

## Dr. Feingold Enthusiastically Received During East Coast Tour

Dr. Feingold, along with his wife Helene, spent much of February speaking to numerous organizations and FAUS members along the east coast. His biggest audience was in Atlanta where he addressed over 700 members of the Association for Children with Learning Disabilities, while they were attending the ACLD's international conference.

Throughout his trip he reiterated the three areas which he considers to be the focal points of his efforts and of the Feingold Association:

(1) helping hyperactive and learning disabled children and adults through an additive-free, nutritiously beneficial diet.

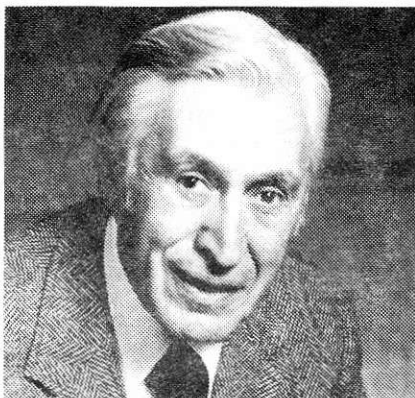
(2) demonstrating to physicians that the diet is a mode that works with these children and adults,

(3) and coping with the social situation, especially in the area of obtaining cooperation from the local school systems.

He cautioned that if the Association strays from these areas of concentration and concerns itself with more questionable areas of help for these children (who comprise approximately 5-20% of the total population of the United States) that progress will be greatly curtailed.

Referring to the debilitating effects of additives in our food supply, Dr. Feingold said, "I think it is necessary to generate the idea of how important this problem is.

"Dietetic science is not exact." He added. "We have so much to learn. But I do know we can turn these children off without harm or



Dr. Ben F. Feingold

risk through dietary management." *cont. on page 3*

**SEE THE MAY ISSUE OF  
*Pure Facts*  
FOR SUMMER CAMPS  
FEATURING ADDITIVE  
FREE MEALS.**

## McCormick Turns Back on Natural Ingredients - Goes for the Money

The good news is that according to a March 19 *Washington Post* article McCormick & Co. expects to increase their earnings by more than 70% this year. We can all feel proud when one of America's businesses is doing well.

The bad news is that the company's recent acquisition of Stange Co., a Chicago flavoring maker specializing in industrial products, figures prominently in their optimistic profit projection.

McCormick openly admits, "We expect (profit) margins to improve from their current levels as

## Dr. Feingold Named to Top Ten

Dr. Feingold was recently named to the Center for Science in the Public Interest (CSPI) Nutrition Hall of Fame as one of the ten most influential people in the promotion of good nutrition during the last ten years.

CSPI noted Dr. Feingold's work with hyperactive children and his discovery that many of them respond adversely to artificial additives and said, "Dr. Feingold deserves great credit for opening our eyes to the links between environmental chemicals and human behavior."

Of course such an award comes as no surprise to FAUS members but it is still nice to see other organizations single out Dr. Feingold with well deserved praise.

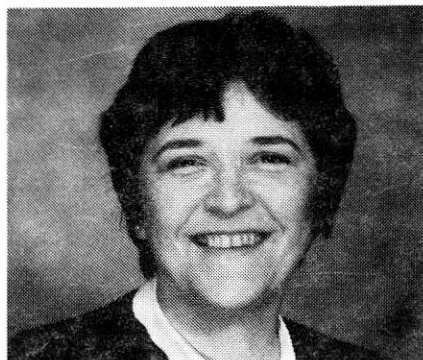
we move toward more proprietary seasonings and flavorings and away from natural ingredients."

Such action by McCormick is very regrettable and FAUS, as well as other organizations and individuals who are additive-conscious and nutrition-minded, will have to eye the McCormick label with great skepticism and/or avoidance in the future.

**NEW DEADLINE FOR  
'81 CONVENTION**

(See page 3)

# Technology Failing Our Youth-- FAUS Recording Secretary Alleges



This is the second article in a series aimed at acquainting our readers with the backgrounds, ideas and ideals of the FAUS board members.

Five years ago my husband Jim and I decided to put our son Erik on the Feingold nutrition program. We did this without the benefit of a local Feingold association, without the encouragement of a physician, and without the information currently available.

The need for a parent support group was obvious. Therefore, a small group of parents of hyperactive children came together and formed the San Jose chapter of the Bay Area.

For five years now we have helped and continue to help many families in our community as well as personally reaping the rewards of the diet. Of course our whole family (Erik, who is now 9, 7 year old Timmy, my husband and I) adhere to the diet.

