect five- and six-year-old children to sit still and pay attention in classrooms....If they don't, we are quick to diagnose them with ADHD."

Chapter 7 is all about Dr. Feingold's work and the link between food additives and behavior/learning in childhood. Unlike most books that mention Dr. Feingold, Dr. Wedge has done a commendable job of describing his work and the studies that support it, as well as the many vested interests that continue to fight reform.

A Disease Called Childhood is rich with practical information, common sense, and a clear description of how we got into this mess. The book is both scholarly and easily understood by the layman. ■

Food Babe goes to battle against BHT

In February, Vani Hari once again shook the world of Big Food by issuing a petition calling for Kellogg's and General Mills to "dump the BHT," a preservative used in many of their cereals sold in the U.S. and Canada. See <http://foodbabe.com/cereal>

Both companies have already removed BHT (butylated hydroxytoluene) from some of their cereals sold in the U.S. and from all of their cereals sold in Europe and Japan, where the use of this additive is illegal. Neither the U.S. Food and Drug Administration nor Health Canada has been willing to ban the additive despite research showing it can cause serious health problems.

BHT is often hidden in foods. If it is used in one of the ingredients in a product, it does not need to be listed on a food label, which is why the Feingold Association conducts in-depth research on all products.

"People worldwide seek delicious, nutritious foods, and we deliver."

General Mills

Industry line

When Food Babe first contacted General Mills about removing their BHT, she received the standard response consumers have been hearing for years -- that it was approved by the FDA. (Vani says she was told "not to sweat it.") For many years, this has worked well for Big Food, but social media has brought changes. Instead of just brushing off a small number of individual consumers they are now dealing with thousands of unhappy people, and are being exposed to the glare of publicity.

On February 5 Vani posted a petition online and within a few hours it had 17,000 signatures. By the next day the number had climbed to over 31,000.

"We're here to listen to you and hear what's on your mind."

Kellogg's

Consumer information vs. media information

When journalists then contacted General Mills, they were told that the process of removing BHT from all of their cereals has been underway for over a year and that the petition had nothing to do with their plans. Similarly, Kellogg's responded that it is "actively testing" natural alternatives. Like General Mills, Kellogg's claimed that the petition played no part in the company's actions. (The cereal giants also told reporters that Vani had never contacted them.)

Neither company explained why it was necessary to do this testing when they have already found substitutes for BHT in their cereals.

Deflect and delay might not work this time

Food companies typically deflect criticism by assuring the media that they are working on solutions to the problems they have created, especially when it comes to improving the food they promote to children. But they avoid giving any details on just when these changes will take place.

Food Babe has followed up on her initial petition and now challenges General Mills and Kellogg's to provide a date when the preservative will be out of all of their cereals. Even though the companies will probably continue to use fake colors and flavors in them, the beginning of the demise of BHT will be welcomed.

Cereal profits are dropping

Once the undisputed mainstay of the American breakfast, cereal consumption has been declining for the past decade. More people are opting for alternatives like smoothies, and they are demanding that foods provide real nourishment. The biggest losses have been in sales of the additive-laden sugary products marketed to kids. The exceptions are gluten-free Chex cereals and the granola-type cereals, which have seen a slight increase in sales. (General Mills announced that they will be making all of their Cheerios versions gluten-free.)

Shoppers now have many healthy options

Private label cereals, especially the healthier versions, are taking a big bite out of the cereal giants' profits. MOM brand cereals (formerly Malt-O-Meal) are doing well, and MOM is now the third largest cereal company in the US. They use no hydrogenated oils, no preservatives, and no artificial flavors or colors.

Due to the decline in sales, General Mills is closing two of their manufacturing plants, located in California and Massachusetts. While they are reluctant to improve their cereals, the food giant is continuing to buy up companies that offer healthier products. They own Haagen Dazs, Muir Glen, Cascadian Farm, and Nature Valley and recently bought Annie's for \$820 million.

Established in 1866, in 2014 General Mills enjoyed global net sales of \$19.2 billion.

