



# Pure Facts

Vol. 7 No. 2

March, 1983

## ODA Could Help Hyperactive Children

by Dianne Nixon (F.A. of Texas)

The Orphan Drug Act designed to provide financial incentive to pharmaceutical companies to develop drugs for rare diseases was signed into law by President Reagan January 4.

The need for such a drug was explained in *FDA Consumer* (September 1980) in an article 'Rx For Orphan Drugs.' "Drug therapies are available for some maladies (rare diseases) but the drugs aren't being developed because the market isn't big enough." The flourishing drug industry wasn't interested in adopting even one drug a year languishing in the orphan status for lack of commercial incentive.

Congressman Henry A. Waxman, author of the bill and chairman of the House's Subcommittee on Health and the Environment said when introducing the bill, "With orphan drugs our private drug system has failed us...Victims of rare diseases are in a tragic situation. Their suffering is no less because they are few."

While the Feingold Association does not promote drug therapy for our kids, we applaud the passage of the Orphan Drug Act because this

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## Labels: What They Say— And What They Mean

*What is in a name? That which we call a rose, by any other name would smell as sweet.*

—Shakespeare

Food industries have taken Shakespeare at his word and are doing a land office business selling consumers what they think are roses. But what the customer actually gets, is often not as sweet.

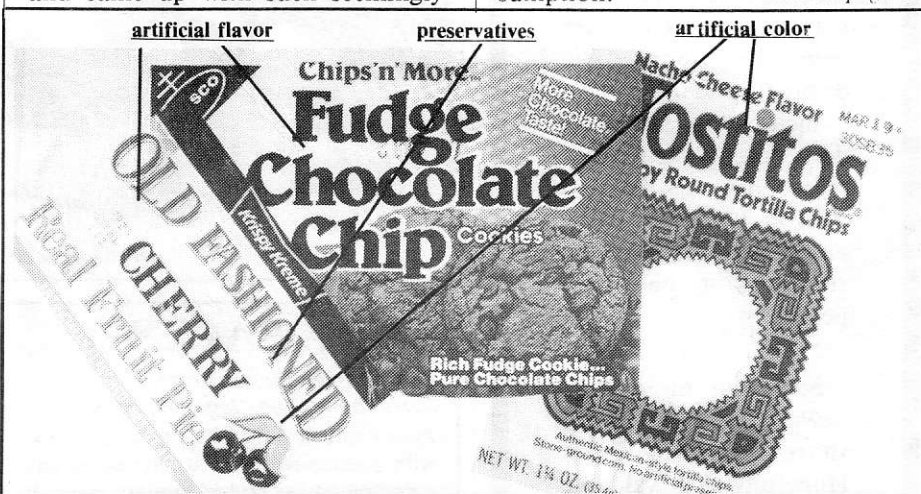
The food industry knows that "natural" sells. Consumers are choosing products which have less sugar, less salt and fewer additives. Therefore the food industry took the term "natural", twisted and reshaped it to suit its own profits and came up with such seemingly

related descriptions as "natural flavor", "natural goodness" and "natural tasting". Unfortunately, the only natural thing about many of the foods *behind* the labels is the word appearing *on* the label.

For example, synthetic colors are often added to processed foods to artificially give them the appearance of appealing, fresh pieces of merchandise. But the phrase "synthetic colors added" might keep some customers from buying the product. So the industry often lists "U.S. Certified Colors" and consumers assume the product is not synthetic.

Actually the term "certified" only means that they are pure coal tar or petroleum derivatives—not that they are safe for human consumption.

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opens the way to a greater understanding of the causes of such diseases as Cystic Fibrosis, Huntington's Disease, Tourette Syndrome, Sleep apnea and many others.

Dr. Feingold believed that how the Feingold Diet actually works would eventually be explained by scientists involved in neurotransmitter (a chemical substance essential for sending messages among neurons) research. And the research necessary for the above mentioned disorders would reach into this area.

## **Tourette Sufferers Please Write**

Tourette Syndrome is a disorder of special interest to FAUS because several Tourette sufferers have been helped by the Feingold Diet.

The national Tourette Syndrome Association is seeking information on alternative non-drug therapies. If you suffer from TS or other tic disorders and have seen a reduction in attention deficit or tic symptoms, please help us to help TSA by writing **in detail** about the treatment and results you have experienced.