At each National Convention I meet leaders from around the world and I am constantly impressed with their dedication to our work. They, as well as I, feel the need to *push on*. For as we help individuals in our community, we help our own children.

I feel FAUS plays a key role in all of this. The locals can do a great deal to help those in need. They also are the means to educate the community about our program.

FAUS, however, can pull it all together. By being united (FAUS, the locals and Dr. Feingold) we can do more to reach those who need help.

## Dear Editor:

"I like the new *Pure Facts*. It is easily read and attractive. I especially like articles such as Barbara's (board member feature on Barbara Hoffstein, FAUS president) and the feature on the Roanoke Feingold Association—one's that are relevant to Feingolders. I sure would like to see some easy, inexpensive main dishes (as part of the chapter features)."

Markey Dokken  
Recording Secretary  
FAUS

"*Pure Facts* is wonderful. Personally I am thrilled and feel it is a fantastic contribution to the image of the national association."

Dee Ann Treadway  
Legislative Committee  
Chairperson FAUS

"In the May/June, July/August 1980 FAUS *Pure Facts*, under, 'On the Road Menu Suggestions', you stated, 'French toast is most likely to be made with natural ingredients.' Our son worked for a pancake restaurant for a while and came home with some pretty sad stories of the kinds of 'foods' that were being served—including french toast, which was thick slices of white bread dipped into a chemical mixture and stored in the refrigerator. When french toast was ordered, this bread was dropped into a vat of hot oil and fried until it puffed up.

You also recommended broiled or grilled steak. The son of a friend was in charge of frying the steaks at Bonanza. He could not get the red dye off his hands even though he had tried bleach and many cleaners. He told his father that the steaks were dyed before reaching the restaurant. He had tried frying them for 45 minutes and still the red 'blood' dye was in the steaks.

I think everyone should be warned of this especially the parents of children who are allergic to chemicals and dyes."

June Barnett  
(nutritionist, teacher  
consultant, lecturer)  
Monroe, CN

"Congratulations on your first issue of *Pure Facts*! It is not an easy job but a very important one. The appropriate FAUS publication could be extremely helpful.

Thank you for the accurate presentation of our work here in Roanoke. There is one very important correction which I hope you can run next month. We sell *The Feingold Cookbook*. We do not have our own cookbook. It is also very important for people to know that Dr. and Mrs. Feingold donate all royalties from the book to the Feingold Foundation for Child Development."

Mary Kistler, president  
Roanoke, VA Chapter  
FAUS

It is imperative that we create an awareness among those who are in the position to help—the educators, the physicians, the food industry, etc. An awareness of the role food, food additives and nutrition plays in the learning and behavior of us all.

I particularly enjoy my public relations contribution to FAUS. I have written news columns and press releases, done speaking engagements and radio interviews in an effort to reach out.

Currently, I am working with the California Commission on Crime Control and Violence Prevention. It is studying the root causes of violence and the role nutrition and biochemistry play in

this violence. We are generating a lot of interest and are excited about the possibilities.

Technology today should be helping us to expand the learning potential of our youth. Instead it is making millions of children fail to reach their deserved potential.

I am not willing to wait 20 years to help these children. I am doing what I can, *now*.

Markey Dokken  
Recording Secretary  
FAUS

Marky Dokken has served as president of the San Jose chapter of FAUS, and as a food columnist for *Natural Living Newsline*. She is also a former second grade teacher.

## In the Spotlight

# Hanover Park Chapter Offers Support and a Good Time to Members

PATH of Illinois officers:

President: *Kathy Walters*  
Vice President: *Diane Ambroziak*  
Secretary: *Scotti Burns*  
Circulations Chairman:  
*Brenda Larrance*  
Newsletter Editor:  
*Anita Werderich*

The Hanover Park Feingold chapter is just one of seven chapters functioning under the Feingold Parents' Association for the Treatment of Hyperactivity (PATH) of Illinois. Anita Werderich serves as the PATH newsletter (*Food For Thought*) editor and also chief, cook and bottle washer for the Hanover Park chapter which was formed in 1978.

Their monthly meetings feature a speaker, when one is available, but the normal format is that of two simultaneous meetings. Ms. Werderich explains, "One group is made up of new members. With this group we discuss the diet at length, answer questions and give hints for shopping."

They also use posters as a visual aid. One poster covered with labels from Feingold approved foods (this helps to give the newcomers the idea that it isn't impossible to buy pure foods) and a second poster showing labels from foods that a shopper might be fooled into believing are safe but which are not (like Wonderbread's Natural Wheat Bread).