Continued on page 4

The BHT controversy

The Feingold Association's web site contains abstracts of many studies showing the harm caused by this petroleum-based preservative. These include: tumors and damage to liver, bladder, thyroid, DNA, the mitochondrial membrane, and red blood cells. It has been linked to rhinitis, nasal polyps and atopic dermatitis. Animal studies show that BHT leads to aggression and social isolation, as well as severe learning deficits.

Initially, Dr. Feingold did not eliminate BHT, although he suspected both it, and its cousin BHA, could be a problem for some of his patients. Before he removed these additives, his success rate was about 50%, but after removing them, it rose to about 70%!



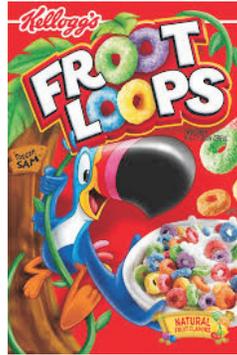
Why the Feingold Program removes BHT

The studies on BHT are contentious because while the chemical has been shown to cause many health problems, it prevents food from becoming rancid (when it is stored under less than ideal conditions). However, the research is only one part of the issue.

The Feingold Program does not eliminate BHT because the science shows that it is harmful, but because we have seen countless examples of our members having behavior, learning or health problems when they eat it.

Defending BHT

Dr. Julie Miller Jones of St. Catherine University in St. Paul, MN, lamented that food companies are increasingly capitulating to the demands of activists and bloggers regardless of the science. One of the arguments offered is that BHT is safe at levels used in food.



"For more than 100 years, we've been working to serve the world a better breakfast."

Kellogg's

Is BHT safe at levels used in food?

It probably is tolerated by most people if they do not consume any other synthetic chemicals, but just look at a bowl of the typical junk cereal designed for children in the US. Not only is it likely to contain BHT, it has additives like Red 40, Yellow 5, Blue 1, an unknown number of chemicals that make up synthetic flavors, plus high fructose corn syrup, trans-fats, and possibly fake sweeteners. What happens when that stew is combined? How many other synthetic chemicals does the average child ingest each morning in his toothpaste, chewable vitamins, fake "orange" juice, plus his dyed, artificially-flavored medicine?

Are food companies "pandering to activists," as critics claim, or is the vast online support for these petitions just a reflection of the dissatisfaction on the part of a growing number of consumers?

Businesses love to say they offer the consumer what she wants, and their web sites are filled with platitudes.

They spend money on focus groups to determine which products and which characteristics of them will appeal to the buyer. Well, gentlemen, if any of this is true, you should be thanking Vani, not trying to minimize her concerns, which are shared by countless consumers.

Kellogg's says: "We're here to listen to you and hear what's on your mind."

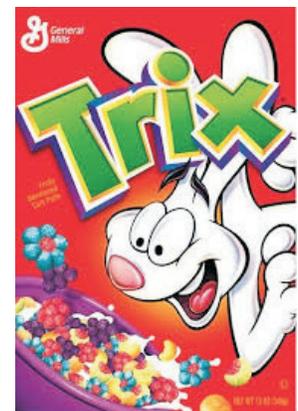
General Mills has ambitious guidelines:

"Nourishing lives is our mission."

"Do the right thing, all the time."

"Health improvements are a primary focus of our product innovation, both on existing brands and on new products that we develop."

Kellogg's and General Mills claim they are offering the consumer what she wants.



General Mills says: "Innovating to improve the health profile of our food is not only the right thing to do; it's the smart thing to do for our business." The response from Vani and her supporters is: "Take the c**p out of your food and more of us will buy it." ■

Way Better Snacks

This line of natural snacks uses organic, gluten-free, GMO free, super-food grains, seeds and beans that are sprouted to dramatically increase their digestibility and nutritional value. The products are high in minerals, antioxidants, and the important omega-3 essential fatty acids.

"Every seed, grain and pulse, without exception, contains naturally occurring enzyme inhibitors, or antinutrients, which are inherent to prevent premature germination, store nutrients for plant growth, and protect plants from insects."

