



Pure Facts

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Researcher Cites Flaws in Feingold Diet Tests

In the June issue of *The Journal of Learning Disabilities*, three papers pertaining to the Feingold Program were published.

Two of them, one by Mattes and one by Kavale and Forness, reviewed the research that has been done on the Feingold diet and came to essentially the same conclusion: The Feingold diet is of no value, or at best, of marginal value for a few children, as a means of reducing hyperactivity.

The third paper, by Bernard Rimland of the Institute for Child Behavior Research in San Diego, is a review of the reviews, so to speak.

His comments, although originally stimulated by the Mattes and Kavele and Forness reviews, also bear upon other reviews which have appeared recently and have come to the same negative conclusion.

Rimland writes, "In my opinion, such a conclusion is certainly unwarranted, probably incorrect, and very likely to be damaging."

He states that the data used in the studies is of essentially no value since the studies were

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Cleveland—Cries for Help from Troubled Families

The Feingold Program received wide media coverage in the Cleveland, Ohio area when the FAUS president, Jane Hersey, and her husband, Harry, visited the area recently.

So far, FAUS has received more than 1,000 letters from families in the Cleveland area seeking help for themselves or their children.

Here are some excerpts from a few of the letters we received:

"I was a hyperactive child and now, as an adult, (hyperactivity) has led me to a prison term. I also have a son who is hyperactive. Getting to one of the causes of hyperactivity is a great alternative to trying to control the problem with medication. I will be heard for parole soon and, Lord willing, I will be home with my family soon. It would be nice to eliminate some of my hyperness and settle my son down."

"Our son will be 4 in November. We are lucky—we've been living without what we called 'the crabbies' and continuous bouts of diarrhea for a little over a year now. I suspected foods (were the cause of his multiple problems) from doing research and observing him. An all natural diet gave us our miracle—no more diarrhea and a much more pleasant little boy. Some kids (like me) grow up with no apparent problems with additives, colorings, or preservatives. 'Why my child,' I'd ask myself. I am very interested in a support group here. It's not easy, we need each other to get through."

"I'm the stepmother of a 14-year-old boy who was diagnosed as hyperactive since the age of 5. Right now he's in Boy's Village. During my five years of marriage, I've seen at least five psychologists and one psychiatrist, and only once did I hear of watching his diet."

"I am at my wits end with my daughter's behavior and with her pediatrician. The only thing he seems to do for her is to have me give her Valium (which I will not do) and be patient. So far nothing is working and I'm hoping this diet will do the trick. I also have two friends who are experiencing some of the same problems I am. We are all desperate for any help we can get."

"A friend of mine has a 3½-year-old son who's been diagnosed as hyperactive. She told me of her experiences, from the fidgetiness and violence that led her to seek help, to the suggested treatment with Ritalin which she refused. She has taken her son off all avoidable sugar but I gather there has been little improvement. She had never heard of (the Feingold Program). I think it's very sad that the first help they had to offer her was drugs."

"It is a great thing you are doing alerting parents to the possible side effects of food additives. I think it would be interesting if you would interview older teachers and ask them about the behavioral problems they had with children versus the problems the teachers now have with children who are existing on junk foods and whatever the manufacturers put in as ingredients."

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poorly designed and do not accurately test the diet.

How, you ask, does he come to this "unkind and critical assessment of the diligent efforts of so many colleagues?"

Rimland answers this question by listing six major flaws inherent in the studies. They are as follows:

1) There are over 3,000 additives in our food supply including colors, flavors, preservatives, thickeners, moisteners, and about eight other categories. Most of the researchers, unfortunately, single out food dye as the substance to be tested.

Rimland writes, "How researchers can claim they have tested the Feingold diet . . . by conducting experiments on fewer than 10 dyes is beyond me."

2) Most of the researchers used almost trivially small doses of the 7 to 10 food colorings in trying to provoke hyperactivity. 1.6 to 26.0 milligrams of coloring per day was the dose given, by and large. The FDA, however, estimated that the daily consumption of additives by children ranged between 59 and 312 milligrams.

3) The studies failed to recognize that children who have been on the Feingold diet for a time tend to be healthier than run-of-the-mill hyperactive children who have not been on the Feingold diet, and are thus more able to withstand the food additive challenge.

4) Many researchers failed to recognize the many unknown factors which may be involved in the body's reaction to food additives.

5) Some of the researchers reached negative conclusions although the data did not warrant it. In a study sponsored by the makers of Coca Cola, Fruit Loops, etc., the parents of the children rated their children's behavior as improved on the additive free diet. The researchers, however, concluded otherwise.

In addition, many of the studies were not controlled enough to note how many dietary infractions occurred.

"All studies, without exception, do concede that some children react to additives and some children do respond to the diet," Rimland concludes. "In view of the weaknesses in design and conduct of the studies . . . these findings speak strongly for the robustness of the Feingold diet."

