

## Hoffstein Seeks Respect For Feingold Association



Barbara Hoffstein, president of FAUS

*This is the first article in a series of six aimed at acquainting Pure Facts readers with the FAUS board members, their backgrounds, and association goals.*

My name is Barbara Hoffstein. My husband Paul, and I have two children, Bart J, who is 11, and Lita Barri, who is 9. Paul is a fiscal administrator at the University of Maryland Medical School. He is also my mentor and advisor on FAUS matters.

We learned about the diet in *Newsweek* five and a half years ago. Lita had been on tranquilizers for a year in conjunction with INH (a drug being administered because of a positive TB skin test.) Lita had been hyperactive since birth and the drug made her hyperactive behavior worse.

We stopped the INH and the tranquilizers but she did not improve. However, taking out flavors and colors made an obvious difference in three days, and the rest of the family noticed changes which have kept us all on the diet too.

After five months of struggling to learn what foods were safe, a

friend gave me Jeanne Mayo's phone number. She was a Feingold diet advocate who lived around the corner from us in Houston.

We spent more than an hour on the phone that day--what a joy to find someone who understood! Toward the end of the conversation Jeanne told me she knew of other families on the diet and they were starting a parents' group.

The first meeting was the following evening and Jeanne asked me if I would be secretary of the new association. So I became active in the association even before I knew margarine was causing our unexplained reactions. I don't think there is enough of that kind of quick involvement anymore.

In FAUS I have continued to take on jobs before I really felt confident about it--the presidency certainly not being the least of these. Each has been a growth experience.

As president of FAUS I am working to make it easier for your children as well as for my own.

FAUS needs to be a strong base for the affiliated local associations and offer more services. The new *Pure Facts* will be one of those services. It will allow more volunteer time to be spent on other association services.

Goals and directions need to be set forth which will make FAUS a respected organization--one which the Nutrition Foundation could not so easily overshadow with its cries of 'placebo effect' even when that is contrary to the latest scientific studies.

*continued on page 2*

## Artificial Light Affects More Than Our Eyes

Photobiology, the science of how light interacts with life, is a relatively new field which is turning up interesting findings.

According to a recent *Reader's Digest* report, researchers at Massachusetts Institute of Technology and Massachusetts General Hospital found that during the winter months as their group of nursing home subjects spent less time in the sun and more time in artificial lighting, there was a decrease in their body's ability to absorb calcium.

When the subjects were exposed to special lighting, which produced the same spectrum of colors found in natural light, their calcium levels immediately increased.

This led MIT researcher, Richard Wurtman to conclude, "proper indoor lighting could serve as an important public health measure to prevent the undermineralization of bones among the elderly and others with limited access to natural sunlight."

But it isn't just the elderly who suffer from artificial indoor lighting. In Cheshire, Connecticut, parents waged a successful effort to have the new energy saving sodium vapor lights removed from their elementary school after teachers and students experienced nausea, bloodshot eyes and headaches.

Teachers also noted that the students had been more irritable and more easily distracted with the energy saving lights.

*continued on page 2*

## FDA Approves Use of Lead Acetate

Despite a report such as the one appearing in the *New England Journal of Medicine* stating that, "All of us today are carrying at least 500 times the level of lead in our body that was carried in an earlier period in history," the FDA gave clearance to the use of lead acetate in hair dye preparations.

The American Holistic Medical Association and the American Academy of Medical Preventics urged the FDA to consider an independent laboratory study revealing that more than an insignificant amount of lead is absorbed with each application. These organizations argued that in light of the higher lead levels our bodies already support there is "significant risk from any additional lead that we absorb into our bodies."

— Food Chemical News

## Hoffstein Seeks

(Continued from page 1)

I will only be able to accomplish a little of what I wanted to in a year. But it is important for others to carry on this work with a constant flow of new enthusiasm as they take over a frustrating job.

I am now beginning my second year at the University of Maryland, majoring in Nutrition. I know I will be more valuable to the association once I have that degree and am anxious to get back to taking a full course load once my term as president is completed in June.

It is interesting to me that at 35 I can take courses I could not pass when I was 17. I know staying on the Feingold program myself has increased my concentration abilities and my self confidence a tremendous amount.

In so many ways I have grown and thrived because of the Feingold program and the work this association does. I recommend both the diet and the hard work within the association highly.

*Barbara Hoffstein*

## from the editor

With the promise of Spring comes many new changes. By now I'm sure you've noticed the new format for *Pure Facts*. This change has nothing to do with Spring but does share its feeling of a new beginning.

