

Spring NEWSLETTER



Where Western Diet
-> Western Disease

FIHRI MISSION

The mission of the non-profit Food Ingredient and Health Research Institute (FIHRI) is to eliminate harmful contaminants in food through research and consumer education.



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From the Founding Executive Director's Desk: FIHRI'S Newest Partnership!

Our newest partnership is with the Green Festival. This annual event is the largest and longest running environmental sustainability event in the United States. It was founded in 2002. I remember attending when it occurred in Washington DC many years ago. This year the event will be held in five cities: New York, San Francisco, Washington DC, Los Angeles and Fort Lauderdale. In the past, the festival has drawn thousands of people who come to listen to keynote speakers. Amy Goodman, investigative journalist, Seth Goldman, President of Honest Tea, and Katrina vanden Heuvel, editor and publisher of The Nation, are all examples of past speakers. I will be featured as a keynote speaker at the Green Festival in New York in June and San Francisco in November this year.

I have been invited to speak in all five cities but am constrained by the travel costs. I can personally only afford to pay for the travel cost to two cities. FIHRI does not have enough money in its checking account to cover this kind of expense. Fortunately, the money I earned teaching in Saudi Arabia can be used to fund this activity on a limited basis. We are lucky to have such an esteemed partner in teaming up with the Green Festival!! The opportunity was too good to pass up. To find out more, you can visit the Green Festival webpage at the following link:

<http://www.greenfestivals.org/speakers/speakers-directory/companies/1501.html>

This week I have posted a new FIHRI blog article about the partnership on our website. Feel free to check in!! <http://www.foodingredient.info/fihrinews/fihriblog.php>



FIHRI PARTICIPATES IN BIG ISLAND HAWAII RURAL HEALTH FAIR

Dr. Dufault travelled to Pahala to participate in the 19th Annual Ka'u Rural Health Conference on March 17, 2017. She prepared hundreds of brochures and flyers to share with participants. The conference was well attended by health department representatives from Oahu, Ka'u community members, and representatives from local organizations. Several attendees stopped by FIHRI's table to learn more about our mission and educational tools. Who knows? Maybe a partnership will develop in the near future.



New Safe & Healthy Diet Tutorial Available to Public on FIHRI Website

FIHRI's last clinical trial featuring the nutrition tutorial for parents of learning disabled children was a great success! Parents, totaling 22, participated in the tutorial with 11 serving in the test group and 11 serving in the control group. Parents in the test group who participated in the tutorial significantly reduced their intake of highly processed foods, increased their intake of whole and/or organic foods, and changed their mind about their ability to influence their child's behavior through diet. This was the third time the

content of the tutorial was tested in a clinical trial with the exact same results with respect to dietary changes observed in the participants. Dr. Dufault will be publishing these new findings in a formal medical journal article soon.

In the meantime, she has written a new book incorporating all of the content from the previous book and constructed a new tutorial to go with. The new Safe & Healthy Diet Tutor offers eight modules of instruction with one module of instruction offered for each chapter in the new book. The book titled, "Unsafe at Any Meal What the FDA Does Not Want You to Know about the Foods You Eat," can be ordered at Amazon.com or Barnes & Noble. The tutorial is available at no charge to the public. To access the syllabus and modules of instruction please visit the following link using either the Mozilla or Internet Explorer browser:
<http://www.foodingredient.info/safehealthydiettutor/syllabus.html>

FIHRI always welcomes your support. Use the Mozilla or Internet Explorer browser to make your contribution today!

To support FIHRI's education and research efforts,
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