While this meeting is taking place a second meeting of older members is discussing allergies,



*Ghoulish visitors to the Feingold Halloween Party*

doctors, school boards or new problems with the diet.

The evening concludes with the two groups getting together over refreshments and 'rapping'. "The older members are a wonderful support for the new members," Ms. Werderich points out.

Benefits of being a Hanover Park Feingold member include the use of a pure foods co-op (although non-members are also invited to use this service); stimulating speakers in the areas of nutrition, allergy, family counseling, etc.; and parties.

For the past three years the chapter has hosted the 'Annual Goblins Night Out Halloween Party.' An extravaganza that lasts five hours (3:00 - 8:00 p.m. to cover all the tempting time when the children might want to trick or treat).

Members of the state organization and families in the community who want an alternative to the usual 'pigging out' are also invited to attend. The parties have

averaged well over 100 children for each of the last three years.

Last year's party was covered by a Chicago ABC television station on prime time with the diet being endorsed by the local news personalities. The chapter is eagerly awaiting an indepth story on the diet by the same news team. This coverage should be aired sometime in the fall.

The Hanover chapter also fosters its own Feingold Cub Scout den where, Ms. Werderich says, "pear juice and pop corn are the order of the day and not cupcakes and Hi-C."

The chapter's fondest memory, Ms. Werderich concludes, was when they had the honor of co-hosting one of Dr. Feingold's visits to Illinois, in 1979, when a local school district invited him to speak at a day-long seminar.

"Dr. Feingold spoke in the morning, a Feingold lunch was served and the afternoon was filled with workshops and movies," she notes. "What a thrill to rub elbows with Dr. Ben. It was our finest hour."

After three years the Hanover Park chapter feels that Feingold is not a strange name in their area. They are now working on teaching good nutrition, supporting their members, thus helping them to succeed on the diet, and making more people aware of good nutrition and the Feingold diet so they can benefit too. Tackling the school lunch program is a battle they are gearing up to and if their past successes are any measure, school lunches will never be the same again in Hanover Park.



*Hanover Park's Feingold Cub Scout Den #1*



---

## Nitrites Not A Color Additive— FDA Says

---

In March 1979, Public Citizens Inc., (the umbrella organization for Ralph Nader's activities) petitioned the Food and Drug Administration to consider nitrites in bacon as color additives since their use produces a red coloring in meat.

FDA Consumer Update notes that the FDA has now concluded that nitrites are not capable of imparting color but merely stabilizing it in the meat.

This ruling places nitrites in the category of food additives rather than colors.

Although nitrites have not been identified as causing hyperactivity and are therefore not eliminated from the Feingold diet, members are still cautioned against their use because they are suspected of being carcinogenic.

---

## Fast Food Establishments Growing Rapidly

---

Fast food establishments may be a fast way to poor nutrition, warns the Journal of the American Dietetic Association. It depends on your selection of entrees, how often you eat out and the nutritional value of most fast foods.

They note that most fast food customers eat out one to three times a week and that such changes as the increase in on-campus fast food businesses and fast food meal patterns by secondary and elementary schools promise to inflate this figure.

While many fast food selections are nutritious people don't always balance their meals to get the most nutrition available. They also point out that many fast food menus lack rich sources of vitamin A while an overabundance of sodium can be found.

---

## Convention Time

---

Plans for the Sixth Annual Feingold Convention are now shifting into second gear as registrations are being counted, speakers contacted and local chapters approached for fund raising items for Saturday's display.

Jo Anne Perrington, as coordinator, and the Feingold Association of Minnesota, are the hosts of this year's event which is being held at the Bethel Conference Center in St. Paul.

This year's convention, which Perrington describes as taking a strictly Feingold approach to hyperactivity, will officially begin Thursday, June 18, with afternoon registration followed by an address by keynote speaker James Swanson, who will discuss his Toronto study on hyperactive children. Dr. Swanson will be the convention's Roger Long speaker this year.

Funding for the Roger Long speaker comes through the Feingold Foundation for Child Development.

Friday's highlights will include a business meeting focusing on the goals of the Feingold Association and its chapters.

Members will then break into workshops dealing with such subjects as: how to have more efficient organizations, how the chapters can better serve their members, (including their hyperactive adults) and how to work

with professionals and organizations within the community.

Saturday's workshops will offer information from professionals in the field and will be open to the public. Among the speakers will be: Dr. Ben F. Feingold (introducing his diet), Marge Goldberg (Parent Advocacy Coalition for Educational Rights), Ilene Rice, R.N. (nutrition), and Dr. Daren Roehl (practical parent advice).

