



Pure Facts

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Feingold Assoc. Looks Back On Decade of Growth

by Jane Hersey (FAUS president)

June 1983, is a very special date for the Feingold Association and for the thousands of families whose lives have been touched by the work of Dr. Feingold. It has been ten years since Dr. Feingold first announced his findings at the 1973 convention of the American Medical Association (AMA). Press conferences and extensive publicity arranged by the AMA resulted in world-wide coverage.

The connection between additives, salicylates and behavior was described in his text book, *Introduction to Clinical Allergy*, published in 1973.

But Dr. Feingold saw that a book directed to parents of troubled children offered the potential of reaching the greatest number. In 1974 *Why Your Child Is Hyperactive* was first printed and the publisher, Random House, predicted its impact on our society would be as great as Rachel Carson's *Silent Spring*. It has gone through several reprintings.

Calling himself "one of the world's oldest jetsetters," Dr. Feingold and Mrs. Feingold traveled throughout the U.S. and abroad addressing "standing room only" audiences.

Back home in San Francisco, he somehow found the time to work as



Jane starts planning for the next ten years.

Chief of Allergy at the Kaiser Permanente Medical Center, write articles for professional journals, and personally respond to every letter he received. The average doctor, explained a colleague, will receive an occasional letter of thanks from a grateful patient. They are prized. Dr. Feingold prized his letters too—the drawers, and cartons and shoe boxes and apple crates full of them. He understood the anguish each described and he shared their joy of success.

Less than three years after his report to the AMA Dr. Feingold was back East again, but this time it was as an honored guest at the very

Kellogg Responds To Consumer's Complaints

Kellogg has now removed BHA from its Nutri-Grain cereals in response to consumer complaints.

Nutri-Grain cereals were introduced by the Kellogg Company two years ago. The cereal's appeal was the fact that it was made from whole grains and contained no sugar.

But Feingolders could not eat it because it contained BHA. Dr. Feingold discovered early in his research that BHA also triggers hyperactivity in susceptible individuals. ■

first convention of the Feingold Association of the U.S. A handful of parents from support groups all over the U.S. met in Washington, D.C., to seek ways to share their gift of knowledge.

In the years that followed we have seen the proverbial good news/bad news. One of the happiest events was the publication of *The Feingold Cookbook* by Dr. and Mrs. Feingold. With royalties from the cookbook, Dr. and Mrs. Feingold established the Feingold Foundation for Child Development to assist the Association in carrying out his work.

Another significant event was the

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Homemade Mayo

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Re-FEIN-ed Poetry

Assoc. President Helps Woman Simplify Her life

by Sue Maldonado
president, F.A. of Minnesota

"I was recently talking with a woman who has had family counseling for three years, trying to help her hyperactive child. She is still at square one.

"She told me about what is involved in behavior modification such as family work charts, family-at-home-counsel sessions, behavior charts...Wow, and they think cooking takes too much time!

"All the professionals she encountered told her the basic flaw in the Feingold Program was that it took too much time.

"After I pointed out to her that she prepares meals anyway, so prepare them our way and you're done for the day, she jumped at the opportunity to try the program." ■

WELCOME

A new Feingold chapter has opened in York, Pennsylvania. Betty Grady is coordinating the chapter, which is affiliated with the F.A. of Northern Maryland.

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conference initiated by the Department of Allergy & Infectious Diseases of the National Institutes of Health, held in 1982. The purpose of the conference was to review the connection between diet and childhood hyperactivity. The scientific panel concluded the Feingold Diet was a technique which offers no risk, no harm, and no exploitation. This is what Dr. Feingold said ten years ago.

This month, delegates from Feingold associations throughout the United States will meet in Kansas City for our 8th Annual FAUS Convention. All FAUS conventions are exciting times as we share, learn, and carry on the work of the Association. But this tenth anniversary year will be even more special. ■

A Father's Choice

(The following is a letter written by a Feingold Dad from Virginia)

I was introduced to the Feingold Diet at a seminar on pastoral counseling. One of the speakers was giving direction on helping families with specific problems—the handicapped child, the epileptic child, and the hyperactive child.

