



Pure Facts

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Red Dye Complicates Officer's Life NINCDS Continues To Probe Effects On The Brain From Red Dye #3



Bi Thompson, 1st Vice president, FAUS

This is the last article of a seven part series aimed at acquainting our readers with FAUS officers, their backgrounds and their goals for the Association.

Bi Thompson was at her wit's end. Her three year old daughter would rather rearrange the furniture or conduct tea parties at 2 a.m. than sleep. And she was sure that all good little people should be brushing their teeth and preparing for the new day by 4:30 a.m.—a view her two year old sister and her parents did not share.

Bi knew something was wrong but she could not figure out what it was. But the Thompsons were lucky. They had a pediatrician who recognized the problem and suggested they try the Feingold Diet.

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**"A FEINGOLD
CHRISTMAS"
IN DECEMBER
PURE FACTS**

The National Institute of Neurological and Communicative Disorders and Stroke (NINCDS) continues to study Red Dye #3 (erythrosin B) and the interference the dye has on impulses traveling between nerve cells of the brain.

A report in *Research Currents* reiterates that NINCDS scientists are finding that the service of the nerve cell's neurotransmitters (the

chemicals that convey messages from one nerve cell to another thus regulating the activity of the nervous system) are definitely interrupted when Red Dye #3 is introduced to the brain of laboratory rats.

They have discovered that at least three classes of neurotransmitters are affected by the

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Is Your Salad Dressing Killing You?

In a recent report on salad dressings, *Nutrition Action*, a Center For Science in the Public Interest publication, pointed out the disparity between a healthful, fresh salad and the concoction known as salad dressing. They noted, "With few exceptions, salad dressings contain no significant quantities of proteins, vitamins or minerals."

They also said that some dressings, such as Wishbone Russian, contain almost two teaspoons of sugar per tablespoon of dressing; or double the sugar found in chocolate pudding.

Many salad dressings contain artificial coloring and, according to Bonnie Liebman of CSPI, "Most artificial colors are synthetic dyes derived from coal tar. Several have been banned in recent years and others are suspected of causing organ damage and cancer."

The report noted, "One amusing

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Salicylates and The Feingold Diet

You have been on phase I of the Diet (no synthetic additives and no salicylates) for a month now and are ecstatic with the results. Johnny no longer does handstands on the kitchen table or feeds the cat into the laundry chute. The Diet is working. Now it's time to consider adding salicylates.

Salicylates are the Diet's "odd man." They are naturally occurring; many times they do not trigger an immediate reaction; and a child can react to one salicylate but not another. They are a puzzling entity.

According to Dr. Feingold in *The Feingold Cookbook For Hyperactive Children*, "Salicylates are a group of compounds related to salicylic acid in their basic structure. These compounds are also related to aspirin but are not identical with it. Originally salicylic acid was derived from natural sources, first in 1827 from willow

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They discovered that their daughter was highly sensitive to red food dye and that the antibiotic they were using for her ear infections contained a large amount of the dye.

The following year Bi and her daughter took part in a Kaiser/Berkeley study (financed by the Food and Drug Administration) which looked at the effect food dyes have on children already on the Feingold Diet.

By then Bi was really hooked on the need to help others learn about the Diet and understand what was making their hyperactive children behave that way.

When Dr. Feingold came to a local college to talk about his findings with hyperactive children, Bi was inspired to help organize a Marin County, California, chapter of the Feingold Association.

Her positions as Director of Education and then President of the chapter resulted in her being on local television, leading workshops on the Diet and being featured in local newspapers.

In March of this year she appeared on the national television show P.M. Magazine (seen in some areas as Evening Magazine).

Her expertise and enthusiasm were recognized by the national Association and she was asked to become FAUS Director for Region 9. In this position she has overseen development and consolidation of several California groups and has extended her public relations work over a larger area.

Bi now holds the position of 1st Vice-President for FAUS and plans to use her newly completed degree in organizational studies to prepare a handbook for Regional Directors which will hopefully make the job more explicit and coordinated.

Her dedication continues to grow as she meets and helps new individuals and groups. She says, "I have seen how an association can grow; reaching out to fill a need and serve its members and community. I know this is important work."

NINCDS, continued from page 1

dye and that the activity of the enzyme Na-KATPase, which is responsible for transporting and regulating sodium and potassium through the body, is greatly inhibited.

This enzyme is the product of genetic make-up and some NINCDS scientists believe that this is why some children are affected by food dyes while others are not.

Research Currents points out that answers to questions such as how dyes are metabolized by the body, where they are stored, or how long they remain are slow coming. But at least they seem to be coming, and for thousands of hyperactive children, that's what's important.

