



Pure Facts

Vol. 7 No. 7

September, 1983

Long-Term Studies Change Professional Outlook

"Over the past decade, the professional community's perception of hyperactive behavior in childhood has changed significantly," according to Drs. Clemmens, Kaiser, and Kenny as reported in the June 1983 *Maryland State Medical Journal*.

Several long-term studies have shown that hyperactivity does not subside spontaneously at or shortly after puberty as was generally accepted a decade ago.

In 1972, Minde *et. al.* reported that attentional problems, distractability, and concentration problems persisted in the majority of patients even after the signs of overt hyperactivity subsided.

Although stimulant drugs, such as Ritalin, offered short-term, symptomatic relief in some cases, they produced little or no change in the long-term outcome of the patients in this study.

"These observations led to the inescapable conclusion that drug therapy, alone, as a total management plan for hyperactivity was no longer acceptable," reported Drs. Clemmens, Kaiser, and Kenny.

In 1977, G.L. Engel reported in *Science* that the complex-

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Inquiries and Pleas for Help Flood FAUS Mail Bags

Can you imagine answering 11,000 letters in one week?

Joan Syron, who has been handling the FAUS mail for five years, had to do just that after the Feingold diet was mentioned in a 1979 Sunday edition of *Family Weekly*.

"Any article brings in mail," she said, "but never like that."

During her term as secretary of FAUS, Joan received an average of 300 letters each week.

In the earlier years, before information was readily available to the public, the letters were very long and often gave entire life histories.

"Most of the mail was from frustrated mothers who said we were their last hope," she said.

"One plea for help which stands out in my mind was

from Mary Jo Carr in 1976. She is now Regional Director of the Southeast."

"I made a lot of nice friends by answering the mail. I still have some of them," she said.

In those early years, Joan answered each request, inquiry, or plea for help with a form letter. It was a full-time volunteer job, and she often recruited the help of family and friends when the volume of mail became overwhelming.

Were there any problems?

"No, unless you consider fitting 11 mail trays (each holding 800 pieces of mail) into a nine passenger Suburban."

"What I loved most," she said, "was seeing the diet start to work."

With the increased recogni-

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Hour Magazine Features Feingold Association

Mrs. Helene Feingold continues to receive an average of five letters and three phone calls each week from the United States and several foreign countries.

The flow has remained steady since Dr. Feingold's death in March of 1982.

"There are more doctors recommending the diet," according to Mrs. Feingold.

"They refer their patients to the Fe-

ingold Cookbook and the book refers them to me."

The recent Hour Magazine television feature on the Feingold Program has brought Mrs. Feingold a deluge of phone calls and letters from all over the United States.

FAUS is grateful to the staff of Hour Magazine and its host Gary Collins for enabling us to reach so many more troubled families.

ities in hyperactive children can only be understood when viewed from a physical, psychological, and social perspective.

Many factors including genetic endowment, neurological integrity, environmental influences i.e. (food additives, pollutants), and social and cultural influences play a role in behavior.

This perspective differs markedly from the professional ideology of past years which related childhood behavioral problems to child-rearing practices.

According to Drs. Clemmens, Kaiser, and Kenny, "Individual development is to be perceived as a constantly evolving and changing process of dynamic interaction between organism and environment.

"It thus becomes increasingly obvious that blaming parents for all their children's adjustment problems is excessively simplistic.

"An understanding of children with attentional deficits and hyperactivity helps elucidate this fundamental issue."

In a 1982 report "Defined Diets and Childhood Hyperactivity", a scientific panel at the National Institute of Health recognized the need to consider many different approaches to the complex set of symptoms generally referred to as hyperactivity.

The panel concluded that the Feingold Program was a valid option for the physician to consider in the treatment of childhood hyperactivity.

(Condensed from "Attention Deficit Disorder and Childhood Hyperactivity: Changing Scene". Maryland State Medical Journal. Vol 32, No. 6. June, 1983.)

tion the Feingold Program has received, FAUS has seen the need to establish a new address in order to consolidate the various facets and functions of the organization. The new address is:

Feingold Assoc. of the U.S.
P.O. Box 6550
Alexandria, VA 22306

Drawer A-G will be maintained indefinitely, and mail received is being collected and forwarded to the new address.