I thought of my own son, but quickly countered with the things I had so often said to myself, "...strong-willed, uncooperative, doesn't enjoy life, but he'll grow out of it."

It was December when we decided to make the Feingold Diet a part of our lives. Fourth grade frustrations were increasing for our son and we were more and more uncomfortable waiting for him to outgrow his problems.

The benefits to our son were immediate and marked. His behavior, attitudes and performance in school improved. Actually, his grades went up in almost every subject. Help for his subsequently discovered learning disability (along with the Diet) has brought our son to the point of en-

joying school and life as a whole. The social scene for him is no longer a burden.

How extensive has my own involvement in the Diet been? It doesn't control the food I eat away from home. When I'm out for lunch or dinner, I often deliberately choose something that has tomatoes. (Our son cannot tolerate salicylates.)

But around our table it's Feingold all the way for me. Why? Because I love my family.

I love my hyperactive son and want to enter into some of the struggles he has because of the way he's put together. I love my non-hyperactive son and want to set an example for him of what it is to sacrifice our own desires for the sake of another person.

The inconveniences of the Feingold Diet are far outweighed by its benefits—benefits for my son who must be on it, and benefits for his father who chooses to be on it. ■

Let's Not Forget Dad on Father's Day

We frequently hear the term "Feingold Mom." But, this issue, we want to recognize the often unsung hero, the "Feingold Dad."

He also shares the worry and the pain, feels the joy of minor accomplishments and holds the shaking child (tears streaming down his little face) when playmates are less than kind.

Feingold Dads come in many shapes and attitudes. Some strongly support the new change in diet, some look on it with a weary eye (until they see the results) but we praise their willingness to change—even if it's just a little.

Happy Father's Day Dads. We're glad you're there. ■

PURE FACTS

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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.

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

Fruit Loops— A Military Defense?

On a "60 Minutes" program Andy Rooney suggested we stop selling the Russians grain and, instead, sell them all that junky packaged cereal like Fruit Loops, Dinky Donuts, and Cocoa Pebbles. "Look at all the cardboard we'd be selling too," he said. "Sometimes the box weighs twice as much as the cereal inside. And don't forget the whistles, yo-yo's, and assorted prizes inside."

Rooney held up a box and pointed out some ingredients that, he said, would "bring them to their knees." Maybe BHT is good for something. In addition, if they think that we all eat that junk for breakfast, they'll never take us seriously as a nuclear threat—they'll just leave us alone with our Trix.

Reeses Peanut Butter Cups Causing Reactions

Barbara Balmer, chairperson of the FAUS Product Information Committee, cautions members to discontinue using Reeses Peanut Butter Cups until we receive additional information from the manufacturer.

This candy, which appears on the safe foods lists of many associations, is believed to be the cause of reactions which have been reported by member families. ■

Rooney closed by adding that if all "General" Mills can worry about is cereal, we're no military threat at all!

--F.A. of Philadelphia

Making Your Own Mayonnaise Can Be Simple

Blender mayonnaise is quick, inexpensive, but not always as easy as claimed. There are many good recipes including the one below from *The Feingold Cookbook for Hyperactive Children*. Start with all the ingredients at room temperature and make sure to dribble oil into egg and spices to achieve a good texture.

But sometimes for some reason, you still end up with a drippy-oily mess. Do not despair. Pour all the ingredients into a measuring cup. Put another egg in the empty (but unwashed) blender. Turn the blender on.

When the egg is mixed, dribble ingredients from measuring cup slowly back into the blender. It works every time.

Use a light tasting oil like Hollywood Safflower oil to get a taste similar to the store bought mayonnaise.

