



Pure Facts

Vol. 6 No. 7

July/August, 1982

Gaining Your Child's Cooperation On The Diet

"How can I get my child to cooperate on this kind of diet?" "Will my child ever be able to say 'no' to something the neighbor offers?" "How do I encourage my child to stay off additives when he is away from home?"

As a parent, I have asked these questions, plus others. I share the following from my own personal experience. There are no "right" answers to these questions because we each handle our children and challenges differently.

1. No matter what the child's age, try to share lovingly the reason for trying the program. See if the child can give specific examples of inappropriate behavior, problems in school, etc. This is a good time to establish ground rules you BOTH agree upon -only eat foods prepared by Mom and Dad at home when first starting, take a sack lunch to school, 100% adherence absolutely necessary, consequences for a deliberate cheat, etc.
2. Establish early in the treatment process that the child must assume responsibility for inappropriate behavior, school problems, some physical ailments, or whatever. This responsibility

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Stop Looking for Ideal Cookie, Hunter Cautions

"If you get back to cooking from scratch, not only do you avoid the food colors and flavors but the other additives which are sensitizing our children," Beatrice Trum Hunter told delegates to the 7th annual Feingold convention.

Ms. Hunter, a world renowned crusader against the increasing prevalence of additives in our food supply, is respected by the food industry as well as by advocates of unadulterated food."

"The food industry recognizes that I'm a responsible person who can document everything," she said. "I try to be moderate in tone because the material itself is so explosive."

In a country and time when soft drinks have replaced milk as the



most popular drink and more than 3,000 food additives are approved for use in our food supply, the consumer must be more informed than

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Japan Seeking To Ban BHA

Test results linking the synthetic preservative, BHA (butylated hydroxyanisole), with cancer in animals have prompted Japan to further restrict the use of this preservative, allowing it to be used only in palm oil.

Kunio Mizuta, health and welfare officer for the Japanese embassy in Washington, acknowledged that the new restrictions, which were to go into effect July 1, have been held up

temporarily to allow an additional month of discussion.

"In order to accommodate inquiries made by the United States, the decision was made to postpone the final ruling," Mr. Mizuta said. It is hoped that the tougher restrictions will go into effect by August 1.

The U.S. government is understandably concerned with the restrictions since they will affect our

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- must be taken. The child needs to know that Mom and Dad cannot always defend and make excuses for him. A personal example: When our son was 5 years old, we discussed with him what the consequences would be if he cheated by knowingly eating something which would cause a reaction. We decided that total isolation from family and friends would be necessary so he would remain in his room the entire time of the reaction. Meals would be served there, with bathroom trips the only acceptable reason to come out of his room. He understands his personality is far from pleasant at such times and he should not inflict himself upon anyone then.
3. Yes, our kids are different; but not abnormal! It is the environment which is abnormal. There can be strength in difference, if the parents work at making that difference a positive experience. We have expressed to our son that we are grateful that his body reacted to a variety of chemicals in his food and environment because it has helped all of us to make healthful changes. Perhaps it will help to refer to family or friends who may have food or inhalant allergies (Roddy must have weekly shots due to pollen allergies), or diseases (Granny has diabetes so she cannot have sweets), or physical limitations (Justin must wear glasses). Most individuals must accommodate to some kind of allergy, physical or emotional adjustment in life.
4. "Oh, poor me, I cannot have that." OR "My poor child can never go to a birthday party without taking along his own treats." Don't allow yourself or your child to dwell on this negative thinking. The *real tragedy* is allowing this chemically-sensitive child to eat whatever he wants with the inappropriate reactions adversely affecting his peer relationships, impairing functions, and possibly

inducing a variety of physical ailments. He may not be able to have this or that, but emphasize what he CAN HAVE. Plan to have on hand special treats your child and his friends can enjoy. No parent should feel guilty for denying a child a food which will cause him to react in anything but a normal way.

5. As soon as possible, teach children to read labels. While shopping, if the child asks to have that sugar-coated,

beautifully colored breakfast cereal, avoid automatically replying "no". Take time to say, "Well, let's read the label and find out." This is one way to avoid ole Mom becoming the ogre from all the 'no's'.