Send your information to *Pure Facts* and we will share it with TSA. Hopefully such valuable information will lead researchers to explore this area.

## **A TRIBUTE**

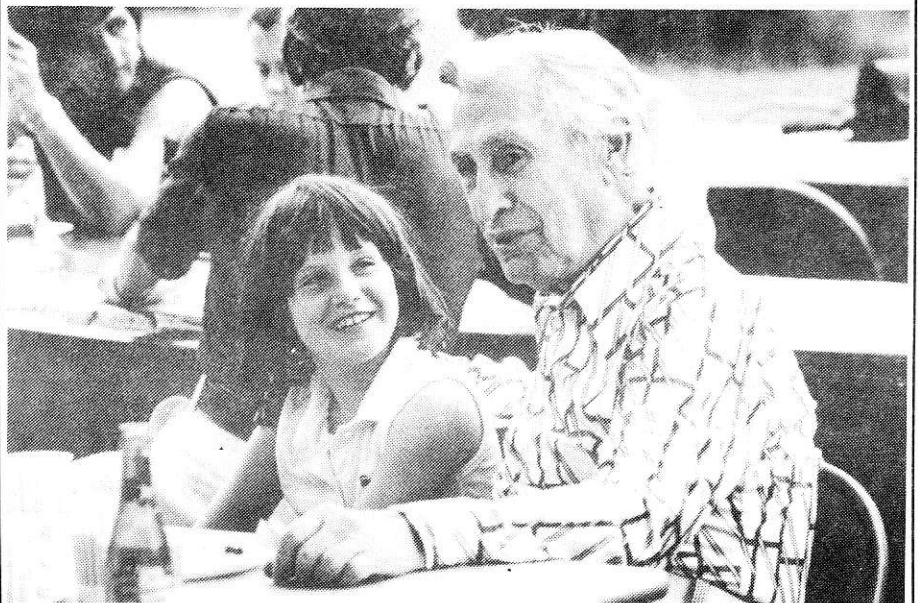
A year has passed since the death of Dr. Ben F. Feingold on March 23, 1982.

At last year's memorial service, Dr. Clifford Keene (former President of the Kaiser Foundation Health Plan) said of Dr. Feingold:

*He leaves an intellectual challenge  
for his fellow physicians.  
He leaves a legacy of hope and help for many  
disturbed children throughout the world.  
He leaves the world a much better place  
for having been a part of it.*

A year later this is still true. And his guidance, dedication and concern is still felt by thousands of Feingold families across this nation and beyond.

If you wish to perpetuate the program to which Dr. Feingold dedicated his life you are invited to contribute to: The Feingold Foundation for Child Development, 1050 North Point Street, San Francisco, CA 94109.



*He loved the children most of all.*

## **PURE FACTS**

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*Pure Facts* is published 10 times a year with a combined July/August issue and a combined December/January issue. It is published 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*, 3103 Summit Ave., Baltimore, Md. 21234.

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.

# In The Chill Winds of March

## Thoughts Drift To Summer Camp



It's not too early to start planning your Feingold camp for this summer. According to FAUS treasurer, Barbara Hoffstein, "A summer camp takes planning, planning and more planning."

She should know. She spent a good part of last spring and summer coordinating Camp Glyndon, a one-week summer camp for 50 Feingold boys and girls in the northern Maryland countryside. Because Camp Glyndon is a working camp set up to serve the special needs of diabetic children, the kitchen staff and director had experience working within dietary guidelines. This proved to be a very valuable asset. The regular camp counselors and some of the kitchen help worked with the Feingold group also and their expertise with normal camping procedures made the going much smoother.

Barbara juggled two hats serving as assistant dietician as well as camp director of the Feingold group, while Feingold moms from the F.A. of Northern Maryland filled in where they were needed. Karla Sisson worked magic in the kitchen as "camp cook", while Charlene Jacobs generously gave of her time and talents as a registered dietitian.

The goal for Camp Glyndon was to provide an opportunity for our kids to go to sleep-over camp where they could eat anything and come

away with a better feeling about themselves and the Feingold Diet. From the happy faces and their vows to never forget what a great time they had, the goals were obviously met.

Camp Glyndon provided the usual camp activities: swimming, arts & crafts, camp fires and games. But the nutritional aspect was ever present. One of the games played was "The 4 Food Groups for Better Meals" where the campers who displayed the keenest knowledge about nutrition came away with prizes.