For the past four years *Pure Facts* has been produced under the nurturing eye of Mike Morrison. Mike has now passed the responsibility on to a new editor.

While I will continue to report on trends in the research and nutrition area, specifically noting information pertinent to the Feingold Association, *Pure Facts* will also bring you features on Feingold chapters, and the association's members.

*Pure Facts* is now a monthly publication, except for a combined July/August issue. This increase in issues will give us a chance to more quickly inform our members of important developments and keep them abreast of changes as they happen.

I encourage readers to send their suggestions and news items. When sending pictures of chapter events, special speakers, etc., please use only black and white photos which are clearly identified by event and names of those pictured.

A new business address (*Pure Facts*, 2087 G Tucson Ave., Andrews AFB, Md. 20335) should be used for all correspondence including subscriptions, change of address requests and letters to the editor.

I'm sure you will find the new *Pure Facts* to be stimulating, informative and reassuring.

*Helen Dugan Worth*  
editor, *Pure Facts*

## PURE FACTS

Editor: Helen Dugan Worth  
Business Manager: Carol Porvaznik

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All correspondence, subscriptions, renewals and change of address notifica-

## Artificial Light

(continued from page 1)

Most lights in our homes today are incandescent, like Edison's light bulb. The incandescent bulb does not have the rainbow of colors found in true sunlight but uses mainly the yellow, red and orange colors which man reacts to more.

F. Alan Anderson, a biophysicist at the Food and Drug Administration, indicated that, "That potent, unnatural wave lengths of fluorescent light can cause genetic mutation, cancer and death in the cells of many living things--including man--at a significantly high rate."

Anderson also noted that artificial lights disturb the circadian rhythms of our body. These are the natural temperature and chemical rhythms which rise and fall in response to the natural light of the 24-hour day.

He pointed out that 'jet lag' is an example of what happens as the traveler's day and night cycles become mixed up.

West German photobiologists are concerned about 'light stress,' which occurs when unnatural light (for example, a light switched on at 2 a.m.) confuses our body clock and can result in biochemical changes in the human body.

The *Reader's Digest* report also points out that artificial lighting is being used to, "enhance health, prevent disease and even heal. Blue light can help cure one kind of jaundice in premature babies. Herpes can be treated with low intensity, white fluorescent light. And psoriasis can be remedied by giving a patient a drug that increases his sensitivity to light and then exposing the skin to special ultraviolet radiation."

tions should be sent to: *Pure Facts*, 2087 G Tucson Ave., Andrews AFB, Maryland 20335.

Portions of the newsletter may be reprinted provided *Pure Facts* is sighted as the original source.

To find the location of the nearest Feingold Chapter or obtain general information about FAUS, write to: Feingold Association of the United States, Inc., Drawer A-G, Holtzville, N.Y. 11742.

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## Federation of Homemakers Still Fighting FDA to Remove Caffeine From GRAS List

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Sighting the Federation of American Societies for Experimental Biology report which concludes that caffeine should not be allowed as an added substance to food before new safety data is researched, the Federation of Homemakers once again asked the Food and Drug Administration to remove caffeine from the list of generally recognized as safe (GRAS) substances.

They maintained, "The continued practice of adding this drug to a food (soda water beverages)

that is widely consumed by children, and by mothers carrying the unborn child, is intolerable."

The FDA responded with an extension of the comment period on the caffeine proposals (until March 23, 1981). The Homemakers conclude that the 90-day delay is only the beginning of further periods of delay. Their attorney called the agency's rulemaking process, "A sham proceeding to avoid substantive action."

— *Food Chemical News*

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## The Environmental Protection Agency To the Rescue . . . Or . . . If They're the Good Guys Why Ain't They Wear'n White Hats?

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When the FDA recently instituted several seizures of lettuce because of an unsafe level of pesticide residues, the EPA saved the day by increasing a temporary tolerance level for residues over the 1 p.p.m. level of acceptability. The EPA noted that 40% of California's winter lettuce crop had residues above that level anyway!

— *Food Chemical Union*



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## Sunlight As A Stimulant

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Have you noticed that your children are calmer on overcast days? *Science Digest* notes that the sun's rays might stimulate the production of the hormone epinephrine (adrenaline) which tends to excite or stimulate the mind and body. They also note that the lack of this stimulation could result in depression.

