



# Pure Facts

Vol. 7 No. 4

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## Helping Feingold Teens With The Diet

by Jane Hersey,  
FAUS president

You can't "put" a teen on the Diet; you can only help and support him on it. Here are some suggestions that may be of help. They were gathered from F.A. of the Washington Area parents of teenagers.

- Try very hard to treat him as an adult. Encourage him to attend an introduction to the program where he'll see there's really "nothing wrong with me."
- Use only pure foods in your home. Cook and serve without making an issue over the food. Try to provide as many substitutes as possible so his food is not so obviously different.
- Remember how hard it is for **anyone** to stick to a diet all the time.
- If you meet with resistance, see if your teen will agree to a one or two month trial.
- Most teenagers enjoy finding fault with their parent's generation. Show them the list of ingredients in Cool Whip or get a copy of Beatrice Trum Hunter's *The Great Nutrition Robbery*. Even the gentlest critic can have a hey-day. ■

## The Autistic Child and The Feingold Program

### *Billy's Story*

In July 1979, Billy was diagnosed by New York's Kennedy Institute as being "autistic like." He was three and a half years old but was functioning at only a 19 month level.

Billy's mother was told he was in a world of his own, would never know her, and, at most, might learn a few simple chores. He was also diagnosed as hyperactive. He was awake most of the night, ran in circles and had no attention span.

After six weeks he was putting together four to six piece puzzles and his awareness had greatly improved.

Three months after starting the Diet he was saying a few words with understanding and trying to follow directions.

Billy's first Christmas on the Diet was inspiring. For the first time he was aware of the tree. He could wind his own toys and change the record on his Close and Play record

*'... Two weeks after starting the Diet, Billy's hyperactivity was gone and at four weeks he was making sounds and attempting to form words...'*

There was no speech and little eye contact.

Billy's mother came to the Feingold Association of New York at the end of July wanting to know if the Diet would help her son. They didn't promise any improvement, only hoped that his behavior might improve under the program.

Two weeks after starting the Diet Billy's hyperactivity was gone and at four weeks he was making sounds and attempting to form words.

player. He was making more eye contact.

Finally, after seven months on the Feingold Program, Billy began coupling words and using short sentences.

Billy is now six and a half years old. He is in a special school at kindergarten level. He now finds words in books and brings them to Mom or others to show that he knows how to read the word. Such

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With Time*

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Strawberry  
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interaction is a very important breakthrough in the development of "autistic like" children.

Billy is taking steps to come out of his shell. His progress is fantastic. He can now express himself in short sentences and his vocabulary has increased tremendously.

### Frankie's Story

Frankie was also diagnosed as "autistic like". He was five and a half years old but functioning at an 18 month level with a vocabulary of about 10 words when his mother came to the New York association for help.

Frankie had been in a special education program for two years but had made little progress. He was hyperactive, self-destructive, angry, difficult and unpredictable. He had to be removed from group activities and could not even stay in the same room.

After 12 weeks on the Diet, Frankie's hyperactivity was not only gone but he was able to take part in group activities. Frankie's speech teacher told his mother to keep up whatever she was doing because she saw great improvement.

In seven months of dietary management Frankie had learned all his colors, and could color inside the lines. He was using three-word sentences, learning the alphabet and eye contact was improved. Frankie was now attending school five days a week.

The special education teacher at Frankie's school took advantage of the door the Feingold Association opened for him. Through these combined efforts Frankie progressed much more in seven months than he had in two years of special education classes alone.

Frankie is now in a special education class at a regular school doing grade level math and is only slightly behind in his verbal skills. He still has problems but he has progressed further than was thought possible. ■

## The Feingold Frontier

*(The following analysis was shared at last year's National Feingold Convention hosted by the F.A. of the Northwest.)*

Having always stood mentally in awe of frontier women — jolting across the prairie in slow-moving wagon trains, nursing an infant, fighting off Indians, burying children along the way who died of disease, leaving behind family and comforts — I never considered myself capable of being a "pioneer". And yet that is what Dr. Feingold called us, and proudly so, I think.

All of us, trekking across the prairie of ignorance; fighting off the arrows of arrogant, "educated" people who think we are radicals; finding new ways and following uncharted courses to a better life; leaving behind the comfortable, convenient cooking habits and trying new foods, new recipes; convincing our families and friends to "go along with us;" — yes, we are pioneers!

It is sometimes difficult. It is also exciting! And rewarding! And it opens up new possibilities for happiness for those we convince to take the journey, too.

So, when our descendants look back on us and say, in awe, "How did they do it? Weren't they afraid? Didn't they get tired and discouraged?" We can proudly answer "Yes, it was a struggle. We did get tired and discouraged. Changing life for the better usually is a long road, a battle. But it sure was worth it!"