As in the past, a program has been approved whereby nurses will receive educational credits for attending.

Dr. Sally Anderson will be the dinner speaker on Saturday and will discuss a National Institute of Health study on dye and the brain.

A boat tour down the St. Croix River with the convention's various speakers will complete Saturday's scheduled activities. A business meeting on Sunday is the last event for this year's convention.

**The deadline for registration has been extended until April 20.** So hurry to reserve your space. For more information write:

Jo Anne Perrington  
Feingold Association of  
Minnesota  
6800 South Cedar Lake  
Road  
Minneapolis, MN 55426

---

### Feingold, continued from page 1

Although we might not understand exactly how it works, Dr. Feingold points out that we have seen it work and for now we might have to be content with the results leaving an understanding of

why to a time when we know much more about the brain, the central nervous system and the way they are affected by what we eat, what we breathe and what we absorb through our skin.

---

## PURE FACTS

Editor: Helen Dugan Worth  
Business Manager: Carol Porvaznik

*Pure Facts* is published monthly, except for a combined July/August issue, by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$15 elsewhere. Additional contributions gratefully accepted.

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

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.

© 1980 by the Feingold Association of the United States, Inc. All rights reserved.

## Chapters Report:

.....One of our young members, who is a Civil War buff, watched a reenactment of a battle, complete with gun powder and lots of smoke. The child had a whopping reaction to it. His mother recalled that he had been very irritable after playing with caps a few days before.

—Feingold Assoc. of the Washington, D.C. Area

.....In answer to a question from a member whose son had problems after eating curry powder: The Encyclopedia Britannica lists the following as the most commonly used ingredients in curry powder: cumin, turmeric, ginger, allspice, cassia, coriander, cardamom, garlic, poppy seed, nutmeg, mace, chili, *cloves\**, cinnamon, denugreek, mustard, onion, salt, cayenne, asafetida and *peppers\** (red, black and white).

*\*salicylates.*

—Feingold Assoc. of Texas

.....One of the additives found in most ice creams is carboxymethylcellulose, which gives it creaminess and body without having to use the more expensive natural ingredients. (Since ice cream manufacturers don't have to tell you what's in their product you won't find this on the label.) If this additive sounds familiar it's probably because you have read about it in recent news articles. Carboxymethylcellulose is the major ingredient in the ill-fated Rely tampons.

—Feingold Assoc. of the Washington, D.C. Area

## OOPS!!!

Virginia Polytechnic Institute and College has informed *Pure Facts* that the brochure, *Food For Young Children*, which was recommended in the March issue of *Pure Facts* has met with unexpected printing delays and will not be reissued until the end of April.

## Make This a Feingold Easter

### Natural Easter Dyes

Commercial Easter egg dyes are made with synthetic colors and very often seep through to the egg. "U.S. Certified Food Colors", "Pure Food Colors", etc. do not mean the dye is natural. Why not try these natural dyes? They are not quite as bright, but they are the beautiful shades of Spring.

#### YELLOW

Mix 1 heaping teaspoon turmeric,  $\frac{2}{3}$  cup boiling water,  $\frac{1}{4}$  tsp. vinegar. Or purchase saffron or American saffron in health food store, pour 1 cup boiling water over 2 tablespoons of dry particles, steep 10 minutes, strain.

#### ORANGE

Save dry onion skins, cover with  $1\frac{1}{2}$  cups water, boil 5 minutes. Remove from heat; steep until water is a deep orange-brown color. Add 1 tsp. vinegar.

#### BLUE

Chop 1 cup red cabbage, and 1 cup boiling water and 1 tsp. vinegar. Steep until water turns a deep purple.

#### RED

Boil 2 medium beets until soft. Peel and chop into half inch cubes, cover with 1 cup boiling water and 1 tsp. vinegar. Steep and drain.

#### GREEN

Mix red cabbage dye and yellow dye together in a bowl; and then dip eggs.

#### PURPLE

Mix red cabbage dye and red beet dye in a bowl and then dip eggs.

#### BROWN

Use 2 tea bags to each cup of boiling water.

#### HINTS:

For best results, use a glass or porcelain pot, not stainless steel. You may have to allow the hard boiled egg to sit in the dye solution for 5 minutes before it takes. Hard boil the eggs with the vinegar. This will soften the shell so that your natural dyes will take more readily.

### EASTER HINTS

Before putting the eggs into the dye, take a wax pencil, the type used for unsticking zippers, and write the child's name. When the egg is dyed, the name will stand out. Or you can draw designs, instead.