Although they did not present a hypothesis on what that might mean for hyperactive children perhaps future studies might suggest our kids be kept in mushroom cellars if they cheat on their diets.

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## A Taste Of Things to Come?

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In January, Representative Wampler (R-Va.), the ranking Republican member of the House Agriculture Committee made it clear that he doesn't hold much interest in consumer-oriented activities and called for a lessening in their priority.

He also asked the new administration to drop the USDA and FDA food labeling proposals for a, "continuation of the time-tested voluntary program of labeling."

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## Sherlock Holmes, Eat Your Heart Out

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*Food Sleuth*, a monthly newsletter that zooms in on nutrition, is chock-full of information such as: a ripe banana can replace half the sugar in a recipe. Or: non-fat dry milk powder can replace eggs, butter and cream in a white sauce. Or how about: lemon juice can be substituted for salt in baking and roasting a chicken.

The newsletter, published by the Metropolitan Action Center, Inc., also offers strategies for action at the market, in the kitchen, with the food industry and talking with the family.

It can be ordered by sending a check for \$5 to *Food Sleuth/MAC Inc.*, 9 Hepburn Road, Hamden, CN 06517.

— *Feingold Association of the Washington, D.C. Area*

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## Don't Pooh-Pooh Prunes

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*For far too long too  
many have maligned the lowly  
prune,  
Equating it with laxatives taken by  
the spoon.  
Never added to fruit baskets sent  
off to friends,  
Not eaten for pleasure but as  
means to other ends.  
Don't underestimate the prune  
though wrinkled it may be.  
This natural sweet is high in  
iron, and high in quality.*

(5 dried prunes equals 1.8  
milligrams of iron)

— *Food Sleuth*

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## "QUOTES"

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Barbara Hoffstein, president of FAUS, recently appeared on a Baltimore, Maryland television interview show and answered the often asked question, "What do you eat if you eliminate all these products?" "We eat food," she noted. "We don't eat chemicals."

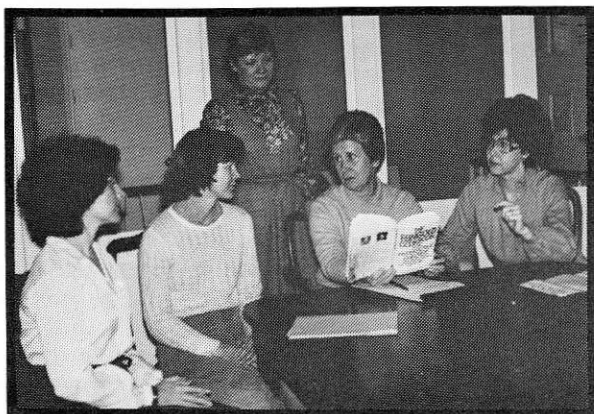
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Jane Hersey, vice-president of FAUS, offers this realistic view to those who think of the Feingold nutritional program as a radical approach to health and well being. "I see the Feingold diet as being half way between the Twinkies and the alfalfa sprouts," she says.



## In the Spotlight

# ROANOKE CHAPTER PROSPERS THROUGH CONSERVATISM



Hard at work at a planning session are (seated left to right) Laura Gibson, Sherlie Doherty, Mary Kistler and Carol O'Keefe. Heidi Baird is standing.

President: Mary Kistler  
Vice President: Carol O'Keefe  
Secretary: Laura Gibson  
Treasurer: Mike O'Keefe  
Membership Chairman: Heidi Baird  
Newsletter Editor: Sherlie Doherty

In June, 1978, the Washington, D.C. chapter of FAUS adopted a new fledgling in the form of a very interested Roanoke, Virginia, group of parents who wanted to know more about Dr. Benjamin Feingold's approach to hyperactivity.

Today, just twenty one months later, Roanoke is a full fledged chapter with nearly 200 members.

Much of the group's success is a result of chapter president Mary Kistler who has been there since the start. She credits the group's conservative approach, noting, "We have grown slowly, consistently, carefully and within the strict guidelines of what Dr. Feingold has laid out in the first twenty one pages of the Feingold cookbook."

"We think of ourselves as very conservative Feingolders," she adds, "Some chapters tend to have more relaxed guidelines for what foods they accept on their safe foods list, but we go strictly by the book."

Roanoke is a very structured organization. One of a cycle of four meetings is held the second Monday of each month starting with *Introduction to the Diet*.