(Information for this article was provided by Charles T. Wild, Feingold Association of Sacramento, California.)

Thank You CSPI* ...

...for alerting us to that wonderful (full of wonder but not apples) product, Sun Apple Refreshment Drink Crystals by General Foods.

Since General Foods left the apples out of their apple drink they had to fill the little packet with something. In their infinite wisdom they chose: sugar, citric and malic acid, potassium citrate, mono-calcium phosphate, sodium citrate, magnesium oxide, caramel color and vitamin C.

Of course you could always eat the nice juicy red apple pictured on the packet. It's more nutritious than the contents anyway.

*Taken from *Nutrition Action*, a publication of the Center for Science in the Public Interest.

PURE FACTS

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Salad, continued from page 1

feature of salad dressing labels is the way companies try to explain away their use of additives. Ingredient listings are often filled with parenthetical explanations designed to make each additive sound useful. Apparently manufacturers figure that people don't want preservative in their food, but might not mind a little something to protect freshness."

The Feingold Cookbook for Hyperactive Children, by Dr. Ben F. Feingold and Helene S. Feingold, offers a number of recipes for making your own salad dressing, which will complement and not detract from a healthy salad. Here are two examples:

Basic French Dressing

1 cup pure vegetable or olive oil
1/3 cup white distilled vinegar or lemon juice
1/2 teaspoon salt
1 teasp. peeled and grated onion
1 teasp. dry mustard
1/4 teasp. mixed Italian seasonings*
1/2 teaspoon paprika

In a shaker jar with a tight-fitting lid, mix the ingredients together well. Chill. Store in the refrigerator and shake well before using. Makes 1 1/2 cups.

*Make your own by using a teaspoon each of rosemary, oregano, savory, thyme, marjoram, sage and basil.

Lemon-Oil Dressing

1/4 cup lemon juice
1 Tables. pure vegetable or olive oil
1 teasp. salt
1 clove garlic, peeled and crushed.

In a jar with a tight-fitting lid, combine all the ingredients and shake until well mixed. Refrigerate, covered, until ready to use. Makes 1/4 cup.

All correspondence, subscriptions, renewals and change of address notifications 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 cited 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, Holtsville, N.Y. 11742.

Exercise Caution Along With Thankfulness on Thanksgiving

Our forefathers rounded up their plumpest turkey and freshest vegetables for their Thanksgiving meal, but for us modern day pilgrims, Thanksgiving fixings come from our local super market. Although we don't have to worry about marauding Indians, selecting food from the shelves can be almost as dangerous for chemically sensitive people. Here are some tips on what to buy for the big meal:

- When buying your turkey remember this ditty. *Buy a turkey big or small; but please don't buy a Butterball.* Pre-basted turkeys almost always have additives not tolerated by chemically-sensitive people. Read the label. Turkey labels must show what has been added. By adding a cupful of water to the cavity of an unstuffed bird you will have meat as tender as the pre-basted variety without the ill after effects.

- Use Red Star yeast to make

your dinner rolls. This yeast is pure and approved.

- Avoid red-skinned potatoes. Many times coloring has been added to the skin. White potatoes are okay for most people but they do contain a salicylate which some super-sensitive people react to.

- Canned sweet potatoes are usually okay but read the label. Many are packed with corn syrup which can trigger a reaction with people sensitive to that ingredient. By buying fresh yams or sweet potatoes you can control the type of sweetener used and the amount added.

- Cranberries naturally contain sodium benzoate (which is a precursor to salicylates) but are tolerated by most people. If you aren't sure whether your child can tolerate cranberries, test him before the big day. It's better to know than to risk him swinging from relative to relative.

- Stuffing mixes are out as are most pre-cut bread cubes, so choose an additive-free bread and take two minutes to cut your own.

- Your pumpkin pie doesn't have to start with a fresh pumpkin but the frozen pies and food store pies are out. Many brands of plain pumpkin (Libby's for example) are free from additives and can be used. Make your own pie crust and whipped cream. It is virtually impossible to find whipping cream without mono and di-glycerides. These are usually not a problem. Check with your local organization to see which brand of whipping cream is considered safe. Remember, many times additives are present in dairy products yet are not declared on the label.

- As you are up to your elbows with feast preparations and relatives, take a minute to think how much worse it would be if your child were not on the Feingold Diet--And Be Thankful.

Salicylates, continued from page 1

bark (*Salix alba*) and then from oil of gaultheria (oil of wintergreen)."