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### *"Yuk Meal Tickets" proved very popular*

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The campers were given time to swap stories about how it felt to be a Feingold Kid. They talked about how they handle awkward situations, sometimes resisting temptation to go off the Diet, sometimes falling short and suffering the consequences.

Game time was carefully planned to include only non-competitive physical activities and situations where group cooperation was necessary helped the campers work with others.

Meal time went smoothly thanks to lots of pre-camp planning by Charlene, Barbara and Karla. "Yuk Meal Tickets" proved very popular. Each camper was given two tickets to use when he or she wanted to pass on the chosen entree (taking a sandwich or yogurt instead) or when a food he or she was allergic to was being served. The tickets provided a chance for the allergic child not to appear different.

At Camp Glyndon the counselor ratio was one counselor to every six children—a workable ratio if you are dealing with children who are stabilized on the Diet and do not have problems beyond a sensitivity to synthetic chemicals.

Unfortunately, a number of children were sent who either were not stabilized yet or who needed much closer attention because of additional problems. "If we have the camp again this year (they are negotiating for it now) we would have to screen out those children who have many more problems than the Feingold Diet can alleviate," Barbara says. "We just can't afford the extra staff it takes to supervise these kids on a one to one ratio."

But for the most part, Barbara adds, "It was a very rewarding experience. The children were openly grateful for the chance to be away from home at an overnight camp." ■

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**Contact your local chapter to find out if a Feingold-safe camp exists in your area**

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*Campers enjoy the Camp Glyndon craft table.*

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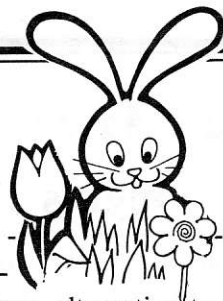
**For more information about Camp Glyndon contact:**  
**FANM**  
**2203 Springlake Drive**  
**Timonium, Md. 21093**

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# Make Easter Traditions— The Feingold Way

by Trish Frederick  
(F.A. of the Washington Area)



"My kids' Easter baskets are the envy of all the children in the neighborhood," boasts Trish Frederick, Feingold mom and president of the Feingold Association of the Washington Area.

She knows that being on the Diet doesn't mean a boring Easter for Feingold kids. "Just use your imagination and think about what your child would really like," she encourages.

Trish describes her Easter baskets as being like Christmas stockings. While she does include approved candy or handmade chocolate lollipops, the real emphasis is on non-candy items such as rings, super balls, books, barrettes, matchbox cars and other items that they will have long after their friends have devoured their "sweets only" baskets.

"One of our members bought bunny candles and her kids kept them on their dressers after Easter was over," Trish points out. She also suggests stickers as a good substitute for tatoos (with their penetrating dyes); and little bags of

nuts as a nutritious alternative to sweets. A tasty muffin wrapped in foil with a bunny sticker on it can offer a filling prelude to breakfast while the happy hunter ferrets out his hidden eggs.

Trish reiterates that there is no limit to the clever ideas you can come up with and suggests starting a coin collection by hiding a coin holder and a starter coin in the basket's grass or a collection of porcelain animal figures that will be added to each Easter.

The Frederick family shares a tradition of an indoor Easter egg hunt using hollow plastic eggs (buy them at the drug store, toy store or 5 & 10). On Easter morning the children search in their baskets for a note from the big bunny which tells them how many eggs he has hidden and what color eggs they should look for. (One daughter traditionally has the yellow eggs, another the pink, etc.)

The children look for their eggs knowing that inside each one is a special surprise. Hidden items can range from five pennies to as extravagant a gift as a much-needed watch. After all the eggs are found and emptied the children refill them with peanuts (in the shell) and hide them outside for their friends to find in an afternoon egg hunt.

Finding the bunny's tracks is another tradition at the Frederick's home. Flour is lightly dusted over the kitchen counter where the baskets are set out the night before Easter. In the morning the children know the bunny has been there when they see the tell tale signs of white paw prints across the floor.

Easter doesn't have to be tears and regrets with Feingold kids falling off the diet. Put your imagination to work and make **your** Feingold Easter the envy of the neighborhood too.