Participants in this introductory meeting are required to have

a copy of the Feingold cookbook. An indepth discussion is held on the subject matter of the first twenty one pages of the cookbook where Dr. Feingold explains the how to's and what for's of the diet.

Second in the series of meetings is the *Diet Workshop*. At this meeting they deal with the actual shopping for food, how to plan your shopping trip, holiday treats, children's parties, etc.

The third meeting is called *Nutrition Workshop* and is conducted by a professional nutritionist, Dr. Barbara Morlang, who advises parents how to plan balanced menus and also answers their questions on the nutritional aspects of the Feingold diet.

An *Advanced Workshop* completes the series. Here families who have been on the diet for several months or even years attend to catch up on new developments and, perhaps, seek a reason for a reaction that has suddenly cropped up.

"Our primary purpose," Kistler admits, "is to help people succeed on the diet." Providing community education is a close second. The chapter accomplishes this through its many speaking engagements throughout its 100-mile radius.

"We wait to be invited and are usually received very well," Kistler says. They have been asked to speak at local schools, in front of

various community groups and many professional organizations, including the local group of pediatricians.

In May they are scheduled to speak to the local dental society. Kistler is enthusiastic about the community education portion of their activities and notes that the groups they speak to have many questions and show a lot of interest.

"I think we have laid a solid foundation in our community," she says, "We have had excellent results."

Fundraising for the Roanoke chapter has come from sales of the Feingold, Packed With Love Not Additives lunch bag and from their own cookbook which sells for \$5.95.

Despite their busy schedule they find time for social events which have included a very successful Halloween party attended by 85 people last November, followed by a Christmas social. Plans are now beginning to take form for a family picnic to be held in May or June.

The chapter concentrates on holding on to people who come to a workshop and on broadening the base of people who serve as volunteers. They do this through writing to the prospective members and through phone calls from the diet assistants.

Despite their obvious success, Kistler admits, "We have the same problems that any chapter has. We just keep working on them."

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## Roanoke Wants You To Try:

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### Squash Preserves

1 gallon yellow squash  
1/2 gallon sugar  
1 lemon scrubbed well  
and thinly sliced  
1 pint water  
1 small can crushed  
pineapple, in its own juice

Wash squash and slice thinly; mix with other ingredients. Place in large bowl or crock. Next day put in large kettle and cook til squash is transparent and syrup thick. Put in sterilized jars and seal.

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## Food Additives May Cause Shrinking

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Thank you Lily Tomlin for pointing out the possible long term effects of artificial chemicals in our diet, clothing, home and practically every other aspect of our lives.

*The Incredible Shrinking Woman*, although a movie probably made as a spoof, may be more prophetic than the writers thought. Any Feingolder noticing a sudden change in height had better check with a Feingold diet counselor before it's too late.



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## National Health Information Clearinghouse

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Would you like to know how to get in touch with the National Cancer Association? How about the Feingold Association of the US? A clearinghouse for health-related organizations and programs throughout the country can be found within the Department of Health and Human Services.

Its Office of Health Information, Health Promotion and Physical Fitness and Sports Medicine has a toll free number (800-336-4797 or in Virginia 703-522-2590). Or write to NHIC, P.O. Box 1133, Washington, D.C. 20013 and they will direct you to the appropriate resource.

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## Help In Appraising Your School's Food Service

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The Children's Foundation and the Center for Science in the Public Interest have jointly published, *Eat Better at Home*, a manual that tells how to rate a food service and how to organize a quality campaign to change inadequacies.

For a copy send \$2 to: The Center for Science in the Public Interest, 1755 S Street, N.W., Washington, D.C. 20009. Or The Children's Foundation, 1420 New York Ave., N.W., Suite 800, Washington, D.C. 20005.

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### WATCH OUT FOR CARRAGEEHAN

Carrageenan, a seaweed derivative found in milk products as well as other foods, has not given Feingolders a problem in the past but don't take it for granted on your diet. Some of it is now being bleached with sulphur dioxide and cleansed with alkali. If you are experiencing a new reaction this might be the culprit.

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## Can You Believe!!!

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Every so often, actually far too often in the area of nutrition, a faux pas occurs which so strains the imagination that it is worth reporting a second time. The November, 1980, FAUS quarterly report noted just such a blunder. Can you believe:

An activist consumer group in Washington accused the American Cancer Society yesterday of 'highly irresponsible conduct' for giving out lollipops that contain a dye that is suspected of causing cancer.