Children and adults who display aspirin sensitivity are good candidates for a reaction to salicylates. Dr. Feingold urges parents to take notice of how many salicylates are in an average diet. Orange juice for breakfast, pizza for lunch, a cucumber salad for supper and apples and raisins for a snack can be as destructive to the salicylate sensitive person as a Twinkie with a maraschino cherry on top.

Unless you want your child to return to being a candidate for the Flying Wallendas, you should test his sensitivity to salicylates slowly and thoroughly, keeping in mind that salicylates have an accumulative effect. They have to build up to a level of intolerance—a level that differs with each person.

Start testing by choosing one salicylate to be added to the Diet. If no reaction is evident after 24 hours, give the child the same

salicylate for at least three or four days in a row.

Remember, sometimes a food is tolerated in one form (cooked tomatoes) but not in another (raw tomatoes). Try different preparations until you are thoroughly convinced that no reaction is forthcoming. You might want to wait for a week or two before trying a second salicylate.

If you notice a slow but steady decline in behavior after you have reintroduced a few salicylates, cut back on them or eliminate them once more to see if the behavior change is due to a child reaching a salicylate tolerance level.

Don't be satisfied with an "acceptable" child. The F. A. of Northern Maryland reminds us, "Feingold children should be the best they can be, not just better than they were while eating junk food." When they are "the best they can be" they feel best too.

Next month: HELP—I'm Still Getting A Reaction!

SALICYLATE LIST:

Almonds	Oranges
Apples	Peaches
Apricots	Peppers
Aspirin	Pickles
Berries (Blueberries are not a true berry and are acceptable)	
Cherries	Plums
Cider	Prunes
Cloves	Raisins
Coffee	Rosehips
Cucumbers	Tangerines
Currants	Tea
Grapes	Tomatoes
Mint	Wine
Nectarines	Wine Vinegar
Oil of Wintergreen	

Salicylates Which Affect Only The Extremely Sensitive:

Bananas
Pineapple
Red Peppers (including paprika)
White Potatoes

Chapters Report

A sudden change in behavior sent a local member searching through her staples to find what was affecting her son. It was finally pinpointed to a new water conditioner with an 'offending' plastic resin as part of the tank. Another member traced her daughter's reaction to chemicals in the Philadelphia water supply.

--F. A. of the Merrimack Valley (New England area)

A Feingold Mom from this Association suffered with asthma as a child. This was replaced by severe headaches as she grew older. She recently found that her headaches could be eliminated by the removal of salicylates from her diet. Many other chemically-sensitive adults have reported the elimination of severe headaches after implementing the Feingold Diet.

--F. A. Of the Northwest.

A few years back this association turned up information that is still a concern to those on the Feingold Diet, and *Pure Facts* feels it bears repeating. They found that a local vitamin-fortified milk contained BHA and BHT in the vitamin A. These preservatives are commonly found as a stabilizer for vitamin A.

This information helped a fellow member who couldn't discover the origin of her son's adverse reaction.

--F. A. of New York

Additive Hotline

Lipton's Chamomile Tea has been **approved conditionally**. It contains rosehips. Their **Red Hibiscus Tea** is also **approved conditionally**. It contains oranges. Keep in mind that all teas contain salicylates.

* * *

Chung King Soy Sauce has been **approved** although it does contain caramel and corn syrup and should be avoided if you are sensitive to those substances.

* * *

Table Treats Handy Burgers (Gagliardi Bros. Inc.) has been **approved**.

* * *

Louis Sherry Chocolate Ice Cream is **not approved** because of BHT being present in the packaging. Their **Vanilla Ice Cream** is **not approved**. It contains vanillin and also has BHT in the packaging.

What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, non-profit organization comprised of parents and interested professionals dedicated to improving the 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, TBHQ and naturally occurring salicylates from our food supply.

N is for **natural**. A much overused term, strategically placed on packages to make consumers think the product is free of preservatives, colorings or other additives. Unfortunately, the consumer must read the small print to find out, for instance, that the only thing natural about Mrs. Smith's Natural Juice Apple Streusel is the juice. Or that the natural fruit juices in Hawaiian Punch are being drowned in artificial colors.

O is for **organic**. This usually refers to the way a product is grown. An organic product is usually grown without pesticides or chemical fertilizers, although today, it is virtually impossible to find soil that is totally free of these materials.

V is for **vanillin**. A synthetic flavoring eliminated by the Feingold Diet. Some vanillin is derived from the waste of wood pulp industries.

Don't

give Uncle Fred another tie this Christmas. Give him better health through *Pure Facts*. Send \$12 for a one year subscription to: *Pure Facts*, 2087 G Tucson Ave., Andrews AFB, Md. 20335.

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