Cut pieces of old bed sheets large enough to wrap an egg. Put onion skins onto the cloth and then place an uncooked egg on top and cover the egg with more skins. Wrap and tie with thread. Place eggs in a pot, cover the egg with more skins. Wrap and tie with thread. Place eggs in a pot, cover with water (the eggs will float to the top), bring to a boil and cook gently for 5 minutes. Turn off heat and allow the egg to stand in the water until cool enough to handle. Unwrap and dry thoroughly. A shine can be given to the egg by rubbing with a cloth dipped in solid shortening. The same marbled pattern could be gotten by using red cabbage leaves.

Sorbee Natural Food Colors can also be used to dye eggs. The colors are not as dark as most people like but they are easy to do. Put 3 eggs in a pot of boiling water, add 1 tsp. vinegar and several drops of Sorbee, let boil.

Another easy way to decorate easter eggs is the EEGART WHAPPER. It is a sleeve design (something like a sweat band for your wrist). The Whapper is clear plastic with painted spring and Easter decorations on them. You hard boil the egg, let cool, slip the sleeve over the egg and dip the egg into boiling water. The plastic clings to the egg and it is beautiful.

For an appealing difference, try substituting small toys, books, baseball cards, or stuffed animals in place of candy in their basket.

—Feingold Association of Philadelphia and Surrounding Counties

---

## A Fund Raiser With Double Benefits

---

Many chapters are brightening their financial picture by selling *The Feingold Cookbook*. "It's not only a good fund raiser, I think it's critical and essential that we support it," says Mary Kistler, president of the Roanoke (Virginia) chapter.

Besides making about \$2.35 profit on each book at the local chapter level, royalties paid to Dr. and Mrs. Feingold are donated to the Feingold Foundation for Child Development. So both the locals and the entire community of hyperactive children benefit by the sale of each cookbook.

Some local chapters require that new members purchase the cookbook as soon as they join. These also happen to be among the more successful chapters in terms of growth and the number of members attaining success with the diet.

To order cookbooks at the reduced price of about \$3.60 (retail price is \$5.95) each chapter must first establish credit with Random House. This is a simple procedure. You need only write to:

Random House Inc.  
400 Hahn Rd.  
Westminster, Md. 21157  
  
attn: order dept.

---

## Attention N.Y.

---

Dr. Feingold will be speaking at Cornell University on May 15, sponsored by the Holistic Health Study Group. Admission will be \$3 per seat (profits being donated to the Feingold Foundation for Child Development).

The lecture will begin at 3:30 p.m., and they advise that tickets be purchased prior to the 15th. For further information contact Alan Gery, Holistic Health Study Group, Annabell Taylor Hall, Cornell University, Ithaca, NY 14850. Or phone (607) 277-0964.

While he is in New York, Dr. Feingold will also be speaking with the state legislature on the topic of the connection between synthetic additives and juvenile delinquency.

### What is FAUS?

The Feingold Association, founded in 1975, is a volunteer, non-profit organization made up of parents and interested professionals dedicated to improving health and behavior of hyperactive/learning disabled children, and similarly affected adults, through the Feingold Nutritional Program. This program is based on the elimination of synthetic colors, synthetic flavors, BHA, BHT and naturally occurring salicylates from our food supply.

**A** is for *acetic acid*: utilized as a synthetic flavoring agent and one of the earliest known food additives. It occurs naturally in apples, cheese, cocoa, coffee, grapes, milk (skimmed and irradiated), oranges, parsley, peaches, pineapples, raspberries, strawberries, bay and bay-leaf extracts.

**P** is for *peroxide* (benzoyl): a compound used as a bleaching agent for flours, oils, and cheese. Its paste form is used for treating poison ivy and burns. It may explode when heated.

**R** is for *resin* (petroleum hydrocarbon): a chewing gum base synthesized from fuel oil.

**I** is for *inositol*: a dietary supplement and member of the Vitamin B complex. Found in plant and animal tissue. Isolated commercially from corn.

**L** is for *lecithin*: from the Greek, meaning 'egg yolk'. Found in all living organisms, plant and animal. Composed of units of choline, phosphoric acid, fatty acids and glycerin. An emulsifier for sweet chocolate, bakery products, frozen desserts, oleomargarine, rendered animal fat or a combination of vegetable-animal fats.

---

### PURE FACTS

2087 G Tucson Ave.  
Andrews Air Force Base  
Maryland, 20335

Nonprofit Org. U.S. Postage PAID Washington, D.C. Permit No. 2870
---

**ADDRESS CORRECTION REQUESTED  
RETURN POSTAGE GUARANTEED**