6) Not enough attention is given to animal and in vitro studies which, actually, reveal quite a bit about the danger of food additives. It has been demonstrated that food dyes induce learning problems in rat pups and cause nerve tissue damage in test-tube studies.

Rimland states, "We should emphasize, not ignore, laboratory studies of animals and nerve tissue."

A Note to Everyone
Give another family a reason to be thankful by posting the enclosed FAUS flier at your local supermarket, library, school, etc.

"I've been the round of pediatricians—each advising that (my 4-year-old son) will outgrow his hyperactivity. No one, it seemed, would listen to me. Although I was reluctant to give him any drugs, the doctor said I should try Ritalin on a trial basis. By the fourth week, my son was becoming more and more violent with each outburst. After each outburst, he would sit for 15 to 45 minutes in a trance, as though he was daydreaming. I quit giving him the medication against the doctor's advice. I no longer discuss my son's behavior with his pediatrician and he doesn't ask about it. I have just resigned myself to the fact that this is the way it will always be. I haven't given up completely—yet. I just hope this diet will work."

College Credit Given for Feingold Experience

Can you be receiving college credit for your work with the Feingold Program?

According to Mary Jo Carr, the regional director of the Southeast, it is a possibility that should be explored by more people.

Mrs. Carr, who will be a junior at the University of West Florida in January, is currently receiving one hour of college credit per semester in exchange for speaking to one or more developmental psychology classes about the Feingold Program.

How did she arrange this deal? She took her food list, handbook, and other pertinent information to the head of the psychology department and asked if they had a program awarding credit for field work.

"The head of the department was very interested in our work . . . it's a plus for the individual and a plus for the organization," she said.

Real Food for Real People _____ Feingolders in the Kitchen

If nothing else, at least be thankful that turkey is not a salicylate! But Feingold families have to worry about something that the Pilgrims never dreamed possible . . . synthetic food additives. Imagine, all the way across the ocean without artificial preservatives, and our modern, multi-billion dollar food industry cannot get a box of cereal from the factory to your table without extending

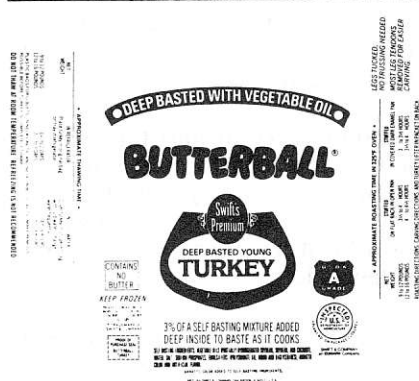
its shelf life (and possibly shortening yours) with chemical preservatives.

Unlike the Pilgrims, most of you will probably not go out into the woods to shoot your Thanksgiving dinner. So, please remember that self-basting turkeys are not permitted.

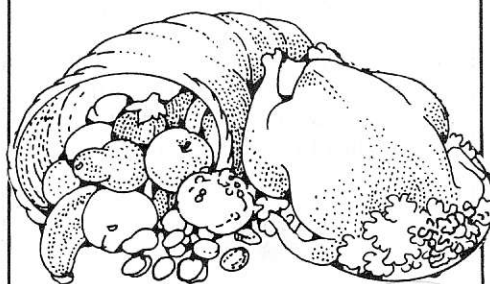
If you bake a pumpkin pie, remember that cloves are a salicylate, and may easily be

omitted. Cinnamon, nutmeg and ginger should present no problem. Cranberries may bother some sensitive children, but giving them up is a small price to pay for that beautiful, calm child at the dinner table. So, count your blessings, not your additives, and have a delightful, satisfying and **HAPPY THANKSGIVING DAY!**

Anita Werderich
Feingold PATH of Illinois

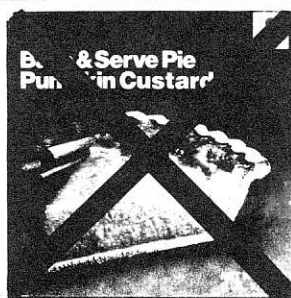


Self Basting Ingredients: Vegetable oils (partially hydrogenated soybean, soybean, and coconut), water, salt, sodium phosphates, emulsifiers (polysorbate 60, mono and diglycerides), annatto color and artificial flavor.



ROAST TURKEY

Rinse turkey well with cold water, drain and pat dry. Rub cavity lightly with salt or stuff with prepared stuffing (see recipe at right). Truss. Place bird on rack in shallow pan. Brush with vegetable oil. Insert meat thermometer into breast, thigh, or center of stuffing. Roast. When bird is half or 2/3 done, cover loosely with aluminum foil to prevent excessive browning and cut string holding drumsticks together. Bird is done when thermometer in meat registers 185° or when stuffing temperature reaches 165°.



