



Pure Facts

Vol. 6 No. 9

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Change School Lunches By Finding Weakest Link

"If your food service director isn't cooperative (in upgrading the school lunch program) back off," FAUS president Jane Hersey told delegates at a school lunch workshop at this year's national convention.

She wasn't advocating giving up, just finding the weakest link or the person in the system most likely to be sympathetic with your goals.

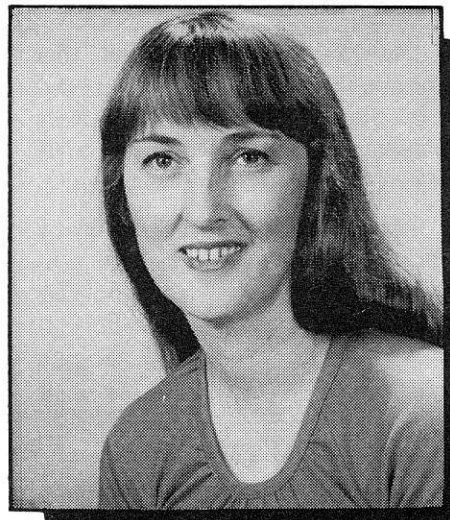
Ms. Hersey knows how to move a school system to change its eating habits. She helped spearhead the Fairfax County, Virginia, change which resulted in the elimination of synthetic colors and flavors, MSG, nitrates, and the preservatives BHA and BHT.

After gaining the signatures of 4,000 countians concerned with less than adequate school lunches, she found her weakest link: a superintendent who wanted the noise to stop.

The petition proved to be the most useful lever. Other helpful techniques which she recommended to those seeking to change their school's lunch program included:

Form A Committee Apart From Feingold—Don't hide the fact that you're a Feingold member but let them know your main interest is a more nutritious lunch, not a Feingold takeover. And have letterheads printed for your committee. It adds credibility.

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Jane Hersey, FAUS president

Pediatric Groups Support Breast Feeding Over Additive-Laden Formulas

Stop the mass distribution of free formula samples to new mothers in hospitals and have hospitals make breast feeding the standard method for new mothers, recommends the American Academy of Pediatrics, the Society for Pediatric Research and the American Pediatric Society.

According to a recent article in the *Washington Post*, pediatricians are returning to the view that mother's milk is far superior to any manufactured formula.

Dr. Harry Greene of Vanderbilt University says, "You can prepare a formula with everything a child needs to grow, everything we know about, but there are other things in

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Reye's Syndrome: A Lesser Threat To Feingold Kids?

With cold and flu season lapping at our heels, last winter's alarming outbreak of Reye's syndrome comes to mind.

When the National Center for Disease Control linked the use of aspirin to Reye's Syndrome (a disease which usually follows a viral illness such as chicken pox or type B influenza) Feingold families were relieved their children avoid salicylates.

Aspirin, a salicylate, is taboo on the Feingold Program. Our members use Datriol or Tylenol (in the uncolored form), thereby reducing the possibility of their child contracting the dreaded disease.

Although no studies have been conducted, one wonders if the use of an aspirin substitute this past flu season prevented possible disaster, or will do so this season. ■

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Incredible But True

Hitting The Bottle To Keep Your Tan

As your deep summer tan starts to fade to a weak shadow, don't be tempted to hit the bottle, as did a North Carolina man who took eight "tanning tablets" and ended up with itching and welts over his entire body.

The "tanning tablets" which produced this reaction are the newest chemical insult to the human body. These marvelous tablets produce a rich, though slightly orange, tan — **from the inside out.**

The magical transformation isn't so magical when you consider that each tablet is actually a bauble of synthetic food dyes which, essentially, gives you an inside dye job. It is the result of an overdose of color that accumulates in the blood, skin, fatty tissue and certain organs such as the liver.

The body get so overcolored that a tissue drawn across the forehead can pick up the orange coloring.

The color is derived from synthetic beta carotene and canthaxanthin which are FDA-approved food

colors. But even the FDA is concerned about the excessive use of color found in the tanning tablets.

The recommended dosage of the pills results in ingestion of 12-16 mg. beta carotene and 108-144 mg. canthaxanthin. The average daily intake of beta carotene as a food additive is .3 and 5.6 mg. for canthaxanthin.