Michael F. Jacobson, head of the Center for Science in the Public Interest, said: "Of all the dyes to use, this is insane. And that a health organization is passing out lollipops just shows such insensitivity to health."

Jacobson said the candy, distributed as a fundraising gimmick by upstate New York chapters of the Cancer Society, contains Red No. 40, a dye approved by the Food and Drug Administration for use in food, but which is undergoing reevaluation following scientific studies that suggested it might cause cancer in test mice.

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## BOARD MEETING Highlights

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The December, 1980 executive board meeting resulted in approval to print 10,000 membership cards and distribute them to the local chapters at a cost of approximately \$150.

A concern was voiced that local chapters are not returning their signed guidelines. If these are not signed the local is not a member of FAUS. A deadline will be indicated on future guidelines mailed to locals.

The Hyperactive Association of Canada (HAC), was accepted as a new chapter with a six month probationary period.

Funding for *Pure Facts* was approved and the idea of using the national newsletter as part of

the local's newsletter was well received. Helen Worth was approved as editor and Carol Porvaznrik as business manager.

A motion was passed to compensate Joan Syron (corresponding secretary) at minimum wage for a maximum of 80-hours service per month.

The FAUS telephone has been dropped due to high costs.

On Dr. Feingold's suggestion the board approved a letter-writing campaign to Dr. Frederick Stare supporting Mike Muhle (Age 11, Hastings, Nebraska) who wanted to point out to Dr. Stare that he is wrong. The diet does work.

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### Overheard

Young Feingold dieter explaining the diet: "There are some cars that use leaded gas and some that use unleaded. Well we use unleaded."

Another Feingold cherub: "I'd rather be known as weird for what I eat than how I act."

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## Cough! Cough! Cough!

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Do you want to eat food not smoke? A national directory of 5,000 restaurants catering to non-smokers has recently been released by Environmental Press. The *Guide to Smoke Free Dining*, by Michael B. Horwitz, Ph.D. is divided by states for easy reference and costs \$5.75 (postage paid). Write to Environmental Press, P.O., Box 701, Buffalo, N.Y. 14205.

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## Food Additives At A Glance

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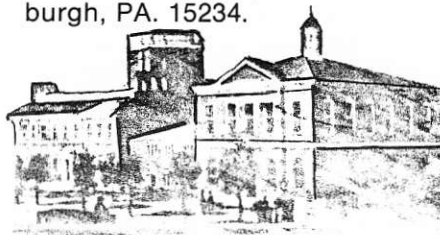
Have you sometimes become confused while food shopping, wondering if an additive listed on the label is natural or synthetic? A food additive card listing 80 of the most common additives and sized

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## Colleges for LD Students

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The Association for Children and Adults with Learning Disabilities offers a list of colleges and universities who accept and assist learning disabled children. Send \$.75 and a self-addressed business envelope to: National ACLD, Inc., 4156 Liberty Road, Pittsburgh, PA. 15234.



just right for your pocket can be obtained by sending 50 cents plus a stamped, self-addressed envelope to Maureen Cagnon, Bennet Hill Rd., Rowley, MA 01969.

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## VPI Helps Teach Good Eating Habits To Your Preschoolers

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A fundamental, yet informative free brochure, *Food for Young Children*, is published by Virginia Polytechnic Institute and State College. The brochure lists the four food groups and notes what the nutritional requirements are for a preschooler. It offers many tips for making a preschooler want to eat what is good for him and discusses the need for vitamin supplements. For a copy of this interesting brochure write for Publication #326, VPI, Extension Division, Cooperative Extension Service, Blacksburg, VA 24061.

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## Book Review: The Feingold Cookbook for Hyperactive Children

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by: Ben F. Feingold, M.D., and Helene S. Feingold

# THE FEINGOLD COOKBOOK FOR HYPERACTIVE CHILDREN

*The Feingold Cookbook* is not just recommended for members of FAUS and others with hyperactive children or personal food related problems, it is an *absolute necessity*. Not only does it sum up Dr. Feingold's observations on the dietary management of hyperkinetic and learning-disabled children but it also alerts readers to the pitfalls to watch out for and hints for obtaining success on the diet.

A sample four-week diet helps the novice to start off on the right foot. Hundreds of recipes from appetizers through desserts tempt seasoned Feingold advocates as well as those who are new to the diet. Sections on sauces, condiments, snacks and salad dressings offer moneysaving alternatives to 'store bought'.

This is a cookbook which won't collect dust on your shelf.

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### PURE FACTS

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