Carolyn Allen  
*(Regional Director for  
the Northwest's Region 6)*



## PURE FACTS

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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.

## Ingredients On Alcoholic Beverages Still Possible

In what the Center for Science in the Public Interest calls "a major defeat for the Reagan Administration's regulatory relief program," a U.S. District Court judge told the government to reissue its regulation requiring alcoholic beverage makers to list the ingredients used in wine, beer, and liquor or print an address on the label telling consumers where to write for the information.

In the fall of 1982, President Regan recinded the ingredient requirement instituted by the Carter Administration, thus prompting CSPI to sue the Bureau of Alcohol, Tobacco, and Firearms—the agency responsible for enforcing the labeling.

The regulation now stands to be put into effect by February, 1984, unless an appeal is submitted. ■

## "Natural" Meat And Poultry Now Means Something

USDA Food Safety and Inspection Service has adopted guidelines for the use of the term "natural" on meat and poultry.

### Hyperactivity: A First Step To Alcoholism?

One out of three alcoholics studied by researchers at the University of Utah Medical School was hyperactive as a child, the American Journal of Psychiatry (January 1983) reports. Researchers also noted hyperactive symptoms persisted into adulthood.

They have not determined whether the hyperactive-alcoholic link is biological or social but the researchers advise doctors to look out for alcoholism among patients who exhibit signs of hyperactivity. ■

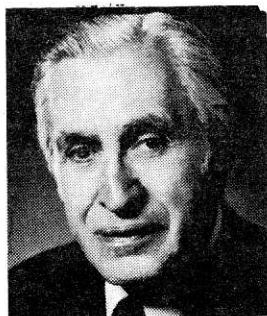
In order to use the designation "natural" for meat and poultry products, manufacturers may not use artificial flavorings, colors, chemical preservatives or any other artificial or synthetic ingredients, warns the USDA Safety and Inspection Service.

They also point out the product and its ingredients cannot have been processed more than minimally. These two criteria are the newly adopted guidelines for determining if a meat or poultry product is indeed "natural".

The FSIC says "minimal processing" covers roasting, smoking, freezing, drying or fermenting food in order to make it safe, edible and preserved.

If the natural product has ingredients that are more than minimally processed, such as sugar, they must be identified on the label. ■

## Reactions May Differ After Child Remains On Feingold Program For A Few Years



**Dr. Feingold Explains:**

*Q: Why do some children who have been on the Diet for a long period of time start to react less to an infraction?*

**A:** An individual's tolerance is governed by the biological profile, which is developed in utero and remains with the individual all through life.

Slight alterations in function and responses may occur at various stages of development, e.g. infancy, childhood, adolescence and adult life. This is observed in the gross anatomical changes consistent with each stage of development and responds to environmental factors.

When a child has been on the Diet for a period of weeks or months, a "wash-out" of offending chemicals may occur. However, this is not in all children.

Following the wash-out a new threshold may be established which

means that the child may have an increased tolerance for the offending agents. As a result, adverse reactions may not be observed immediately following a routine challenge.

However, following persistent infractions over a period of weeks or months or following a challenge with an inordinate amount of the offending chemicals, it will again manifest an adverse reaction.

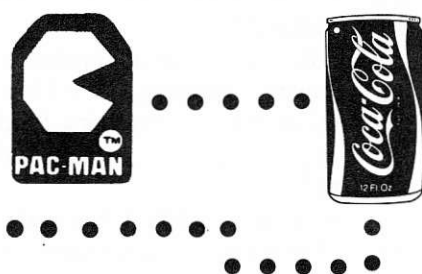
This phenomena was observed for several of the studies that were reported as negative. It is not advisable to experiment with small doses which may induce very slight, imperceptible changes in the nervous system, which over a period of time, can lead to irreparable damage. ■



## Empty Calories Packed With Action

"Empty calories may now come packaged with empty activity," says a Washington Post (3-20-83) article.

"We hear that new soda vending machines are being made to incorporate a video game so that buying a bottle will entitle the consumer to a free game. That may have the unexpected benefit of sending us back to the water fountain where the line will move faster."



## School Cleaning Products Affects Child

*Q: My child is extremely sensitive and is affected by many environmental things with which he comes in contact. We notice an adverse affect when he returns to school each year and we think it is a reaction to the chemical cleaners used to ready the school for opening day. What can we do?*

**A:** The F.A. of the Bay Area has faced a similar problem. One of their families has been working closely with their local school with great results. After discussing the problem with school officials and the head of maintenance, the school is attempting to use more natural and less

odiferous cleaning materials. They have also modified their schedule of cleaning allowing more time for the school to "air out" before students return. The head of maintenance proved to be knowledgeable and creative in suggesting alternative products, like using iodine disinfectants rather than phenolic or methyl salicylate products, cleaners derived from borax, etc.

