



Pure Facts

Vol. 6 No. 6

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Starting Your Own Feingold Camp

So you've never gotten over the thrill of summer camping as a kid and you see a need for starting a Feingold camp where your child can have a good time and eat anything on the table. Good for you. It will certainly bring a summer full of fun to a lot of deserving kids.

Where do you start? Elizabeth Bethke, chairman of the FAUS Camping Committee is in the process of putting together a packet of information on camping the Feingold way and suggests that your first step be to contact the American Camping Association in your area. It's probably listed in the yellow pages.

This group has been very helpful to many Feingold members seeking advice. They have guided members to existing camps which serve all natural foods where a Feingold program was easily adopted and have helped other members to find camps willing to reserve a week for Feingold kids only.

A number of local YMCAs have also shared their facilities with local Feingold chapters. Ms. Bethke advises that you

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Dairy Industry Concerned About Imitation Products

Anchovies and pepperoni may cause a little heartburn. But it's the imitation cheese on pizza that's causing a headache for dairymen.

"It's taken 15 percent to 25

percent of the Italian cheese market away from us," said Walt Wasserman, a milk marketing specialist at Cornell University.

"The Italian cheese market, especially for pizza, has been a

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7th Annual National FAUS Convention Convenes This Month

Members of the Feingold Association of the Northwest are busying themselves with last minute details as they prepare to host the 7th Annual National Feingold Convention June 17-19 in Portland, Oregon.

Beatrice Trum Hunter, author of such informative books as *Consumer Beware* and *The Great Nutrition Robbery* will be the featured guest speaker and

will address the question, "What's That You're Eating?"

Audio tapes will be available of Ms. Hunter's speech and such convention workshops as: How To Give An Orientation, Producing a Newsletter, Children's Parties, How To Reach Out To Your Community and Media Promotion.

Sharron Latta, chairperson for this year's convention says

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Mary Kistler, Regional Director for Region 3 of the national Feingold Association, conducts her regional conference. Regional conferences were held across the country this spring to coordinate ideas and goals for presentation at the national convention.

Next Month:

- How You Can Make A Profit With The Feingold Diet
- How To Gain Your Child's Cooperation With The Diet

Camp, continued from page 1

start looking now to reserve a site for next year.

If you will be organizing the camp from nothing on up, here's some sage advice reamed from the experiences of past camp coordinators which Ms. Bethke says should be taken seriously if you want to return from the camping experience with your sanity intact.

RULES: Rules should be posted and should provide a very structured environment.

RATIO: 1 counselor per 6 campers is a very workable ratio. If you are using cabins which sleep about 12-15 children two counselors should be on duty until lights out. When all is quiet one counselor is sufficient, thus giving the adults a night off every other night.

HEALTH FORMS: Such forms are an absolute necessity. If you have a child with seizures it helps to know about it ahead of time. If a child has a visual or auditory impairment and you are aware of it, it gives you an opportunity to plan for him in advance so that he may enjoy the camp as much as everyone else.

CAMPER CONTRACTS: By spelling out what you expect of the camper and having him sign a form to that effect there's no room for excuses if a rule is broken. His agreement in writing also gives him something to live up to.

RELEASE FORMS: A form that dismisses you and the Feingold Association from any legal responsibility should an accident occur should be signed by the parents before the child comes to camp.

INVENTORY FOR CAMPERS: Provide them with a list of what they will need to bring and what is off limits and if found in their possession will buy them a quick trip home.

DIET INFRACTIONS: Most reactions to non-approved food, additives or chemicals usually take about 3-5 days to subside.

Make it clear to the parents that the camp cannot handle a child who is having a reaction and they will be called to collect him whether the reaction is of his own doing or not.

REST PERIOD: A rest time after lunch is necessary especially for Feingold kids since they often don't realize when it's time to stop. Such a rest time restores their energy and keeps them from getting dehydrated.

"Working with any children is very demanding and a strictly Feingold camp is more so," warns Ms. Bethke. So know what you are getting into, plan everything well in advance and get ready for a wonderful experience.

Camping questions may be directed to:

Ms. Elizabeth Bethke
6108 Grandy Road
Durwood, Md. 20855 ■

Gypsy Moth Spray To Be Avoided

With the determined spread of the gypsy moth across our country many communities will decide to use aerial spraying of Sevin Carbaryl this spring and summer in an effort to control the voracious insect.