Do-It-Yourself Rug Cleaner Elicits Reaction

A Michigan family has reported a severe reaction from "The Rug Doctor", a do-it-yourself carpet cleaning product.

Jason, age 7, reacted violently to the product after his parents used it to clean five rooms and a hall in their house. Jason has been on the Feingold program for five years.

A baby-sitter who was caring for Jason after his exposure to the cleaner reported that he pulled a knife out of a drawer and removed an ornamental sword from the wall refusing to give them both up.

He also locked himself in the bathroom and cried and screamed for a lengthy period.

The sitter has refused to care for Jason until she recovers

from the shock of this extreme change in his behavior.

Jason's parents report that the reaction lasted for about three days, during which he was uncooperative, hostile, mean, and unable to sleep.

Thankfully, he returned to normal after his three-day adverse reaction.

Note: Reactions to "Love My Carpet" have also been reported.

On a can of room freshener: "Bringing the clean, natural freshness of a country meadow indoors. Freshens the air in your home with a clean, back-to-nature scent — as refreshing as the summer grass and fragrant flowers of a country meadow." WARNING: "Inhaling the contents can be harmful or fatal."

—F.A. of Beamsville, Ontario

Book Review

Creative Food Experiences For Children

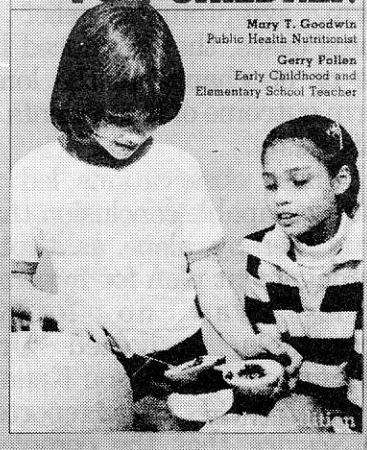
by Mary T. Goodwin and Gerry Pollen

"Creative Food Experiences" is a rare combination of education and fun. Written for parents and teachers, it provides an approach to nutrition that makes children more aware of their senses, the natural world, and the community. This book is a treasure trove of activities, recipes, games, and facts.

(Published by the Center for Science in the Public Interest, 1755 S. St., N.W., Washington D.C. 20009)

CREATIVE FOOD EXPERIENCES FOR CHILDREN

Mary T. Goodwin
Public Health Nutritionist
Gerry Pollen
Early Childhood and
Elementary School Teacher



Real Food For Real People

Nutritious After-School Snacks

After-school snacks can make an important contribution to your child's good nutrition.

Old favorites in new shapes and combinations will be especially appealing to your hungry scholar.

In place of bread, spread peanut butter on a pear slice.

Peanut Butter Delight is a delicious change of pace that tastes great on just about anything: Combine equal amounts of peanut butter and cream cheese, add honey to taste.

Another nutritious after-school snack to try is chunks of cheese and fruit skewered shish-kebob style.

Carrot and celery sticks aren't the only vegetables that go well with dip. Try small, young string beans and slices of yellow or green squash. Use your favorite dip or try one of those suggested in the Feingold Cookbook.

Natural Junk Food

By Jane Hersey, President FAUS

Would you like to interest your child's school in wholesome food, but find they won't budge? When you express dismay over the periodic pig-out (otherwise known as the class party) are you considered a child-hater? When you ask that fruit be added to the vending machines, do people think you are strange?

Well, take heart, the Twinkie-eaters and the alfalfa-sprouters may soon find themselves enjoying the same snacks which could, for lack of a better name, be called "natural junk food."

There are a number of individually packaged snacks which have been researched by the Feingold Association's Product Information Committee, and which are, according to their manufacturers, free of synthetic colors, flavors, and preservatives.

If your child's school sells snacks, you can help them

make the transition from traditional snack goods to those free of synthetic colors, flavors, and preservatives. The students will munch these peanuts, popcorn, and chips just as happily, and nobody is likely to complain that his doesn't have any BHT.

A major snack food distributor if Tom's, owned by General Mills (and not connected with the manufacturers of Tom's toothpaste, and soaps). They have eight products which are believed to be suitable:

Toasted peanuts, Redskin peanuts, Roasted peanuts in shell, Peanut plank candy bar, Popcorn, Cheese popcorn, Plain chips and Ripple chips.

