



Pure Facts

Vol. 6 No. 10

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What's That On Your Apple!

You've been on the Diet since school began and your child is just itching to test out salicylates. As you meander down the produce aisle, big, gorgeous, shiny, red apples stop you in your tracks.

If you decide to take some home to test salicylates, you might get more than you bargained for. You might end up testing out a mouthful of fungicides, bactericides, growth regulators and synthetic colors as well—all approved by the Food and Drug Administration for use with the wax coating that makes the apple so appealing.

Various fruits and vegetables have a natural wax coating, but many packers opt to substitute man-made waxes because they increase the shelf life. But, according to Hans Buttkus, a food processing researcher, the result of such processing is only a **one to three day increase in shelf life.**

Packers first wash the fruits and vegetables with a solvent detergent, which removes the natural wax coating. Then the man-made wax is applied.

According to the *FDA Consumer* (Feb., 1982),

Commercial waxes generally are derived from plants and petroleum sources and usually

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Stimulant Drugs Believed To Cause Neurological Impairment In Some Children

According to the *Journal of the American Medical Association* (Vol. 247, No. 12) the wide spread use of stimulant drugs in children for the treatment of attentional deficit disorders (hyperactivity/learning disabilities) might be responsible for a far more serious disorder than the problem it is intended to treat.

Researchers have noted the development of Gilles de la Tourette's syndrome in a small percentage of children as a result of stimulant drug therapy.

The Tourette Syndrome Association describes the disorder as "neurological, characterized by involuntary muscular movements, uncontrollable vocal sounds and inappropriate words."

The journal's report was presented by Drs. Lowe, Cohen, Kremenitzer, Shaywitz and Detior, R.N., who point out that, "As many as 5,000,000 children in the United States take stimulant medications for symptomatic alleviation of attention disorders and hyperactivity. Among the recognized side effects of these medications is an increased incidence of tics."

"In spite of recognition of the relationship between the use of stimulants and the development of clinically recognizable motor tics, children continue to receive stimulant medication in the presence of tics or when vulnerable to Tourette's syndrome."

Based on the study of 15 children
cont. on page 2

CSPI Discovers Cereal Company In Sheep's Clothing

Does a breakfast cereal that contains 56% sugar (such as Kellogg's Sugar Smacks) deserve to be part of a nutritional breakfast that meets the nutrition requirement of the bread and cereal group?

When a pamphlet, "The PTA, Good Nutrition And You" said sugared cereals do meet such a re-

quirement the Center for Science in the Public Interest raised an eyebrow and decided to take a closer look.

And what did they find? Inside this school pamphlet's cover was the proud declaration: "This publication has been made possible through the generous contributions of the Kellogg Company." ■

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A "Cheat" Is No Favor

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A Feingold Thanksgiving

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"Good For Me"

Apple, cont. from page 1

consist of a combination of shellac, carnauba, polyethylene or paraffin-type waxes...

The wax may contain coumarone-indene resin (produced from the crude, heavy, coal-tar solvent naphtha). It is a food additive which the FDA says can be used safely on grapefruit, lemons, limes, oranges, tangelos and tangerines.

Petroleum naphtha can be used as a solvent in protective coatings on fresh citrus fruits. Oxidized polyethylene may be used on many fruits and vegetables as well as on nuts in shells. (The F.A. of the Washington Area recently reported a severe reaction after a young Feingolder cracked open peanuts by biting on the shells.)

Synthetic coloring is often used on Florida oranges since the natural ripe color is not always a bright school bus orange. (California oranges come by their bright color naturally.)

How is the consumer to know what produce is coated with what so that he can choose wisely? Currently FDA policy says that the product must be marked telling what it is coated with, but in the case of most fruits and vegetables it would be impractical to mark each piece. Therefore, according to the report,

The labeling information must be displayed to consumers on the bulk container, which must be in plain view, or through the use of a counter card, sign or other appropriate device that prominently and conspicuously bears the required ingredient information.

But, FDA officials admit,

Because of resource constraints, it is not possible to initiate enforcement action against every infraction of the law, especially misbranding violations in retail outlets throughout the country.

Since you're not likely to learn much from reading cantaloupes, *Pure Facts* suggests:

- Buy in-season produce from local farmers whenever possible.
- Look for California oranges when you are ready to test salicylates.
- Thoroughly wash, peel or scrap all fresh produce.

Drugs, cont. from page 1

with stimulant-induced Tourette's syndrome, the researchers called for more careful screening of candidates prior to the use of stimulant drug therapy.

Unfortunately, removal of the drugs (sylert, dexedrin, and ritalin being the most common) does not always bring about an end to Tourette's syndrome symptoms.

"Numerous clinical studies have now shown that stimulants can lead to exacerbation of Tourette's syndrome symptoms, which do not subside on discontinuation of those stimulants," the report says.