Ingredients: Pumpkin, milk, skim milk, sugar, wheat flour, eggs, water, lard, margarine (partially hydrogenated soybean oil and/or lard), soybean oil, water, salt, may contain nonfat dry milk, lecithin, mono- and diglycerides, may contain sodium benzoate, BHA or citric acid/preservatives, artificial color and flavor, vitamin A palmitate, corn starch, salt, dextrose, spice, preservatives (sodium propionate and benzoate), modified food starch, locust bean gum, calcium carrageenan, baking soda, sodium carboxymethylcellulose.

PUMPKIN PIE

- 2 eggs, slightly beaten
- 1 can (16 oz.) Libbey's Solid Pack Pumpkin
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves (salicylate)
- 1 2/3 cup approved brand half 'n' half or milk
- 1 9" unbaked pie shell with high fluted edge

Pre-heat oven to 425°F. Combine filling ingredients in order given; pour into pie shell. Bake for 15 minutes. Reduce temperature to 350°F and bake an additional 45 minutes or until knife into center of pie comes out clean. Cool; garnish, if desired, with whipped cream.



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, propyl gallate and citric acid as preservatives; hydrolyzed vegetable protein (for flavor); soy flour, monosodium glutamate (flavor enhancer); whey (from milk); chicken broth solids; parsley flakes; spices; calcium propionate (preservative); onion powder; caramel color; turmeric; disodium inosinate and disodium guanylate (flavor enhancers).

ITALIAN STUFFING LYNN (from the Feingold Cookbook)

- 1/2 lb sweet butter
- 2 cups peeled & chopped onions
- 3 cups finely chopped celery
- 1 1/2 lbs small fresh mushrooms
- 1 lb. pure pork sausage meat
- 1 teaspoon chopped parsley
- 1 teaspoon oregano
- 1 teaspoon peeled & finely minced onion
- 1 1/2 loaves cubed white bread

In a large skillet melt the butter, saute the chopped onions, celery, mushrooms, and sausage until the sausage is well cooked, about 15-20 minutes. Stir in the parsley, oregano & minced onion; remove from heat and let cool. When cool, add the bread cubes; toss to mix well.

Feingold Recipe Cards



a Feingold favorite from the kitchen of

Made with love, not additives

These recipe cards are designed especially for your Feingold diet recipes. You can keep them in a Feingold Diet recipe box, or you can use them for your child's teacher, day care mothers, grandmothers, or neighbors. What a quick way to look up a favorite recipe. Send in today!

Send \$1.50 for each pack of 25 recipe cards to:

Feingold Association of
Michigan Recipe Cards
3221 Woodstock
Detroit, MI 48221

Survive the Holidays

The Feingold Association of the Bay Area offers a Holiday Survival Workshop designed to get Feingold families through Thanksgiving to the New Year. It contains 16 pages of holiday ideas for food without artificial colorings, flavorings, preservatives or salicylates, plus many ideas on how to keep kids busy when guests are on the way.

You can order a copy to either reproduce for your association's workshops, or just to help the cook at your house get through the holidays from:

FABA Librarian

P.O. Box 596

San Carlos, CA 94070

The cost is \$2.00 plus 3 first class stamps.

Don't Get Caught By Phoney Fish

Imitation crab meat seems to be the latest addition in the seafood department. The bright red, crab-flavored fish product goes by a number of names including "Sea Legs" and "Seafood Sections."

Although the imitation costs less than real crabmeat, upon closer scrutiny it is not such a bargain.

The major ingredient is pollack, a fish which sells for approximately \$1.10 per pound wholesale and approximately \$2.99 per pound retail in the Washington, D.C. area. The fabricated product (which also contains monosodium glutamate and artificial color) costs approximately \$5.99 per pound, which is 50% more than fresh pollack.

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 Program. This program is based on the elimination of synthetic colors, synthetic flavors and the preservatives BHA, BHT, and TBHQ from our diet.

PURE FACTS

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All correspondence, subscriptions,

Holiday Gift Idea

A membership to a local Feingold Association Chapter could be a wonderful gift for a friend. Read the following letter from a Feingold member and keep it in mind this holiday season.

Dear FAUS people,

My two children and I have just returned from a trip to the Southwest where we vacationed with family and friends. In speaking about my success with the Feingold Program, I was able to interest another possible convert.

I should like to start this new person on the road to preservative-free enjoyment, so as a gift to her and to you, I am enclosing a check to be used for a new membership in your organization.

If this is not enough to cover costs, please let me know immediately; if it is more than the necessary joining fees, please keep the extra. . .

You do such great work in spreading healthy ideas, I wish I could give more. Many thanks to you for our recovery program more than two years ago. May you continue expanding the FAUS program until all people know about and believe in quality, healthy, additive-free living.



renewals and change of address notifications should be sent to: *Pure Facts*, 3103 Summit Ave., Baltimore, Maryland 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., P.O. Box 6550, Alexandria, VA 22306.