If your child has similar problems it might prove helpful to talk with the local principal. Any school district could better plan cleaning and remodeling if they are aware of chemically sensitive pupils. ■

## Studies To Prove/Disprove Feingold Program Have Fundamental Error

The following item, by Alexander Schauss, Ph.D., appeared in the 1982/83 issue of *Campus Strife*, published by the California Dept. of Justice. Dr. Schauss is a counseling psychologist who has carried out research on the connection between diet and criminal behavior.

Referring to the early studies which attempted to test Dr. Feingold's hypothesis, Schauss writes:

"Unfortunately, for the many hundreds of thousands of professionals familiar with these initial reports, a fundamental error was discovered later in the design of these studies. So today still many doctors, dieticians, nutritionists and others report that the "Feingold Diet" (as it became popularized) has not been supported scientifically.

"The error in the previously wide-

ly circulated reports was discovered by Canadian researchers Swanson and Kinsbourne (1981), at the Hospital for Sick Children in Toronto. They discovered, to their surprise, that no scientific estimate had been made by prior researchers to determine what dosage of artificial food dye (the additive used in all tests) children were consuming. These studies had used information supplied by the Nutrition Foundation, which has known ties to the food and chemical industry.

"Although not done intentionally to manipulate the prior studies' outcomes, the Nutrition Foundation had recommended that 26 mg of artificial food dye be used when challenging subjects. Later Swanson and Kinsbourne found out that the

range should have been 76 mg to 150 mg to more truly reflect the dietary intake of these additives in the population being studied. Once they used challenge doses in this range they found that Feingold's assertions could indeed be supported under double-blind conditions. In other words, because of the insufficient dosage level in prior studies, the Feingold Diet became unnecessarily controversial.

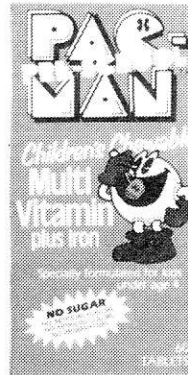
"Recently at a hearing, the FDA publicly declared that in light of this new data and others (i.e., Weiss [1981]), there may be some merit to dietary modification of food additives. Yet in spite of these new studies, some organizations and individuals still rally around the older studies to declare their disbelief in the additive concerns." ■

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

### Pac-Man Vitamins Feingold OK

Rexall Drug Company has recently come out with a new line of vitamins featuring yellow Pac-Mans, blue ghosts and red Blinkies, but, before you turn away, the good news is that they are okay for the Feingold child who can tolerate salicylates.

The vitamins have no artificial flavors, colors or preservatives and no sugar. Company officials have verified that salicylates are present in a few of the shapes, and therefore the vitamins should be avoided by those children who are salicylate-sensitive.



### Stocking Up

If your favorite recipe calls for chicken or beef stock and you are having trouble finding one that suits your "pure" cooking taste—make your own.

#### Kathy's Basic Beef Stock

- 4 pounds beef shanks, with meat on the bones
- 2 3-inch marrow bones
- 3 quarts water
- 2 medium carrots cut into thirds
- 2 medium onions quartered
- 2 stalks celery with leaves, cut up
- 1 bay leaf
- 2 sprigs parsley
- 2 teasp. salt

In a 6-quart kettle, combine meat, marrow bones and water, all ingredients and bring to a boil. Reduce heat, and simmer, covered, for 4 hours.

Strain stock, cool and chill.

Remove hardened fat and freeze in usable portions or cover and store in refrigerator for a few days.

Makes 2 quarts.

#### Kathy's Basic Chicken Stock

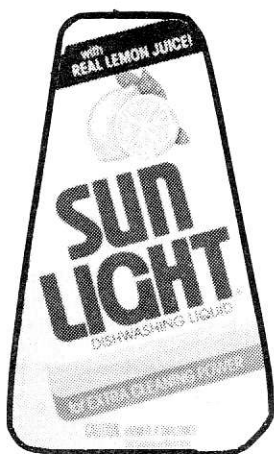
- 1 5-pound stewing chicken, cut into quarters
- 1 stalk celery with leaves, cut up
- 3 medium carrots, cut into thirds
- 1 medium onion, quartered
- 1 bay leaf
- 1 sprig parsley
- 2 teasp. salt
- 2 quarts water

Combine all ingredients and cook as for "Beef Stock"

(These recipes were taken from, *The Feingold Cookbook for Hyperactive Children*, by Ben F. Feingold and Helene S. Feingold.)