(This article was part of a "Fine Line of Feingolding" series written by Sharron Latta, Feingold Association of the Northwest member, FAUS board member and chairperson of this year's convention committee.) ■

Nutrition Conference Seeks Solutions

FAUS recently participated in a two-day seminar held in Washington to discuss "New Challenges for Nutrition" with a diverse group of consumer advocates, food industry personnel and government policy makers.

Despite their far-flung allegiances, attendees agreed on the fact that more must be done to make the

American diet more nutritious.

While the consensus was that the American diet needs upgrading many were in agreement with *Food & Wine* magazine editor, William Rice, when he said, "It is not enough for scientists, nutrition activists and for the popular press to tell people what to eat;" food must also be appealing.

Lois Salisburg from San Francisco's Public Advocate, stated that this administration has not embraced the philosophy of protection and safety, though the American voter still depends on government to make sure he benefits from ethical practices within industry.

Nutritional labeling and consumer information in food stores were mentioned as two possible ways to educate the consumer, for, as Dr. John Farquhar, director of the Stanford Heart Disease Prevention Program pointed out, all the findings are of little use "if people still choose to exist on Doritos and Dr. Pepper." The final challenge is to get the information out to the people whose lives it can change. ■

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imports to Japan—imports which in the past have contained the synthetic preservative so widely used in our food supply.

FDA officials are now reviewing data from the studies conducted for Japan's Ministry of Health and Welfare by Nagoya University scientists.

Restricting the use of BHA might be foreign to many U.S. citizens but not to Feingold members. We have always eliminated the use of this synthetic preservative because of the link between BHA and hyperactivity/learning disabilities discovered by Dr. Ben Feingold nearly 30 years ago. ■

PURE FACTS

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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; \$16 elsewhere (payable in U.S. currency). Additional contributions gratefully accepted.

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.

Make A Profit With The Feingold Diet

Seeing your unhappy, holy terror settle into the smiling, average kid you knew he really was is benefit enough from going on the Feingold Diet. But why not take it one step more and reap a double benefit by actually making money from what you have learned?

In a world that is suddenly very health conscious Feingold members have the extra edge. We know all about the perils of additives—and what is more important we know how to exist without them.

With this knowledge and a little guts many cottage industries have sprung up from the kitchens of nutrition conscious go-getters.

Here are some suggestions which are already bringing profit to home bound mothers looking for extra money.

- Prepare boxes of wholesome goodies to deliver to students at your local college or boarding school at exam time. Secure orders from parents by obtaining a mailing list from the school's administration office or their parent's association.

Pick a catchy name like "Nurishing Nuggets Inc." or "Snack 'N Good Goodies To Go" and make it clear that all goodies are additive-free. Some such enterprises charge \$5 for a box containing such things as granola bars, bags of peanuts and popcorn, yogurt, fresh fruit and sometimes a natural candy bar such as Mounds or a Peppermint Pattie.

- "Cakes Naturally" can be the name of a birthday cake baking business in your home. Again, advertise the uniqueness of your all-natural ingredients. A simple notebook with pictures of your previous cakes (especially if you specialize in cakes for children's parties) would be helpful.

Do check with your local health department to be sure your

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during any other time in history.

"But no matter how carefully you read labels you're not going to get all the information," Ms. Hunter warned. "You only see what's happened in the last stage of the processing."

She told Feingold members to "stop looking for the ideal cookie", for even when you pinpoint a manufacturer to determine what ingredients he has used, he often doesn't know what has been added to a product (flour, leavening, etc.) before he receives it.

Consumers must be aware of trick phrases too, Ms. Hunter cautioned. One product which boasted "apple sweet roll" actually had no apple in it. It was just sweet like an apple. Aunt Maple Syrup has no maple syrup in it. "Maple" is just part of the name (Aunt Maple).

"No preservatives or chemicals used when packed" doesn't mean that there are none in the product. It only means that no additional ones

Safe Chlorine For Your Pool

Looking for a chloring additive to keep your swimming pool water sweet without triggering a reaction in your child? Coleco Chlorine, available at K-Mart, Toys R Us, and Gemco is recommended by the Feingold Association of Southern California.

business meets their requirements.