Blender Mayonnaise

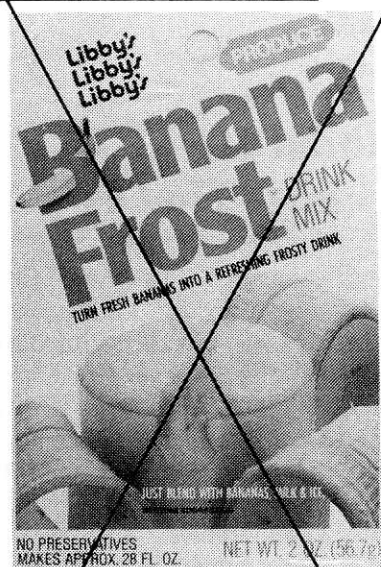
1 egg
5 teaspoons lemon juice
1 teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon white pepper
1 cup pure olive or vegetable oil

Combine the egg, lemon juice, mustard, salt and pepper in blender and blend on high speed until the mixture is thick and lemon colored. Continue blending, adding the oil very gradually in a thin, steady stream. (If the mayonnaise is too thick, add 1 teaspoon of warm water.) Refrigerate covered, until ready to use. Makes 1¼ cups.

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

The Choice Is Yours

Libby's Banana Frost



Ingredients: Sugar, non-fat milk powder, dextrose, dried egg white, propylene glycol alginate, artificial flavor, artificial colors (including FD&C Yellow No. 5).

Pure Banana Frost



Ingredients: Milk, banana, pure vanilla ice cream, egg (optional), vanilla.

Procedure: Mix the following in a blender:

1 cup milk
½ cup pure vanilla ice cream
½ banana
1 egg (optional)
¼ teasp. vanilla

Makes: 2 cups

Note: You may omit the ice cream and add 2 Tables. honey plus 3 ice cubes. ■

P.F.'s Contributors Are Special

Pure Facts is getting better and better thanks to the talents and dedication of Feingold members who take the time to send us excellent articles.

Pat Palmer's (F.A. of New York) article on "The Autistic Child", which appeared in last month's issue, was an inspiring Feingold success story that received many favorable comments. (We heartily apologize for Pat's byline getting lost somewhere between typesetter and printer.)

Regional Conferences Held

Feingold Associations have held conferences in the following regions this spring: Region 3 (Pennsylvania, Maryland, District of Columbia, Virginia, and West Virginia), Region 9 (California, Nevada, Arizona, Hawaii) and Region 10 (Washington, Oregon, Idaho, Montana, Alaska).

Feingold PATH of Illinois is making preparations for a statewide conference to be held in September.

Regional and state conferences are open to all Feingold members.

This month, Carolyn Allen (Regional Director for Region 6) shares some of her Feingold-style nursery rhymes.

And Sue Maldonado (pres.-F.A. of Minnesota) helps one woman simplify her life by trying the Feingold Program.

It's the work and sharing of members such as these that makes the Feingold Association such a nice family to belong to.

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.

Poems For Your Young Child

by Carolyn Allen

Carolyn Allen, Regional Director for Region 6 and F.A. of Texas member is a many-talented lady. Her re-FEINED poetry is one example:

Little Tommy Tucker
Begged for a sucker
E'en though 'twas brightly colored green.
When given what he craved,
He badly misbehaved...
The likes of which you'd rather
not have seen!

★ ★ ★

Young Mother Hubbard
Went to her cupboard
To get her son, Tom, a treat.
It wasn't bare.
There were "Feingold foods" there,
And so Tom had good things to eat!

Associations Report

Use caution when eating peanuts in the shell. Children have suffered reactions when cracking the shell open with their mouths. This could have been caused by the use of fungicides or chemical fumigation to which those children were sensitive.

—F.A. of Missouri

*Feelin' Good
Naturally*



SELECTIVE
EATING GUIDE
&
TRAVEL TIPS

5TH EDITION

Don't Leave Home Without It— Your Selective Eating Guide, That Is

Trish Frederick (F.A. of the Washington Area) had a dream. Wouldn't it be nice to have a list of restaurants that served additive-free food, so anywhere you traveled you would have a list of restaurants that offer foods compatible with the Feingold Program.

In 1978 she wrote a letter to *Prevention* asking people to send the names of such places. To her surprise over 300 people did just that.

The results of those letters and much additional research was a

booklet called, "Feeling Good Naturally—Selective Eating Guide and Travel Tips," printed by FAWA.

They immediately sold out of all the copies. Now, in its fifth printing, the guide lists more than 450 restaurants and has been sent to over 3,000 families.

To order your "Selective Eating Guide," send \$3 to:

FAWA/SEG
6502 Acorn Court
Camp Springs, Md. 20748