Jim Breen, Better Way Snacks



See the current PIC report on page 7 for a list of the Stage One and Stage Two varieties of Way Better snacks. They work well, not only as a snack and for dipping, but make a great topping on casseroles and can be crushed up and used as a coating in place of breadcrumbs. ■

Jessica's Amazing Granola

With a background in science and a love of cooking, plus a husband who needs to avoid gluten, Jessica Mindell found a delicious way to combine her talents. She created a line of gluten-free, GMO-free, all-natural granolas.



Reviewers are passionate about her granolas, describing ways they attempt to keep themselves from consuming an entire bag. Some use it not as a cereal but as a candy or a topping for ice cream. Check your *Foodlist* to learn which are Stage One and which are Stage Two.

Now Jessica has focused her skills on two syrups that are non-GMO, organic, gluten-free, and Feingold acceptable. The Vanilla (Stage One) and Strawberry (Stage Two) syrups can liven up milk or be used on pancakes, ice cream and yogurt. Order via: www.JessicasNaturalFoods.com ■



Problems with Grains

A growing number of people are finding they are allergic to wheat or that they are not able to digest any grains very well. Why would such a basic food cause so many problems?

Grains are actually seeds, designed by Nature to survive many challenges, including the digestive system of an animal (or human) and be able to sprout and grow after elimination. Things that protect a seed from being digested are phytic acid, enzyme inhibitors, disaccharides, and complex proteins, including gluten. But unfortunately, substances that protect the seed interfere with our ability to absorb valuable nutrients in the food. When a gut is not healthy, it can have a hard time dealing with grains, especially modern wheat, which has been hybridized to increase the gluten content.



In his book *Wheat Belly*, Dr. William Davis explains how the type of flour that had been used for centuries has only recently changed. He describes, "the latter part of the twentieth century, when an upheaval in hybridization methods transformed this grain. What now passes for wheat has changed, not through the forces of drought or disease or a Darwinian scramble for survival, but through human intervention."

Seeds have a protective mechanism that is so effective they can grow plants even after having been stored for centuries. Monica Corrado, MA, CNC, writes, "...2,000-year-old date seeds found during archaeological excavations in Israel were shockingly still intact when found. And they grew into a plant when given the correct conditions!"

See Monica's site: www.simplybeingwell.com

A gut that has been damaged -- perhaps by antibiotic use -- and is lacking in needed enzymes, will have a hard time absorbing the nutrients in the food.

The ancient techniques of soaking, sprouting and fermenting grains not only made them easier to digest, but these processes unlocked the nutrients found in them and made them available to be taken up and used by the body. ■

What is methylisothiazolinone?

And what's wrong with it?

Methylisothiazolinone (MI) is a synthetic biocide and preservative that deters the growth of bacteria. It has been around for many years but had not been widely used in consumer products. However, over the past 25 years, the use of this chemical increased dramatically, according to Dr. Matthew Zirwas, who is the director of Ohio State University's Dermatology Center.

The Contact Dermatitis Society is trying to make the public aware of the chemical as a potential source of serious problems.

Dermatologists are seeing a growing number of patients with swelling, painful itchy rashes, blisters and scarring that they have traced to the use of MI. But finding the cause is not easy since the symptoms sometimes do not develop until the product has been used for months. And it can take months for the damage to clear up.

When tested on nerve cells, MI was found to inhibit the ability of neurons to grow axons and dendrites.

MI is no longer allowed in the United Kingdom, but in the US it can be found in cosmetics, suntan lotion, soaps, shampoos, deodorants, sunscreen, moisturizers, and body lotions. It may also be used in baby wipes and personal hygiene wipes. MI is especially problematic in products that are used daily and for those not intended to be rinsed off.



While major manufacturers are removing MI, last year Colgate-Palmolive added it to their Colgate Total Lasting White mouthwash.

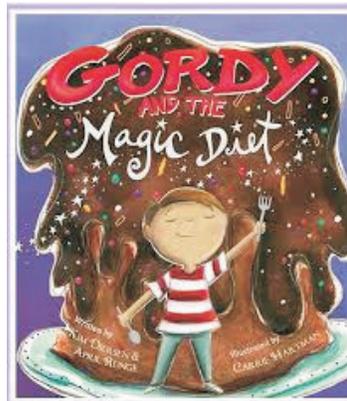
MI, used in the paint designed for boat hulls, has been found to be toxic to marine life. ■

Nestle's Chocolate Candy

The good news is that the Swiss food giant Nestle has announced it will be taking the artificial colors and flavors out of their chocolate candies sold in the US. The bad news is that they didn't say anything about getting rid of the petroleum-based preservative TBHQ.

