



# Pure Facts

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## Aspartame

Two years ago the FDA approved the use of the artificial sweetener aspartame as a sugar substitute in dry foods such as cereal and in dry beverage mixes. Now the FDA has also approved its use in soft drinks. You have probably seen Searle's brand of aspartame, NUTRASWEET. It is an ingredient in EQUAL, a low calorie sugar substitute. On the EQUAL label, Searle says that aspartame is made from protein components like those found naturally in many foods such as meat, dairy products, vegetables, fruits and grains. It sounds so natural and like the answer to a dieter's prayer.

But . . . . Over two years ago, Dr. Feingold was already concerned about this new low calorie sweetener. In a letter, Dr. Feingold urged caution and said that aspartame should be avoided.

Now . . . . With the FDA's approval of the use of aspartame in soft drinks, there are other scientists who are concerned. Their reasons for concern are of particular interest to us.

Richard J. Wurtman, M.D. (Massachusetts Institute of Technology) in a letter to the *New England Journal of Medi-*

*cine* (Aug. 18, 1983, p. 429) reported that pilot studies conducted in his laboratories suggested that an increase in aspartame's use may cause neurochemical changes that could have functional or behavioral consequences. His

data also shows that if aspartame containing beverages are consumed along with carbohydrates such as a sandwich or cookies, the sweetener's effect on the brain composition is increased.

*See Aspartame, page 2*

## A Calmer Christine; a Merrier Mom

I have to take this opportunity to thank you and everyone else that make up the Feingold Association. At times it must seem like a thankless job, but it isn't. I don't know what I would have done without the Feingold Association. You have made my life and my daughter's life bearable.

When my daughter was born in 1970, the doctor said there was no such thing as a hyperactive child, only hyperactive parents. My baby was on her hands and knees at 4 months old and running at 8 months. She never stopped. I never knew where I would find her. She was like a little monkey, never on the ground, always in the air. Christine had no friends because she was aggressive and hopped so much.

It took six years before I found someone who told me about the Feingold Association. During those six years,

Christine was seen by many doctors. She had eczema and allergies, her nose ran all the time, she had headaches and stomach aches. She never felt good. After being on the diet about six months all of her other symptoms went away.

Our whole family is on the diet. My daughter is a pleasure to have around. She is thoughtful and very loving and has many friends. When we have a problem, it is more with preservatives than with colorings. During that time, Chris becomes very irritable, cries a lot and slams doors. We can live with that because in a few days she will be back to her old self.

Thank you for all your work, and thank you for being there when I needed someone.

*Thanks to a Feingold mom from Wayne, Michigan for this lovely letter and success story.*

He says that among the people most likely to experience behavioral and functional changes after high doses of aspartame are those with hyperkinesia. (He mentions other conditions in his letter.)

In Wurtman's studies, rats received glucose and aspartame (ie. carbohydrate and aspartame). He also ran appropriate controls: water only, glucose and water, and water and aspartame. The rats receiving glucose and aspartame had significantly higher levels of tyrosine and phenylalanine. Phenylalanine is an amino acid that competes with serotonin to enter the brain. Serotonin is a neurotransmitter. Tyrosine is the precursor of norepinephrine, another neurotransmitter.

Normally when one eats a carbohydrate, there is an increase in the amount of brain serotonin. But in these studies, the sweetener completely blocked the usual increase.

## Industry Responds to Consumer Demands

That consumers are concerned about additives should come as no surprise. But recent public opinion research confirming people's fear of additives in processed meats has prodded the American Meat Institute (AMI) to call for lowering the levels of sodium nitrite in bacon.

AMI has petitioned the U.S. Department of Agriculture to reduce the amount of sodium nitrite in bacon required by the government from 120 to 100 parts per million (ppm).

In the past, the USDA and industry have claimed that 120ppm of sodium nitrite was necessary to prevent the growth of deadly botulism bacteria. Consumer groups have maintained that safer preservatives and preservation techniques are available.

The problem with nitrite is that once in the stomach, it can combine with other chemicals to form small amounts of nitrosamines. Nitrosamines are

among the most potent cancer-causing agents yet discovered.

In the case of bacon, the nitrites form nitrosamines while the meat is still being cooked. Bacon is the only processed meat known to contain preformed nitrosamines, and is probably the most dangerous of the nitrite-containing meat products.