The symptoms of Tourette's, in turn, are generally treated with another drug-haloperidol. "Perhaps most distressing," the report notes, "are those children who cannot tolerate the side effects of haloperidol and are left, after withdrawal of stimulant medication, with symptoms of both hyperactivity and tics."

The researchers conclude, "During the last several years, it appears that clinicians are recognizing increasing numbers of Tourette's patients. This might result, in large part, from heightened awareness of the syndrome because of new research and public information programs.

"However, it is possible that the widespread use of stimulants may be

Mother of Tourette's Syndrome Son Writes to FAWA

The F.A. of the Washington Area received this letter from a new member who has a 13-year old son with Tourette's syndrome and an 8-year old that is hyperactive:

"I am very active in the Tourette's Syndrome Association and am in constant contact with many other Tourette's patients and their parents who have tried the Feingold Diet and have told me that the Tourette's symptoms definitely increased when they did **not** follow the Diet and decreased when they **did**."

Heredity appears to be an important factor in Tourette's syndrome and this writer cites eight relatives who have the disorder.

"In one child who has been positively diagnosed as having Tourette's, we found that his symptoms were not typical because they only showed up occasionally. For instance, he might have tics for a few weeks following his birthday or Halloween or Christmans, and they were non-existent at any other time.

"Perhaps the difference is the fact that his family has followed the Feingold Diet since before he was born. On the occasions when they go off the Diet, his symptoms begin to show. I'm convinced I should give it (the Feingold Program) a try." ■

increasing substantially the number of cases requiring clinical diagnoses and intervention." ■

PURE FACTS

Editor: Helen Dugan Worth

Business Manager: Carol Porvaznik

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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.

And A Happy Feingold Thanksgiving To You

Pumpkin Pie

(Use the recipe on the Libby's Pumpkin can—white label only.)

Cranberry Sauce

(This is not a salicylate but it does contain benzoic acid and those who cannot tolerate sodium benzoate—a small percentage of Feingolders—might want to use pear sauce*.)

Turkey

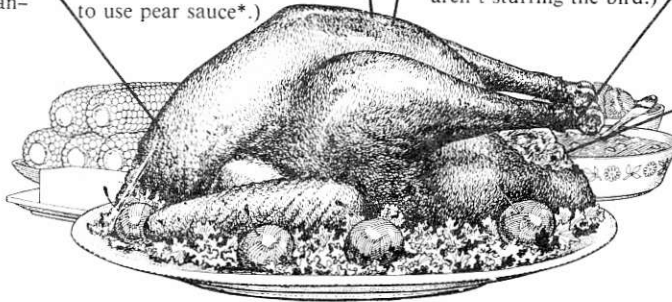
(Look for Grade A turkeys. Pre-basted turkeys are for the birds, not us. Baste it yourself or get that moist texture by adding 1 cup of water to the cavity, if you aren't stuffing the bird.)

Salad

(Toss fresh greens, lay hard-boiled egg slices on top and sprinkle with Classic French Dressing*.)

Stuffing

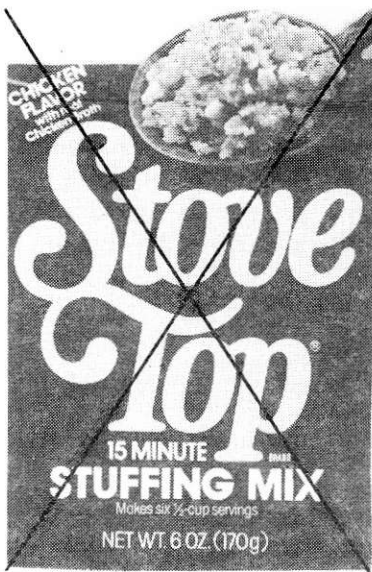
(No boxed stuffings for us. You can make simply delicious Italian Stuffing Lynn* while your turkey is cooking.)



* Recipes provided.

**Recipes taken from *The Feingold Cookbook for Hyperactive Children*, by Ben F. Feingold, M.D., and Helene S. Feingold.

The Choice Is Yours



Ingredients: Enriched bromated flour (bromated wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin); sugar; salt; onion; partially hydrogenated soybean, cottonseed and/or palm oils with BHA, TBHQ, and citric acid as preservatives; dried celery with sodium sulfite (preservative); yeast; chicken fat (with BHA, propylgallate and citric acid as preservatives); hydrolyzed vegetable protein; soy flour monosodium glutamate; whey chicken broth solids; parsley flakes, spices, calcium propionate (preservative); onion powder, caramel color, turmeric, disodium inosinate and disodium guanylate.

Italian Stuffing Lynn**

- ½ pound sweet butter
- 2 cups peeled and chopped onions
- 3 cups finely chopped celery
- 1½ pounds small, fresh mushrooms
- 1 pound pure pork sausage
- 1 tsp. chopped parsley
- 1 tsp. oregano
- 1 tsp. peeled and finely minced onion
- 1½ loaves cubed (pure) white bread

Saute chopped onions, celery, mushrooms and sausage in melted butter until sausage is well cooked, about 15-20 minutes.