## Where the Easter Bunny Gets His Natural Colors

**Red**.....red beets  
**Yellow**.....turmeric  
**Blue**.....red cabbage  
**Orange**.....dried onion skins

Boil each ingredient with a little vinegar to help the egg shell absorb the color.

For more information about coloring Easter eggs naturally, contact your local Feingold Association.

**LABELS**, continued from page 1

Answering the consumers' cries for natural foods the food industry has also given us "natural fruit flavors" (which have nothing to do with nature) and "the flavor of real chocolate" (which is actually synthetic flavoring but who would buy it if they advertised "the flavor of artificial chocolate"?).

The words "flavor" or "flavored" appearing on the front of a package should be a red flag to you, telling you to read ingredient labels carefully.

A fudge advertisement boasts, "Enjoy the rich, natural goodness of a family recipe. Chocolate and vanilla fudge by the Claeys". Is the fudge natural? No, only the "goodness" is. And that is a biased judgment by the manufacturer. This type of advertising is an example of "Purity by Association" and should not be confused with literal fact.

The "P.T. Barnum" form of advertising is used by those little rascals, the Keebler Elves who say the buttery taste of their Town House Crackers "comes from elfin magic, not from butter". This can also be called the "Trust me I'm honest" ploy.

Libby's Lite Pear Halves uses the "You-don't-have-to-read-the-small-print-madam approach. A healthful product is implied by the "no sugar added" announcement on the front label but a turn of the can reveals "artificial flavor" in much smaller letters in the list of ingredients.

As consumers become more aware of these semantic slights-of-hand, these natural labels, and the less-than-natural products they adorn, will be left to sit on the shelves. Then maybe the food industry will experiment with making the inside of the package as natural as the outside.



# REAL FOOD FOR REAL PEOPLE ..... *the Feingolder in the kitchen*

## Camp Glyndon Recipes:

### Banana Split Breakfast Sundae

Each dish is prepared with one banana cut lengthwise with a scoop of plain or vanilla yogurt in the middle. Top with crushed pineapple, chopped nuts and coconut as desired.



*Cook Karla Sisson kept the Camp Glyndon kitchen perking.*

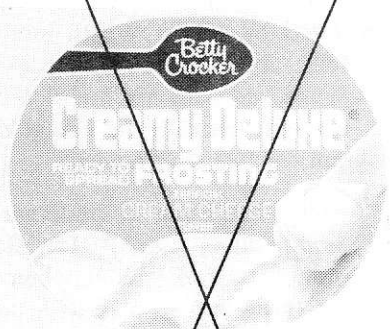
### Pizza Sauce

1 cup pureed red beets  
1 cup pureed carrots  
1/3 cup vinegar

Simmer about 20 minutes to blend. Spread on dough which has been lightly oiled. Sprinkle with Italian seasonings. Add favorite pizza toppings. Bake at 425° until edges are brown.

## The Choice Is Yours

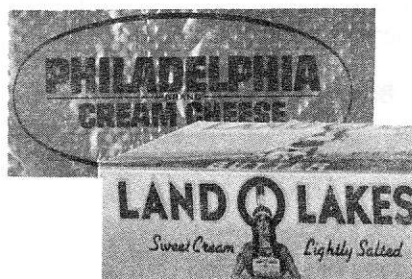
### **Betty Crocker Frosting with Artificial Cream Cheese Flavor**



**Ingredients:** Sugar, animal and/or vegetable shortening (contains one or more of the following partially hydrogenated fats: soybean oil, cottonseed oil, beef tallow, palm oil, and/or lard), water, corn syrup, wheat starch, mono and diglycerides, salt, polysorbate 60 (a preservative), artificial color, sodium caseinate, lactic acid, sodium citrate, soy lecithin, sodium acid pyrophosphate, artificial flavor, FD&C Yellow No. 5, potassium sorbate (a preservative) and TBHQ (a preservative).

Cost: \$1.50/16.5 ounces

### **Homemade Cream Cheese Frosting**



**Ingredients:** 3 oz. cream cheese  
1/2 cup soft butter  
1 teas. vanilla  
2 cups powdered sugar

Blend ingredients well and spread on cooled cake.