A new line has been developed by the McKee Baking Company, the manufacturers of Little Debbie snack foods. The products are sold under the name Sunbelt, and are available in four varieties:

Apple-filled oatmeal bar, Granola bar, Peanut butter

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The Choice Is Yours



Ingredients:

Sugar, Starch, hydrogenated coconut, palm, and soybean oils, glucose, lactose, sodium phosphates, non-fat milk, fatty acid ester, sodium ca-

seinate, mono- and diglycerides, sodium silicoaluminate, dipotassium phosphate, artificial flavor and color, lecithin, BHA, citric acid.

Better Banana Cream Pie

- 1 baked pie shell (homemade or approved brand)
- 4 Tablespoons cornstarch
- 1/4 cup sugar
- 1/8 teaspoon salt
- 3 cups milk
- 1 teaspoon butter
- 1 teaspoon vanilla
- 2 bananas

Mix the cornstarch, sugar, and salt together in a saucepan. Add 2 cups of the milk. Cook, stirring constantly until thickened. Add the remaining cup of milk and cook until thick. Remove from heat and add the butter. Mix well. Allow mixture to cool, then add vanilla.

Peel and slice bananas. Arrange them on the bottom of the pie crust and pour in the cooled filling. Chill several hours before serving. (Sweetened whipped cream may be added as a topping just before serving.)

—F.A. of Washington Area

wafer and Chewy granola bar.

These products lend themselves to fund-raising efforts as their price is very low. (The wholesale price can be as low as 6¢ to 12¢ for each packaged snack.)

Austin Foods Company has developed a variety of cookie and cracker snacks, including chocolate and vanilla cream filled cookies. Packaged in units of four, the varieties which have been approved for our use are:

Choco Creams, Duplex Creams, Cheddar cheese Smackers (with natural coloring), Toasty Crackers with Creamy Peanut Butter and Peanut Butter and Graham Cookies.

These products are available in most parts of the U.S. and can be purchased through the company's distributor in your area. This is the person to speak with about how your school can sell these alternative foods, and possibly raise money in the process.

To obtain the name of your distributor, write to:

McKee Baking Company
c/o Jane Irwin
Apison Pike
P.O. Box 750
Collegedale, TN 37315

Austin Foods Co.
One Quality Lane
Cary, NC 27511

Tastykake
2801 Hunting Park Avenue
Philadelphia, PA 19129

Tom's Foods
900 Eighth St.
P.O. Box 60
Columbia, GA 31902

Please note: If you are new to the Feingold Program, or if you suspect a corn syrup sensitivity, and want to test these snacks, please do so cautiously.

Feingold Safe Haagen-Dazs Expands

The Haagen-Dazs ice cream company is now owned by Pillsbury. There are 244 Haagen-Dazs ice cream stores, and Pillsbury plans to open 150 new shops a year.

Feingolders hope the new parent company will maintain the high quality of this product and will not look for ways to "new and improve" it.

Feingold Parents Write...

"A year and a half ago the Feingold Program changed our daughter from a very depressed, frustrated, and negative seven-year-old into a cheerful, pleasant, relaxed little girl. We will forever be grateful."

—J.T. Dover, Delaware

"We thought this diet would be hard for Tim, with all his behavioral problems, his learning disabilities, but in fact, he seemed to relish and even welcome it...Now, after 4 months, the whole family is on the diet and it's just a way of life...After 10 days on your diet, we took him off medication and from that day onwards we've been seeing what I can only

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, TBHQ and naturally occurring salicylates from our food supply.

describe as a miracle of major proportions. It's so wonderful we can't quite believe it."

—The mother of a 9-year-old boy in Sydney, Australia

"My son has been on the diet since December and there have been so many changes, he is totally unrecognizable. I met with his teacher at school and she told me he is a totally different child...You have given my son his life back. I no longer have to worry about tantrums which result in putting fists through glass doors and choking people until they turn blue."

—A parent in New York City

Pure Facts

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Pure Facts is published monthly, except for a combined July/August issue, 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, Maryland 21234.

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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., P.O. Box 6550, Alexandria, VA 22306.