- If you fancy yourself a decent doughnut maker you might try taking orders from local health food stores—or how about homes for the elderly? They would probably love to taste good old fashion doughnuts.
- Seasonal candies without the usual synthetic colors and flavors are certainly sought after by Feingold families. Inquire whether any candy making classes are offered in your area or cruise the library for books on the subject.

were used in the packaging.

While Ms. Hunter advises consumers to buy fresh fruits and vegetables she warns that dangers also exist in these products. Some food stores spray produce to protect against roach infestation and packers spray a variety of petrochemical wax coatings on fruits and vegetables to prolong their shelf life, even though, as Ms. Hunter points out, "there's no assurance that these petro-chemical based waxes are safe."

Ms. Hunter told the Feingold Association members to stick to their insistence on pure food. She said, "Years ago it was a startling discovery that people made, that the food they put into their mouths had something to do with the way they felt and their state of health and vitality.

"You people are at the stage of our life in this country that it is a very startling notion for many people to think that food colors and food flavors can set children on edge and turn angels into devils.

"So take heart because in time, the heresies of today become the established ideas of tomorrow. And it is coming. We're still in our infancy in terms of our nutritional understandings."

Editor's note: Ms. Hunter has graciously donated to FAUS proceeds from her books sold at this year's convention. For this, and for the many other forms of support she has given us, the Association is sincerely grateful.

With a few molds you can make enough Easter bunnies or Santa Clauses to earn some extra holiday cash even if you only sell to your Feingold chapter.

- Set up a catering service for all-natural children's parties. You can supply the games, cake, drink and all the trimmings for a package price. Or specialize just in additive free foods for parties. Pick pre-packaged treats (from your Safe Foods List) to supplement what you make at home.

The possibilities for "natural profits" stretch as far as your own imagination.

Ritalin Results— No Proof Of Hyperactivity

Many myths surround the little-understood phenomenon of hyperactivity. Even tests to determine whether or not a child is hyperactive are nonexistent.

One long held belief by both the lay and medical community has been that if a child is calmed by Ritalin (a stimulant) or Dexadrine (an amphetamine) then he or she must be hyperactive. Now researchers at the National Institute of Mental Health have found that these drugs sometimes cause a decrease in activity even among non-hyperactive children.

In a double-blind study, where neither the child nor the observer

knew whether the pills being given were Dexedrine or a placebo, 14 non-hyperactive boys were studied.

The group showed a marked decrease in motor activity and reaction time and improved performance on cognitive tests—the same response as would have been expected with hyperactive children.

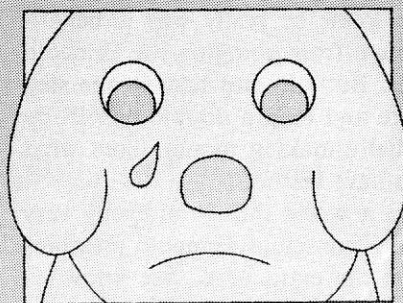
Thus, say the researchers, it is important that no diagnostic significance be inferred from a beneficial drug effect. Adding that **diagnostic labels, when incorrectly applied, may have deleterious effects upon children's behavior and achievement.**

It still boils down to the parents being the best judge of their own child.

(Information taken from ACLD newsbriefs—emphasis placed by Pure Facts.)

Books for Special Children

The Last Puppy



by FRANK ASCH

The Last Puppy follows the plight of an unlucky puppy who learns what it feels like to be left out and different. This pre-school book ends on a happy note, though, when the last puppy ends up being first in the heart of his new owner.

Dear Abby Needs Advice

DEAR ABBY: It's another usual day. Broken stereo, broken toys, spilled milk, shouting matches, temper tantrums, tears — his and mine. I am at wit's end. He's not quite 4 — how can I have these problems already?

Everyone else has the answer except me. Spank him? Make him sit on a chair? Take away his favorite toy? Make him stay in his room? Ignore him? Give him extra love? Make him eat only natural foods?