Unfortunately the spraying can cause great discomfort to those who are chemically sensitive and it is recommended that, if possible, you avoid the area for 48 hours. ■

PURE FACTS

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Letter to Editor

Dear Editor,

...I am receiving the publication *Pure Facts*. You mentioned an approved list of foods (the Feingold Safe Foods List). How does one get that list?

Seattle, Washington

The Feingold Safe Foods List is a listing of food available in your area which has been researched by the local chapter and judged to be free from additives which cause reactions for our chemically sensitive children and adults.

The list is one of the many benefits of belonging to a local chapter and can only be obtained as a member of a local.

To join a local chapter write to the Feingold Association of the United States, Drawer A-G, Holtsville, N.Y. 11742 for the location of your nearest chapter or the contact person in your area.

As a member of a local chapter you may also request the Safe Foods Lists of other chapters if you are planning a trip to their area.

Convention, continued from page 1

those attending the convention "will learn, be helped and learn to help others because 'Growing Together Makes a Difference' which is the theme of the 1982 convention."

Reports on the convention will appear in future issues of *Pure Facts*. ■

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.

Daytripping the Feingold Way

Off for a ride in the country or driving from L.A. to Boston your Feingolder has special needs to be considered.

Plan your trip with plenty of time for just relaxing. A tight schedule of one hour here and 30 minutes there rigidly adhered to causes tension.

Ask for your children's help in planning the trip and especially the eats. It gives them a stake in the adventure and might make them more willing to cooperate.

Plan frequent stops for games of tag or skipping a rock across a creek. Keep a ball or frisbee in the trunk. A quick but energetic game helps keep the devilish impulses at a minimum in the car.

Take along plenty of cold drinks so you won't be tempted to stop for soda or other sugary drinks.

By making a map or using a real one let the children mark their distance with a crayon as

you progress on your way. It greatly cuts down on the "Are we there yet" questions if they can see that you've only gone an inch on the map and your destination is 10 inches away.

Don't be hesitant about asking a restaurant manager what has been added to the food or how it was prepared. If this embarrasses you just remember, you probably won't ever see him again anyway so go ahead and pin him down. It's that or spend the rest of the trip tying Johnny to his seat.

For those traveling great distances, contact the FAUS Travel Aid committee for chapters in the area you will be visiting and write to them for specific information about where you can safely eat.

FAUS Travel Aid Committee
Suzanne Crossley
911 Hillwood Ave.
Falls Church, Va 22042

House Bill Seeks To Compensate Volunteers

How many times have you said, "If I got a nickle for every hour I've spent working on Feingold stuff I'd be rich"? Well how about \$3.35 an hour?

If Maryland state representative Barbara A. Mikulski has her way volunteers who contribute more than 40 hours per year of charitable work will receive a tax credit of the number of hours times the prevailing minimum wage (currently, \$3.35/hr.), up to a total of \$750 per taxpayer. She has presented this proposal in the form of bill HR 767, to Congress.

A second bill, HR 768, would give volunteers the same mileage deduction that business people now enjoy. The volunteer mileage bill has already attracted over 170 co-sponsors and the support of over 50 organizations.

Let's put the old Feingold determination behind helping these bills to pass. Write to your local representatives and ask them to support these worthwhile bills.

Write to:

(Your Representative)
U.S. House of Representatives
Washington, D.C. 20515

Dr. Feingold's Dietary Management Tape Now Available

In early 1981 Dr. Feingold addressed the international convention of the Association for Children with Learning Disabilities. He gave an outstanding presentation explaining in great detail the program he developed for helping children with behavior and learning problems, and the biochemical basis for his hypotheses.

A 78 minute cassette of his speech is now available. The information he gives is as valuable to those who have been following the Feingold Program as it is to those new to the Diet.

Jane Hersey, president of FAUS, says, "This is the material many of us wish we had years ago. It tells much that we (older members) already know,

but a great deal more which elaborates and fits the pieces together. I urge you to listen to it several times."

To order fill out the attached coupon and include a check or money order for \$4.00 (payable to FAUS).

Mail to: FAUS Tape, 6808 Stoneybrooke Lane, Alexandria, VA 22306.

Please send me _____ cassette tape(s). I am enclosing \$_____.

name _____

address _____

city _____ state _____ zip _____

Hurray For Norway

The Norwegian government has taken responsibility for its citizens' health into its own hands. In an effort to change the nation's eating habits, the government has tried to make desirable food plentiful and inexpensive and is trying to limit the availability of unhealthy food.

Dairy, continued from page 1

big growth area in the dairy business in recent years. But the increased use of imitation cheese has cut away up to 5 percent of the market for the whole industry," he said.