The FDA is currently reviewing the use of oral tanning pills, studying, among other things, test results from Harvard Medical School's research associate Dr. Micheline Mathews-Roth.

Dr. Mathews-Roth found that about a third of the patients in Harvard studies developed temporary nausea, cramps and diarrhea after taking the tablets for a few days.

The food industry has been trying for years to make us believe synthetic colors are our friends, but this latest attempt to literally shove it down our throats is more bizarre than ever. ■

Be Sure You're Eating "Pure"

You can't find a favorite food on the "safe food list" and although the label reads okay you're not sure if you can eat it without guilt?

Let your chapter product information person check it out. Just send her the label along with a short letter (addressed to the manufacturer) telling him how much you have enjoyed the product in the past but that you need his help to determine whether the product fits into your present nutritional diet—a diet which eliminates certain synthetic ingredients.

Most manufacturers respond within a few weeks, and your chapter might be able to add a new product to their "safe" list thanks to your effort.

Thoughts From a Feingold Mom

... We still have a ways to go, but every day it gets better. I have to stop sometimes and think if her bad behavior is coming back again or is it really natural for a ten-year-old. After all, I have never had a normally behaved child until now... For the first time in ten years, I feel like I have a choice for my child. We are learning to love each other."

PURE FACTS

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WELCOME FAUS Chapters

A heartfelt "welcome" to the thousands of FAUS members now receiving *Pure Facts* as a membership benefit.

As you flip through the pages each month perhaps you will have an idea for an article, a suggestion about content or an opinion about a subject covered in an issue. Fantastic! Send it to *Pure Facts*.

This is your newsletter and we are addressing your interests as daily participants in the Feingold Program. But in order for us to do that successfully we need your ideas and short, concise articles.

Is there a unique business in your community that serves the needs of Feingold families? Have you overheard a priceless comment from a Feingold youth? Is your chapter planning an unusual fund raising activity? Tell us about it.

We're always looking for clear, uncluttered pictures of chapter activities so get those shutters clicking. While black and white photos reproduce the best, sharp, simple, colored shots are okay too.

Be a part of the Feingold movement and help your fellow members by sharing your ideas.

Helen Worth

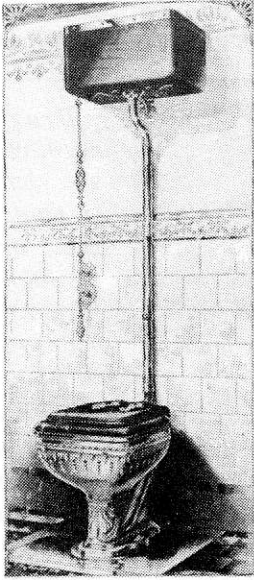
Editor

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.

Bathroom Confessions of An Errant Feingolder



The Land Of Plenty Has Plenty Of Additives

Alex Schauss, criminologist and psychologist, has stated that by 1971 the United States had become the first nation on earth to consume processed foods for more than 50% of their diet. Over 4,000 additives can now be found in the American food supply, none of which have ever been tested thoroughly for their effects on our central nervous system. In comparison, West Germany has eight additives, and Scandinavia has none! We have become a nation of coffee and soda pop drinkers, fast-food consumers and refined carbohydrate junkies without regard to their disastrous consequences, particularly on our children. Less than 35 years ago, hyperactive children were a rarity. Try to find someone in North America today who does not know of a hyperactive child. The incidence of hyperactivity and learning disability is higher in the United States than in any other country in the world! Many of the children take in 150 mg. of additives daily. Yet studies only give them 30-35 mg. of additives in an experiment.

As I sit here locked in the bathroom so I can't hear my son screaming himself to sleep one more night, I blame a lot of things: the heat, tiredness, 6 year molars and diet. I must admit that I haven't given a lot of thought to our meals and snacks this summer.

I saw traces of a Lucca Ravioli and grape juice breakfast this morning when I got up, and for lunch I heated up last night's leftover Toot-N-Totem pizza (it's natural). He had some questionable crackers that the kids down the street were sharing (I let it go without my usual "you assume all responsibility for any reaction" speech).