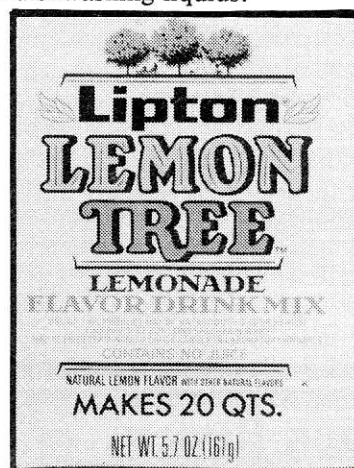
### What's Wrong With These Labels?

As if food shopping wasn't confusing enough with inuendos of purity and empty promises of



Ingredients: Real Lemon Juice, etc.

nature, someone has taken the lemon out of lemonade and put it in dishwashing liquids.



**Ingredients:** citric acid (provides tartness), malto-dextrin, sodium citrate, lemon and other natural flavors, sodium saccharin, hydrogenated coconut and partially hydrogenated cottonseed oils, vitamin C, tricalcium phosphate (prevents caking), artificial flavor, oleoresin turmeric (as color), BHA and sodium ascorbate (protects flavor).

*Note the "THIS PRODUCT MAY BE HAZARDOUS TO YOUR HEALTH" disclaimer on the label!*

### The Original "Good Old-Fashioned Lemonade"

- ½ cup lemon juice
- 1 quart water
- sugar to taste

Preparation time: 1 minute.

## Scentless Strawberry Shortcake Dolls Available

A Feingold Mom who wanted to fulfill her daughter's wishes for a Strawberry Shortcake doll but was afraid the scent might cause a reaction, wrote to Kenner Products and discovered unscented dolls are available.

You may order a 5½ inch doll for \$10.35 or any of the 36 different 1½ inch dolls for \$3.05.

Just send your order specifying which doll you want and the payment to:

Kenner Products  
c/o John Brassil  
Products Safety Division  
A Building Fourth Floor  
2750 Robertson Ave.  
Cincinnati, Ohio 45209

(Thanks to the F.A. of the Northwest for this information.)

## Prairie Dogs Belly-Up on Junk Food

Officials at an Iowa park were puzzled over the high death rate among the prairie dogs that inhabit the park, reports the Chicago Tribune News Service.

Autopsies revealed that the little critters were victims of a steady diet of junk food—particularly the “battered” popcorn they received from park visitors. (Refer to the April *Pure Facts* for information on what is being done to popcorn.)

## Assoc. Report

“Please do not feed. Feeding by the public interferes with a proper diet and disrupts normal social behavior.” No this is not a new button for sale or a new T-shirt slogan. It is from a sign posted at Brookfield Zoo for the protection of the animals. Maybe someday everyone will recognize that we should also apply the same consideration to the diets of humans.

—F.A. of Chicago

If you cook in a microwave oven with colored paper towels, the color from the towel can seep into the food while being cooked. It's best to use several white paper napkins instead. Napkins are treated a certain way because they come in contact with food, mouths, etc. Paper towels are not.

—F.A. of Missouri

## Feingold Parents Write...

“For the first time we began seeing our real son (after being on the Diet a short time). We felt redeemed—no more psychologists, psychiatrists and tranquilizers for our son. We only wish more distressed parents and children could be reached and persuaded to try the Diet. As Feingold families know, the rewards far outweigh the effort.....”

“My son's teacher said that his work had improved so much it is like a problem child left and a very bright one took his place.....”

“There can be no partial trial—we're talking about our children's lives. It's all or nothing. To be given your child back whole, healthy and able to function in the world is all I need to keep going.....”

## Write On

Just a reminder that pen pals are waiting to write to your children. Special friendships develop when children can share common feelings and situations. The pen pal club, sponsored by the Feingold Association of the Northwest has been doing an excellent job of matching pals and watching their confidence grow each time they get a letter from their special friend.

If your child is interested send his name, address and age to:

Pen Pals  
F. A. of the Northwest  
P.O. Box 2031  
Salem, Oregon 97308

## What Is FAUS?

The Feingold Association, founded in 1976, is a volunteer non-profit organization composed of parents and interested professionals.

The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior and health problems.

## Book Review

### What If They Knew

by Patricia Hermes

Jeremy had a secret she couldn't share with her new friends. She was different. She had epilepsy. The story of how Jeremy learned to live with her disorder and how friendships grew in spite of it is heartwarming and gratifying.

*What If They Knew* is written for older elementary school students and pre-teens. Jeremy's story is an encouraging one for all children, especially those who are different.

(Published by Harcourt Brace Jovanovich, New York and London.)

## WHAT IF THEY KNEW?

Patricia Hermes