The chief form of imitation cheese is made from a substance called "casein," a cream-colored or light yellow curd made by heating milk with sulphuric acid.

Casein produced overseas has been used for years as a component of adhesives, paint emulsions and synthetic fibers.

In recent years, however, more and more imported casein has been used to make imitation cheese. And since casein is used largely as a chemical agent, the substance is not subject to American import restrictions on dairy products.

Ronald Harris of Gorham, a representative of the American Dairy Association, said promotional efforts for using dairy products are being made, especially in the New York City area. "We have posters in transit buses and on subway programs. We advertise over radio and television and in the newspapers.

"We're working on the 'real' seal program to identify real dairy products. It's a real weapon to combat imitation products. We plan dairy promotions in industry, in restaurants and in food publications. We've had 'Milk Madness' promotional programs and more than 600 people took part in the annual Milk Run Marathon last year."

Harris said more than \$4.5 million was spent in dairy promotion last year. "We are trying to maintain our present markets and work to expand them. The human stomach will only hold so much. We (in the industry) need our share of that space."

—*Democrat and Chronicle*

FDA Commissioner Hayes' Financial Disclosure Statement Aired

The Federation of Homemakers noted in a recent newsletter that in a financial disclosure statement filed by Food and Drug Administration Commissioner Arthur Hull Hayes, Jr., he admitted that his position at the Pennsylvania State University College of Medicine in 1980 was fully funded by HLR Sciences, Inc., a

subsidiary of Hoffman-LaRoche, a major drug manufacturer.

The Commissioner derived \$66,958.92 in salary and bonus during that time, while also earning \$10,000 from Merck, Sharp & Dohme for serving as Chairman of the National Cardiovascular Faculty for the company.

Raise Tremendous Tomatoes Without Insecticides

Herbs are nature's insecticides. Using herbs and plants to repel or destroy insect pests seems to be part of nature's plan. The use of herbs in the garden has been passed on from gardener to gardener, or by people who put more stock in practical results and common sense. The following knowledge is an accumulation of many people's observations and happy accidents.

Basil near tomatoes repels worms and flies. Mint, sage, dill and thyme protect cabbage, cauliflower, broccoli, brussel sprouts and tomatoes from the cabbage moth. Spearmint is what most people grow. Onions and garlic protect your plants from Japanese beetles, carrot flies and aphids on lettuce and beans. Onions should be planted near carrots and beets. Plant garlic near roses and raspberries. Do not plant garlic near peas. They won't thrive together.

Plant horseradish at the corners of your potato patch to deter the potato beetle. Anise and coriander discourage aphids. Radishes planted near

cabbage repel maggots. Do not plant cabbage near strawberries. They won't thrive together. Chives are a companion to carrots.

Plant the marigold throughout the garden to discourage the Mexican bean beetle, nematodes and other insects. Tansey discourages ants, which encourage aphids. It is also a companion to roses and raspberries. It deters flying insects such as Japanese beetles and striped cucumber beetles. Tansey, planted at the back door, will keep ants and flies from the house.

Thyme can be made into a spray for flies. Garlic, onions, chives and cayenne peppers are made into sprays to control caterpillar and tomato and cabbage worms. The best way to make a spray is to blend ingredients in a blender with water. Pour puree through several layers of cheesecloth to strain it, then pour into a spray gun. If squash bores are a problem, put a bay leaf or two on the ground around the stem of the plants when they are about six inches tall. Repeat monthly.

New Food Page

Many people have written to *Pure Facts* asking to have more recipes and food preparation articles included in each issue.

We will now be printing a full page of recipes and kitchen related information which will add zip to your frying pan and sparkle to your imagination.

Picking a Ripe Pineapple

You can tell if a pineapple is ripe by pulling the top, innermost leaf of the crown. It should come loose easily.

Make sure there are no bad spots by feeling it gently around the bottom half. There should be no soft spots and no juice exuding. A pungent smell indicates fermentation of those spots. ■

Tenderize Your Steaks Naturally

June is the beginning of picnic weather and nothing tastes better than steak. Stretch your food money and enjoy the cookout too by choosing a more inexpensive steak and letting an acidic marinade add taste and tenderness to the meat naturally.

Try the following recipe:

Marinated Steak

½ cup vegetable oil
1 cup soy sauce
3 Tablespoons honey
3 mashed cloves of garlic
1 Tablespoon of grated fresh gingerroot
2 Tablespoons of white distilled vinegar
Marinate flank or round steak 3-12 hours in refrigerator. Grill steak for a short time on each side until the steak is rare to medium done. Baste with marinade while grilling to retain nutrients.