His father says, "There's nothing wrong with him — you're looking for a problem!" Grandparents say, "He's just a boy." One sitter says, "I never had a problem with him." Another sitter says, "I can't handle him either."

Is it me, Abby? I keep saying I won't yell at him any more — a promise soon broken. He sees me crying, then he cries too, and says, "I love you, Mom."

I feel so bad. Am I his problem, or am I cracking up?

BAD MOM, NOT BAD BOY

DEAR MOM: First, have your pediatrician examine the boy to rule out the possibility of some physical irregularity that may be affecting the boy's behavior. Then describe your frustrations to the doctor just as you did to me. Ask for his recommendation. Professional counseling for you? For the child? Or both? A physical checkup for you might be a good idea, too, Mom. Nobody said motherhood was a piece of cake. But it shouldn't turn your noodle to strudel either.

Abby certainly missed the boat when she failed to suggest a dietary approach for this poor woman.

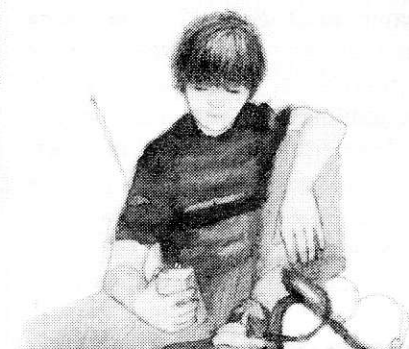
Let's send her our stories (condensed to a few short paragraphs) and perhaps she will pass them on to other desperate souls who haven't yet learned about the Feingold Diet and how it changes demons into darlings.

Let's swamp her with replies to show her how widespread and numerous the success stories are.

Write to:

Abigail Van Buren
132 Lasky Dr.
Beverly Hills
CA 92012

WALKIE-TALKIE PHYLLIS GREEN



Richie Fassinger has spent his fourteen hyperactive years friendless and in trouble. He is a driven boy who takes medication rather than a dietary approach to his hyperactivity, and his painful story of frustration and failure makes you want to bombard his parents with information about the Feingold Diet.

While the book was not written with the Feingold Diet in mind, it is an excellent endorsement of it.

The book ends on a depressing note but, perhaps, your 10-14 year old will take comfort in the fact that without the Diet he or she might be in Richie's shoes.

Baking Soda Vs. Baking Powder

Acids work as a catalyst to turn baking soda into carbon dioxide - a leavening agent for baked products. Therefore, batters which include fruit juices, brown, sugar, chocolate, cream of tartar, sour milk, yogurt, molasses, or honey (all acidic) may use baking soda.

Baking powder is baking soda with the acid or acid producing substance combined. So if you need to substitute a non-acid ingredient for an acid containing ingredient, add baking powder.

If you have no baking powder, mix, for every cup of flour in the recipe, 2 teaspoons of cream of tartar, 1 teaspoon of baking soda and ½ teaspoon salt. (This mixture has virtually no stability, so just mix what you need at the time).

Chocolate Chip Cookies

2¼ cups sifted flour
½ teaspoon baking soda
½ teaspoon baking powder
1 teaspoon salt
1 cup softened butter or shortening
1½ cups granulated sugar
1 teaspoon vanilla
½ teaspoon water
2 eggs
2 cups Hershey's chocolate chips or broken Baker's German Sweet Chocolate bar.

Preheat oven to 375°F. Combine dry ingredients and set aside. Cream butter and sugar. Add vanilla and water and beat till creamy. Beat in eggs. Add flour mixture; mix well. Stir in chocolate chips. Drop by well rounded half teaspoonfuls onto greased cookie sheets. Bake 10-12 minutes. Makes 100 2" cookies.