For dinner he had a baked potato, peas, hamburger (with ketchup) and bun (the package read OK). Before bed he had a sliver of "homemade" cake brought over by a well-meaning neighbor... What's worse is that it's a pretty typical summer day.

It doesn't sound like this summer has been a very nutritious one which will account for some problems, and it's anybody's guess what was in those crackers and cake — and perhaps the hamburger bun too! I've often suspected that salicylates have a cumulative effect on him too.

If you've been eating like we have (and paying for it) and you know that your child isn't performing his or her best at school, **now** is the time to get back on the Feingold Program. I am.

Dig out your Safe Food List, brush up on your "accept responsibility" speech, beware of strange gifts from the neighborhood. And go to your local Feingold meeting.

You will find many friendly faces there, sharing the same problems and, hopefully, offering some solutions. See you there.

Lynn Murphy, president
F.A. of the Bay Area

Tips For Halloween

Halloween usually makes kids squeal with delight while us Feingold moms hold our heads and moan while visions of an invading army of lollipops, Sweet Tarts and gum stomp through our minds.

Here are some ideas to ease the pain and actually help you to enjoy the bewitching day:

- Organize a Feingold Halloween party or a very special evening out followed by "safe" treats.
- Arrange to buy back the non-acceptable treats your child collects.
- Have a bag of acceptable treats ready to trade with your child when he returns home.
- Deliver permitted treats to the homes of some of your neighbors beforehand and ask them to give these to your child when he comes by.
- Be aware that make-up can affect a sensitive child.
- When trick or treaters come to your door, give non-food items such as balloons, erasers, balls, unscented stickers and small plastic toys.
- Make nutritious cookies and put each one in a plastic baggie along with an address label to identify where the treat comes from.

A True Story: A Bay Area Feingold boy was shopping at the local store and noticed another boy reading a

label. His face immediately lit up as he approached the boy and asked, "Are you a Feingold?"

Pediatric Groups, cont. from page 1

the milk, defense mechanisms, that we still don't fully understand.

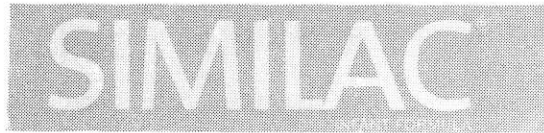
While they did not point out the possible harmful effects of the synthetic ingredients found in most formulas, the Feingold Association has been warning its members for years that baby formulas should be avoided.

Similac typifies the ingredients found in most canned formulas (see

label below).

With so little known about how synthetic ingredients affect the human body it is doubly important not to subject an infant to possible brain and nervous system disorders while withholding from him the natural antibodies found only in mother's milk.

For more information on breast feeding contact your local La Leche League. ■



INGREDIENTS: WATER, NONFAT MILK, LACTOSE, BUTTER AND SKIM MILK, MONO AND DIGLYCERIDE, LECITHIN, ASCORBIC ACID, CARRAGEENAN, ZINC SULFATE, FERROUS SULFATE, NIACINAMIDE, ALPHA TOCOPHEROL ACETATE, COPPER SULFATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, THIAMINE CHLORIDE HYDROCHLORIDE, POTASSIUM CITRATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, MANGANOUS CHLORIDE, VITAMIN D₂ CONCENTRATE AND CYANOCOBALAMIN.

The Feingold Baby

Give your Feingold baby all the advantages. The F.A. of the Bay Area will help you make your own baby food and inform you on "safe" baby care items and food. Send for their pamphlet: *The Fein-*

gold Baby (No. 2).

To obtain the pamphlet send 45¢ and a stamped, self-addressed envelope to: F.A.B.A. Reprints
P.O. Box 596
San Carlos, CA 94070

School Lunches, cont. from page 1

Ask For Small Improvements—If your requests are modest and attainable you have a chance of being taken seriously. Remember, you can always go back for more later on.

Don't Be A Scientist—They'll shout you down every time. Besides, you don't need reasons beyond, "I'm a mother and I don't want my kids eating that stuff."

Offer Your Help—Suggest substitutes, volunteer to interpret labels and provide them with literature about other school systems that made the change.

Praise, Praise, Praise—Don't miss an opportunity to tell them what a great job they're doing whenever they move a half step in the right direction. And let them think it was their idea.