Learning some of the chemistry of cooking can help when you are trying to make substitutions in recipes.

Acids are important in many aspects of cooking. Wine is used in marinades partly because its acidic nature helps to tenderize the meat.

In most marinades you may substitute vinegar for wine. You might also want to experiment with lemon or pineapple juice.

(More on acids in next month's *Pure Facts*.)

...Submitted by *Barbara Hoffstein*
Treasurer-FAUS
and Nutritional Education
student at the University
of Maryland). ■

The Choice Is Yours

This column will feature brand name items which Feingold families avoid because of the unnecessary additives which the manufacturer chooses to include. Next to the brand name item will be a substitute which is safe for Feingold families and better tasting too.

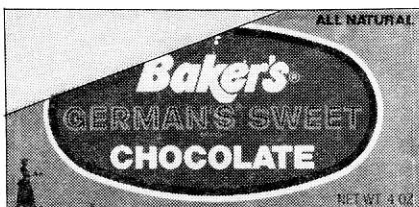
MAGIC SHELL CHOCOLATE FUDGE ICE CREAM TOPPING

Ingredients: sugar, partially hydrogenated soybean oil and/or partially hydrogenated cottonseed oil; coconut oil; cocoa processed with alkali; corn sweetener; nonfat milk; vegetable mono- and diglycerides; lecithin; artificial flavors; salt; and BHA, TBHQ and citric acid.



FEINGOLD CHOCOLATE SHELL

Ingredients: sugar, chocolate, cocoa butter, vegetable oil.



Recipe: Melt 1 bar of Baker's German Sweet Chocolate and 1 teaspoon vegetable oil in a double boiler over hot (not boiling) water. When melted, scoop over ice cream and watch as it hardens to a magical brittle shell.

Naturally Orange

While many shoppers automatically reach for the fruit with the brightest color, Feingold members have learned to be cautious.

The brilliant orange or yellow of citrus fruit sometimes comes from a dye rinsed over the fruit. But not in California.

Vivian Mower (FAUS Product Information Committee) has found that while dying of oranges and lemons is permitted in California they refrain from the practice.

So ask your grocer where the fruit was grown (or look for the packing boxes) to be sure the blush is natural and not a sleazy dye job. ■

OIL OF WINTERGREEN is the only mint eliminated from the Feingold Diet.

Chapters Report

Many children have been given Ritalin as a drug to control behavior. Did you know that Ritalin is now a popular street drug? It is being sold by pushers as an "upper". Those using it are mixing it with water, heating it, and "mainlining" or injecting it.

--F.A. of Westchester
(Pennsylvania)

First place at a science fair in Baton Rouge went to Susan Dunham for her project on the Feingold Food Program. What an excellent way to get the Feingold message across. Congratulations to the judges too for considering it first place material.

--F.A. of Louisiana

Fresh or frozen pineapple added to gelatin will not gel because the enzyme in fresh pineapple digests the protein of the gelatin. Canned pineapple can be used, since the cooking inactivates the enzyme.

--F.A. of the Bay Area

Additive Hotline

Kraft Grated Cheeses which come in the cardboard shaker are **not approved**. The cardboard is coated with BHT. The cheeses coming in the glass jar are also not approved. The lid of the bottle is coated with BHT. Parmesan and Romano cheeses should be bought in bulk and grated at home.

* * *

All Bigelow Teas and Herb Teas are **approved conditionally**. No additives are found in the product but tea itself is a salicylate as are apples, cloves, oranges and rosehips in the various teas.

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.

Free Cookbooklets

Pork Penny Pinchers: Stretch your meat budget by using the shopping and cooking tips in the 31 page picture-packed booklet "Penny Wise Pork Recipes". In it you'll find economical recipes using pork for burgers, casseroles, tacos, and meat pies, as well as a guide to figuring pork's cost per serving. For a free copy, mail a business-size stamped, self-addressed envelope to: National Pork Producers' Council, Dept. FC, P.O. Box 10383, Des Moines, Iowa 50306.

Remembering Dr. Feingold

June 15 is the anniversary of the birth of Dr. Ben F. Feingold. We feel that this inscription, chosen by Mrs. Feingold, is an appropriate way to remember this remarkable individual.

The famous physician Dumoulin said when dying, "I leave two great physicians behind me, simple food and pure water."

—Voltaire

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