**Preparation time:** 5 minutes

**NO PRESERVATIVES**

**NO ARTIFICIAL FLAVORS**

**NO ARTIFICIAL COLORS**

Cost: \$1.10/15 ounces

## **Safeway Crackers: A Safe Buy**

The FAUS Research Committee has investigated crackers available at Safeway supermarkets and found these "house brands" acceptable:

Busy Baker: Garden Vegetable Snack Crackers, Sesame Wheat Snack Crackers, Onion Snack Crackers, Sesame Snack Crackers, Bacon Flavored Snack Crackers, Cheddar Cheese Snack Crackers, Sesame Cheddar Cheese Snack Crackers.

Scotch Buy All Purpose Snack Crackers

## **Ban Proposed For Flavoring Agent**

The flavoring agent cinnamyl anthranilate which has been used as an imitation grape or cherry flavor was found by a National Cancer Institute study to cause cancer in laboratory animals prompting FDA officials to propose banning its use in foods.

The flavor has been used in a wide variety of foods, including beverages, ice cream, candy, baked goods, gelatins, puddings and chewing gum. It has also been used as a fragrance ingredient.

--FDA Consumer (September, 1982)

## Associations Report

Adult member, Carolyn O., relates what it's like to be an adult with learning difficulties and who often reverses her letters and numbers. Sometimes it can be a great problem. Like the time she ordered a slip from a catalog store and they called her several weeks later to tell her that her tractor was in!

--F.A. of Philadelphia and  
Surrounding Counties

When packing school lunches, remember, it's better to overpack than underpack. If your child has sufficient quantity of food and enough variety, he or she will be less tempted to trade lunches or eat part of someone else's lunch to fill them up.

--F.A. of New York

Make your own natural grease paint for the school play by mixing: 1 teaspoon of white shortening and 2½ teaspoons of unsweetened cocoa. Apply it with a soft paint brush.

--F.A. of the Bay Area

### A SPECIAL CHILD

I know a very special child whose world is upside down.

And often in his classroom he wears a puzzled frown.

He's criticized for tuning out, accused of never trying.

He's nagged and scolded, begged, cajoled; most kids end up crying.

But oftentimes he just gives up; each task will mean defeat.

He sees a different symbol, and hears a different beat.

His NO is ON, for WAS it's SAW, and HOW sure must be WHO and 6 plus 6 is 21, 3 9's are 72.

This problem's labelled many things; it matters not the name.

To please his parents, teachers, peers, is this child's secret aim.

Now that we know some ways to help, let's start today and then;

Through work and understanding love, we'll right his world again.

Dee Shaffer  
L. D. Teacher  
F.A. Philadelphia

## Did You Know?

Food additives date as far back as ancient Rome and Athens and food adulteration regulations had to be handed down in England in the 1200's, according to *Parade* magazine (July 25, 1982).

In Victorian England, "cash-hungry bakers got more dough for their dough by adding alum and sulfur of copper. Dairymen sold cream thickened with flour, watered down milk and often added chalk or plaster of paris to perk up the color of milk from diseased cows."

As unappealing as all this sounds some manufacturers crossed the line into deadly additives. "In 1892, in the U.S. federal investigators found large quantities of toxic tin chloride in molasses, aniline dyes in candy, and copper salts in canned peas.

"In England, candies took on bright colors from massive infusions of toxic salts of copper and lead and Gloucester cheese acquired its appealing orange hue from its red lead content."

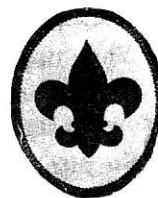
But the prize goes to an industrious fellow from England who in 1969 was charged with selling grated umbrella handles under the guise of Parmesan cheese.

### 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:

- *Ruth Desmon  
(Federation of  
Homemakers)  
Speaks Out*
- *'83 Boy Scout  
Jamboree—  
A Safe Place  
for Feingolders*



## Another Satisfied Customer

The following letter was sent to *Pure Facts* by a Fort Worth mom and tells about a rewarding exchange she had with her 8-year old son, who has been on the Feingold Program for just over a year.

"Mom, when I was in kindergarten nobody liked me." "How do you know," I asked. "Well, when I would ask the kids to play with me they'd just say, 'Nah'. But now I'm on this Feingold Diet and the kids like me. I act better now."

"Do things go a little better for you now," I asked. "Oh yes. Now I have a lot of fun."

We both feel better about everything. Being on this program makes a world of difference. This is a Feingold family for life.

Sincerely,  
The mother of a wonderful child.