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

Slop On The Barbecue Sauce

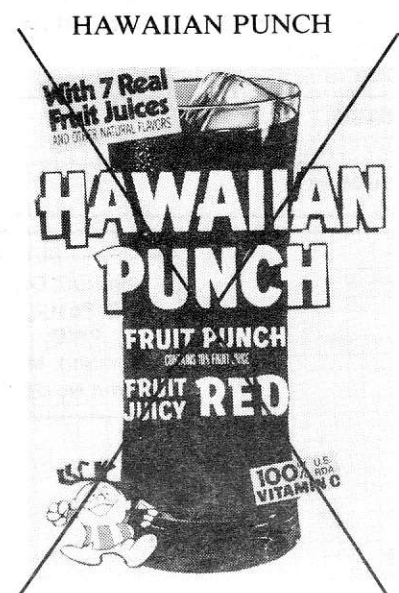
Don't stop your summer barbecuing just because you have eliminated tomatoes (salicylates) from your diet. Here's a lip-smacken recipe taken from *The Feingold Cookbook for Hyperactive Children*.

Donna's All-purpose Barbecue Sauce

½ cup pure vegetable oil
½ cup lemon juice
1 tables. sugar
1 tables. peeled and minced onion
2 teasp. salt
¼ teasp. pepper
1 teasp. paprika
¼ cup water

In a small bowl or shaker, combine all the ingredients, and mix together well. Makes 1¼ cups.

The Choice Is Yours



ingredients: water; sugar and corn syrups; concentrated pineapple, orange and grapefruit juices; passionfruit, papaya and guava purees; citric acid, natural fruit flavors, vitamin C; Dextrin (a flavor carrier); artificial color; ethyl maltol (a flavor enhancer).

ALL NATURAL PUNCH



INGREDIENTS: water, cranberry juice, lemon juice, pineapple juice, sugar (if desired).

Recipe: Combine the following:
12 oz. can frozen concentrated Welch's Cranberry Juice Cocktail
½ cup Minute Maid 100% Pure Lemon Juice
1 cup pineapple juice
5 cups water
Add sugar to taste (about ½ cup)

Makes ½ gallon.

Summer Coolers

- Mix 2 cups yogurt, 2 tables. honey, and ¼ cup "approved" frozen lemonade concentrate. Freeze in ice cube trays or popsicle molds.
- Freeze melon balls for a quick, cold snack.
- 1 cup pineapple juice whirled in a blender as you drop ice cubes one at a time makes a natural snowcone.

Fly The Friendly Skies, Naturally

Flying this summer? FAUS President Jane Hersey suggests requesting a special meal when you make your reservations.

Ms. Hersey did just that when flying United Airlines to this year's convention and was delighted with a fresh fruit plate and a seafood meal of shrimp and crab meat.

If Your Doctor Doesn't Agree With Ours

New ideas have historically met with resistance from the medical community. For example:

Vesalius (1514-1564) was removed from the faculty of the University of Padua when he published a paper showing 200 errors in the classical anatomical charts.

William Harvey was ostracized in the 1600's when he described the circulation of blood.

Louis Pasteur (1862) and Robert Koch (1875) were laughed at for talking about germs.

Semmelweis was attacked in 1861 for suggesting that physicians should wash their hands before attending women giving birth.

Dr. Boylston was almost hanged in Boston as he attempted to thwart a smallpox epidemic by giving vaccinations, although physicians in Europe were reporting success. American physicians, meanwhile, were helping pass laws that would imprison both the doctor giving and the patient receiving the vaccination.

(F.A. of N. Maryland)

Additive Hotline

The following **Lucerne All Natural Gourmet Ice** flavors are approved:

Non-salicylates:

vanilla - chocolate - chocolate marble - butter pecan - pecan praline - rocky road - banana nut

With salicylates:

chocolate fudge almond - mocha fudge almond - strawberry cheesecake

* * *

Note: all above mentioned ice cream flavors do contain corn syrup and should be avoided by those sensitive to this substance.

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.

Next Month:

- *Do You Know Your Rights?*
- *Brown Bag Bonanzas*

Avoid This Product

Watch out for exceptionally green Safeway limeade. A recall of this product was made after synthetic coloring was mistakenly added to the ingredients.

START THE SCHOOL YEAR with a clean slate. Let *Pure Facts* help you to help your child learn by eliminating behavior modifying additives.

Order or renew your subscription now as a 'new-beginning' present for your child.

Send \$12 (foreign subscriptions \$16 payable in U.S. currency) to:
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