Stir in parsley, oregano and minced onion; remove from heat and let cool.

Add bread cubes and toss well.

Recipe is enough to stuff a fifteen-pound turkey or two large roasting chickens.

- **No sugar**
- **No synthetic colors**
- **No synthetic preservatives**

Classic French Dressing

- ¼ cup olive oil (or half vegetable oil)
- 2 Tables. pure lemon juice
- ¼ tsp. salt
- 1 small clove garlic, crushed
- 1/8 tsp. coarsely ground pepper

Mix all ingredients well and refrigerate.

Pear Sauce**

- 6 pears
- 2 Tables. water
- 2 Tables. brown sugar
- dash of ground cinnamon
- dash of nutmeg

Peel, core and chop pears. In large saucepan, combine pears and water.

Cover and cook over medium heat until soft—about 20 minutes.

Stir in brown sugar, cinnamon and nutmeg.

Serve either hot or cold, the way you would applesauce.

Remember

.....don't think that allowing a "cheat" is doing any favor for you or your child. The reaction will be embarrassing to the child and family, especially in a social setting if relatives or friends are present. Also, that uncontrolled child will miss what could have been a wonderful holiday.

—F.A. of the Northwest

Chapters Report

Nabisco Graham Crackers in the red box are now under suspicion. Use them with caution until the Product Information Committee determines whether lard is now being used in the recipe. Lard must be preserved, by law.

—F.A. of Northern Maryland

Indian Earth is a natural makeup that reacts to your own personal skin tones and is a compound of minerals that is free from dyes, fragrances or artificial agents. Check health food stores or department stores or write to: Indian Earth, 9523 W. Third St., Beverly Hills, CA 90210.

—F.A. of Central New York

Additive Hotline

Ryna Liquid Decongestants are **not approved**. They contain synthetic flavor. Some have BHA and/or sodium benzoate.

* * *

Nabisco Premium Saltines are **not approved**. They have BHA in the shortening.

* * *

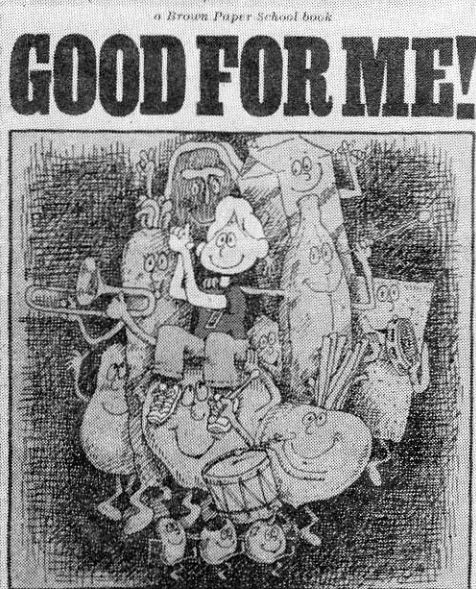
Jimmy Dean Pork Sausage Links are **approved conditionally**. They contain peppers (salicylate) and should be avoided if you are on Stage I of the Diet.

Did You Know?

Parents in the state of Minnesota may deduct up to \$500 in tuition and school-related expenses from their state income tax?

According to a report in the September issue of *Network* (a publication of the National Committee for Citizens in Education) most people who take the deduction send their children to private schools, but parents of public school pupils can also claim the deduction on textbooks, transportation and athletic fees.

The American Civil Liberties Union says they are going to present a case to the U.S. Supreme Court that would allow such a deduction in the state of Rhode Island and possibly across the country.



All About Food in 33 Bites
by Marilyn Burns/illustrated by Sandy Clifford

Book Review

"Good For Me"

by Marilyn Burns

(Little, Brown & Co., Ltd.,
\$7.95)

Just what happens when you eat? Did you know that 1/3 the price of a box of cereal goes for advertising? Who would have guessed that the liver produces over 1,000 chemicals and does over 500 jobs?

These are but a few of the gastronomic and anatomical pieces of trivia found in the book, *Good For Me*. The information, which is sometimes comical but always interesting, is guaranteed to whet the interest of upper elementary and middle school students and their parents too.

Graphic descriptions such as the "shaggy carpet" of villi in the small intestine, and her often humorous approach to explaining what goes into the "big hole in your head where you put plants and animal parts—sometimes too fierce to mention" helps the reader enjoy learning about the physical process of eating and the value of such things as natural foods.

(Thanks to Carolyn Allen (Ft. Worth, Texas) for bringing this great book to our attention and for sending the review to *Pure Facts*. Carolyn is Regional Director for Region 6.)

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.

Next Month:

- *Christmas Gifts For Teachers*
- *Kool-Aid Gets The Raspberries*
- *Adults On The Feingold Program*