"It was a real education (to the Fairfax County school personnel involved) that the food could taste

good and look good without the additives," Ms. Hersey said.

"It's so obvious to us but it isn't to these people (in food services). They have the idea that natural means granola."

The Fairfax system, like others who have tried a more natural lunch program, found that the usual prejudices against such a change did not hold up.

It didn't cost any more. They didn't have to make major changes. The kids liked it. And they even had less plate waste.

Even the argument "If we do this for you then the opposition will want their say too," didn't have much clout when they were made to think about it. Were there really opponents to good food? How many people were marching around the school with placards saying, "We want Red Dye #5.?"

Fairfax County has changed, Houston has changed, New York City has changed, Atlanta has changed. Your school system can change too. ■

Dr. Ben Feingold

On Drug Therapy For Hyperactive Children



Dr. Ben Feingold
1900-1982

Drugs cure nothing. They are merely palliative. The Diet, when successful, removes the cause, resulting in a perfectly normal individual.

With persistent use of drugs it is becoming more and more apparent that a variety of side reactions and complications develop. The concern for drugs is apparent, even among physicians who prescribe them, by the common practice of omitting drugs over the weekends, out of school — Why?

Further, there are not criteria to determine the drug of choice for an individual. It is all a matter of trial and error, with no precise guidelines or criteria.

As a result, children are frequently encountered who are receiving inordinate doses of drugs, e.g. 100 mg. or more of amphetamine-like drugs, 100-300 mg. of Ritalin.

Although the pharmaceutical companies caution against prescribing drugs for very young children, such practice unfortunately is frequently encountered.

Feingold Association leaders cannot tell a person to discontinue drugs. We can inform them that it is our experience that a child on drugs will fail to show a completely favorable response.

It is, therefore, advisable for them to contact their physician concerning the discontinuation of drugs.

This does not refer to seizure medication, which can be continued in the white generic form while the child is on the Diet. Many physicians have found that even this can be discontinued after a while.

Halloween Means Doughnuts

According to FAUS mom Bev Chura (F.A. of the Washington, D.C. Area), "Halloween just isn't Halloween without doughnuts."

To prove her point she has submitted her family's favorite doughnut recipe:

No Fail Doughnuts

½ cup shortening	1 heaping tablesp.
¼ cup sugar	yeast
1 teasp. salt	½ cup cold water
½ cup boiling water	3 cups flour
1 egg	oil for deep frying

Cream shortening, sugar and salt until light and fluffy.

Add boiling water and let mixture cool.

Beat in egg.

Dissolve yeast in warm water and add to mixture.

Add cold water.

Using electric mixer, add flour until dough becomes too stiff for mixer. Work in remaining flour by hand.

Knead dough well (adding more flour if necessary) until smooth.

Cover and refrigerate dough overnight, or at least 4 hours.

Roll out dough to ½" thickness and cut with doughnut cutter. Place doughnuts on waxed paper covered cookie sheets.



Allow doughnuts to rise (uncovered) until doubled (at least 1 hour)

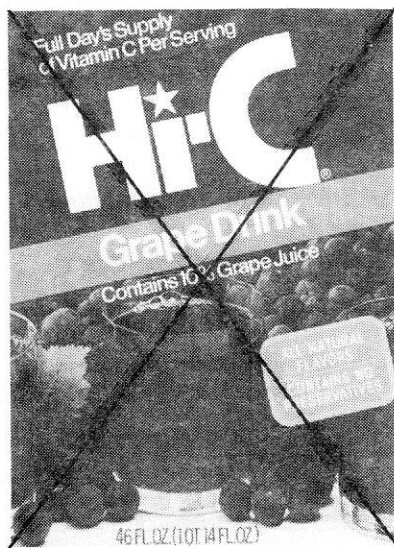
Carefully submerge doughnuts in 400° cooking oil and cook until lightly browned. Flip and cook remaining side.

Drain on white paper toweling and while still hot, dip doughnuts in sugar or allow to cool and glaze with confectioners sugar + water + natural flavoring.

Makes about 2 dozen purely delicious doughnuts.

The Choice Is Yours

Labels can be deceiving, as the Hi-C label below demonstrates. While they proudly tout "All Natural Flavors—Contains No Preservatives" a closer look at the ingredients list reveals "Artificial Colors". Those of us who have wrestled with grape juice stains are amazed and puzzled by this addition.