Gordy and the Magic Diet

Three moms whose children had different dietary restrictions have collaborated to create this book for kids.



Feingold moms have reported that they found this book to be helpful in explaining the need for dietary restrictions to their children.

It might be especially useful for the youngster who needs to avoid or limit salicylates. (Most kids think the additives are gross.)

Gordy believed a *Monster* lived in his tummy, a monster that made him feel icky, angry, tired, sick, sad, confused, explosive, itchy and stinging. This unwelcome resident showed up after he ate certain things. The monster took all the fun out of birthday parties, picnics and other celebrations.

His mom came to the rescue with a Magic Diet that would tame the monster, and Gordy agreed to give it a try. But temptations abounded, and when he gave in, the monster again reared its ugly head. Then Gordy found that he was able to be even stronger than the monster.

Happily, children on the Feingold Diet don't need to give up their favorite foods since natural options are available for nearly every treat. ■



Easter is April 5...

...so you have lots of time to shop for or order natural jelly beans and chocolate bunnies. You might even try making marshmallow at home and cutting out shapes with cookie cutters.

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*. 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

BARE Simple Toasted Coconut Chips (GF,CF)
BOARS HEAD Pub Style Horseradish Sauce (SB, GF,CF),
Pub Style Horseradish Sauce (GF,CF); Hummus (GF,CF):
Traditional, Garlic, Traditional and Pretzels Snack Pack
BOULDER ORGANIC ICE CREAM* (GF): Salted Caramel
Crunch, Island Coconut, Mexican Chocolate, Vanilla,
Chocolate Pudding, Cinnamon, Mint Chocolate Crunch,
Coconut Crunch, Peanut Butter Cup, Pure Pistachio,
Cool Limone, Sweet Cream, Chocolate Duet
FIGO ORGANIC GELATO (GF): Vanilla Trio (CF),
Chocolate Peanut Butter
FOOD SHOULD TASTE GOOD (GF): Cheddar Tortilla
Chips; Brown Rice Crackers (GF, CF): Peppercorn Blend,
Sea Salt (CS)
JILL'S (www.jillsjams.com) (GF,CF) Pear Reduced Sugar
Spread; Jelly: Prickly Pear Cactus, Kudzu Blossom, Yellow
Watermelon; Zucchini Bread and Butter Pickles (GF,CF)
JOVIAL FOODS (GF,CF) Gluten Free Organic Cookie:
Chocolate Cream Filled, Vanilla Cream Filled,
Fig Fruit Filled
LA YOGURT Whole Milk Plain Yogurt (GF)
LUCE'S GLUTEN FREE ARTISIAN BREAD New Italian
Mix (GF,CF)
MATY'S All Natural Baby Ointment (GF,CF)
NUTRIGOLD (GF,CF): Organic Chia Seeds Shaker GOLD,
Astaxanthin GOLD, Organic Maca Powder GOLD
PAMELA'S^* All Purpose Flour Artisan Blend (GF,CF)
PONOMAS UNIVERSAL PECTIN (GF,CF, trace salicylate
in pectin from orange)
STUR (GF,CF) Liquid Water Enhancer: Coconut Pineapple,
Coconut Lime, Coconut Original
TILLAMOOK Lowfat Yogurt (SB,GF): Plain and Simple,
Lemon Squeeze, Key Lime
WAY BETTER SNACKS^ Tortilla Chips (GF,CF):
Simply Sunny Multi Grain, Simply Unbeatable Blues,
No Salt Naked Blues

Product Alert

Dr. FUHRMAN LDL Protect Supports Healthy Cholesterol Levels contains green tea leaf extract, so please move this product to the Stage Two section of your *Foodlist*. You will find this under the VITAMINS / Herbal section of your *Foodlist*.

The following Hormel NATURAL CHOICE products have had cherry powder added to them and need to be moved to the Stage Two section of your *Foodlist*.

Cooked Deli Ham	Honey Deli Turkey
Honey Deli Ham	Oven Roasted Deli Turkey
Smoked Deli Ham	Smoked Deli Turkey
Honey Ham	

Stage Two

APPLEGATE FARMS Natural Black Forest Ham
(GF,CF,cloves)
BIRDIE AND BILL'S SODA^ (GF,CF): Cherry Cola,
Orange Grove, Strawberry
BOULDER ORGANIC ICE CREAM* (GF): Green Tea,
Espresso Chocolate Chip, Coconut Almond Chip
FIGO ORGANIC GELATO (GF): Salted Caramel Café
(coffee)
KIRKMAN GROUP Spectrum Complete II (GF,CF,
grapeseed extract)
McCORMICK Light Chili Powder (GF,CF,chili peppers)
PACIFIC FOODS Organic Bone Stock (GF,CF,cider
vinegar): Turkey, Chicken; Organic Bone Broth
(GF,CF,cider vinegar): Chicken with Lemongrass,
Chicken with Ginger, Chicken, Turkey, Turkey Rosemary
Sage & Thyme
PARADISE MEADOW Premium Dried Cranberries
(GF,CF)
STUR (GF,CF) Liquid Water Enhancer: Fruit Punch
(cherries, oranges), Orange Mango, Pomegranate
Cranberry, Strawberry Watermelon, Lemon Tea
TRUJOY SWEETS Organic Lollipops (GF,CF, apples,
black currants, cherries, elderberries)
WAY BETTER SNACKS^ Tortilla Chips (GF,CF): Oh My
Sweet Punkin Cranberry (raspberries), Simply Tangy
Mustard (wine vinegar)

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.

Editorial comments

Administrators and politicians don't need to experiment with untested programs to find ways to help children achieve in school and life.

They only need look at the schools around the country -- both public and private -- that are accomplishing this.

Waldorf schools have been successfully teaching and nurturing children for nearly a hundred years, with the first school opening in 1919. Rudolph Steiner, Austrian educator and philosopher, recognized that at each stage of his development, a child acquires a different set of skills and experiences. In these schools, each aspect of learning is introduced to the child at a time when it is appropriate for him.

Early childhood education expert Joan Almon writes, "American education gives lip service to the idea of developmentally appropriate curriculum but, in fact, arbitrarily assigns curriculum areas to whatever age it wants."

Overburdened with red tape, lack of appreciation, and not enough time to teach and nourish children, an enormous number of teachers are leaving the profession.

Dr. Maria Montessori opened her first school in Italy in 1907, and children thrived. Today there are more than 22,000 **Montessori schools** around the world and over 5000 in the United States. Some public schools in the U.S. use this child-centered philosophy in their program. It can range from a single early childhood education classroom to school-wide elementary or high school programs.

The National Center for Montessori in the Public Sector helps with the development and maintenance of Montessori schools around the country. <http://www.public-montessori.org>



Signs of backlash over homework

One positive outcome of the Common Core experiment is that some schools are taking a harder look at their policies and choosing to get rid of homework or to curtail it severely.

The Gaithersburg Elementary School in Montgomery County, Maryland does not send extra work home and only asks parents to have their child read for 30 minutes each night.

The battle over homework has raged for decades, marked by a push for more homework, followed by a backlash over children being given too much.

"In a study of high school dropouts, we learned, much to our surprise, that homework had played a major role in their decision to leave school."

John Buell, author of *Closing the Book on Homework*.

"How much is too much -- and haven't we reached the point of diminishing returns?" asks Sara Bennett, author of *The Case Against Homework*.

"According to international surveys, Finland's [academically advanced] students have the lightest load of homework in the world..." from *A Disease Called Childhood*.

Pure Facts

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

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

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

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

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"Kids are at school 7 or 8 hours a day; that's a full working day and why should they have to take work home?"

Etta Kralovec, co-author of *The End of Homework: How Homework Disrupts Families, Overburdens Children, and Limits Learning*. ■