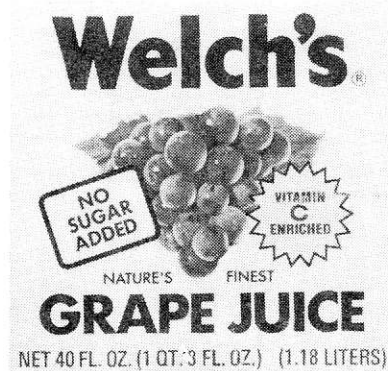


Ingredients: water, sugar and corn sweeteners, concentrated grape juice, fumaric, citric and malic acids, natural flavors, vitamin C and artificial colors.

Contains 10% grape juice.

Note: Grape juice is a salicylate and should be avoided by those sensitive to salicylates.

BETTER GRAPE DRINK



Ingredients: 3 cups water, 1 cup Welch's Grape Juice and 2 tables. sugar.

Contains 25% grape juice.

Costs about ½ the price of Hi-C.

Contains much less sugar.

Preparing New Non-stick Pans

Some teflon and other non-stick surfaces commonly applied to cookware come coated with a protective film that should be removed prior to using the cookware. If not removed it will gradually get into your food.

Karen Garnett, food researcher for the Feingold Association of the Bay Area suggests conditioning new pots and pans by washing them in hot, soapy water and rinsing well to remove the manufacturing residues.

Complete the conditioning by wiping the interior with oil or shortening, heating slightly and wiping clean with a soft towel.

Pineapple Recipes

Bring a little sunshine into the kitchen this winter with a variety of pineapple recipes. Dole offers a free cookbooklet called *Picture Perfect Recipes*. Send a postcard requesting the booklet (be sure to include your name, address and zipcode) to:

Castle & Cooke Foods
Dept. PT, P.O. Box 7758
San Francisco, CA 94119

Chapters Report

The San Jose chapter of the F.A. of the Bay Area recently found out they are to receive a \$4,000 grant from IBM's Santa Teresa Laboratory in San Jose, thanks to the efforts of Joe Murphy—a Feingold parent and IBM employee.

The funds were available through IBM's Community Service Program which supports local non-profit community organizations, and will be used to purchase a small computer and printer.

Many companies have such funds set aside for grants to well deserving organizations such as the Feingold Association, so check with your local businesses. Couldn't your local chapter use a check for \$4,000 — or \$1,000 — or even \$500?

Additive Hotline

McDonald's hamburger, buns and milk are approved for the Stage I (no salicylates) diet. If salicylates are tolerated then the tomatoes, pickles, ketchup and orange juice is also permitted.

Keebler cookies and crackers are not approved. They contain either BHA, BHT or TBHQ in the product or in the packaging.

Check the **Hershey's Chocolate Chips** ingredients label before you buy. Some members have reported the chips are showing up in a new bag and with a new flavoring — vanillin (a synthetic substitute for pure vanilla).

Next Month:

- *Turkey Talk*
- *Tourette's Syndrome And Ritalin: The Tragic Link*

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, and TBHQ (anti-oxidant preservatives) from our food supply.

Through Rain And Snow And Wrong Address

Kudos to the U.S. Post Office for this one. It actually made it to our national office despite the fact that the name is wrong, the city is wrong and even the zip code is wrong!

I guess to some who have never heard of the Feingold Program before it does sound like a "new fangled diet".



Fangle Diet

Hopewell, New York 12533

*The wine which you drink never heard of a grape
But of tannin and coal tar is made.
And you could not be certain,
except for their shape
That the eggs by a chicken were laid...*

*No matter how tired and hungry and dry
The banquet how fine; don't begin it
Till you think of the past and the future, and sigh
"Oh! I wonder, I wonder what's in it."*

*Dr. Harvey W. Wiley
(Author of the Pure Food and Drug Act of 1904)*



A. Sahadi & Co., Inc. has informed us that the Flavor Tree snacks many Feingolders have been enjoying for years have a new look but the same natural ingredients. The new packaging is shown above. Look for these products in health food stores, the gourmet or cracker section of many national food store chains and in the food section of drug stores.