"The nitrite level in bacon is closely correlated with nitrosamine formation," says George Wilson, AMI vice president for scientific affairs. "The industry has altered bacon processing procedures, improved production techniques, and instituted quality control procedures, making it possible to safely reduce the amount of nitrites in bacon," he says.

According to a meat industry spokesperson, 40ppm of sodium nitrite would be adequate to protect against botulism if curing techniques were carefully controlled. But some packers say that they could not meet such rigorous standards. Nitrites also fix the color of meat products and enhance the taste of the food, according to the meat industry.

"We are pleased to see the processed meat industry moving in the right direction," says Michael Jacobson, of the Center for Science in the Public Interest. "However, we hope that several big companies will recognize a marketing opportunity by producing and promoting nitrite-free processed meats."

from *Nutrition Action*, published by the Center for Science in the Public Interest.

## Feingold Program Helps Sleep Apnea Victims

Sleep apnea syndrome is an ailment that involves periodic cessation of breathing during sleep.

Jack Jacobs, Chairman of the FAUS Adult Committee, suffered from this disorder before trying the Feingold diet.

In recent months, Mr. Jacobs described to the New York association the stories of five people who believe that the Feingold Program has alleviated their symptoms of sleep apnea.

"While it is still too soon to

make any general statements regarding sleep apnea syndrome and the Feingold Program," Jacobs said, "...I believe it to be quite significant that, to my knowledge, every person with sleep apnea syndrome or its symptoms who has tried the Feingold Program has experienced appreciable improvement."

Jack welcomes mail from other Feingold adults. His address is:

7412 Prince Georges Rd.  
Baltimore, Md. 21208

## The Choice is Yours

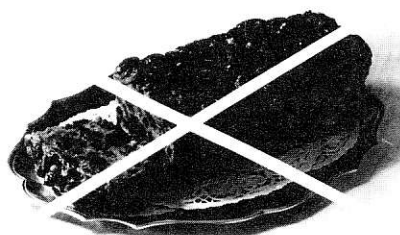
There is a paragraph in *Good Housekeeping* magazine that relates the story of a woman whose son suffered from asthma (Aug, 1983, p.55).

A doctor suggested that the boy might be helped if he ate natural foods. So the woman began baking whole-wheat bread for her son; she even ground the flour. The bread turned out to be so good that several doctors ordered it for their patients.

This mother added home-made cookies to her line of items for sale. She started a small business and named it after her home. The year was 1937. The woman's name was Margaret Rudkin, and the company was Pepperidge Farm.

Margaret, where are you when we need you? Pepperidge Farm will not even complete our inquiries.

Barbara Ballmer  
Product Information Report



**Ingredients:** Corn syrup, raisins, ~~sugar~~, wheat flour (flour, malted barley, ~~flour~~, potassium bromate), eggs, blend of partially hydrogenated vegetable shortening, pecan nuts, cherries, pineapple, melon, water, honey, natural and artificial flavors, mono- and diglycerides, spices, salt, ~~alpha amylase~~, fruit peels, preservatives (sorbic acid, sodium benzoate, potassium sorbate, sodium propionate), cellulose gum, polysorbate 60, Red #40, Yellow #5

### Better Fruitcake

- 3 cups dried fruits, chopped (Use non-salicylate fruits such as pineapple, figs, dates, papaya)
- 1 cup chopped nuts
- 1 1/2 cups bleached flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup shortening
- 2/3 cup brown sugar
- 2 eggs
- 1/2 cup pineapple (or other non-salicylate) juice

1. Preheat the oven to 275°. Place a large pan with 2 to 3 cups of water on the lower oven rack. This will make the cake more moist and full, and will give the top a shiny appearance.
2. Prepare an 8 1/2 x 4 1/2" loaf pan by greasing it with shortening and lining with waxed paper. (Allow the paper to come up over the edges of the pan.)
3. Cut up the fruits and mix them with one or two tablespoons of flour to prevent them from sticking together.
4. Measure and sift the 1 1/2 cups flour, baking powder, salt and cinnamon; set aside.
5. Measure the shortening and sugar into the large bowl of an electric mixer. Cream them well.
6. Add the eggs to the shortening mixture and beat well.
7. Alternately add the flour mixture and the fruit juice to the contents of the bowl, mixing well after each addition.
8. Using a sturdy (wooden) spoon, stir the fruits and nuts into the batter.
9. Spoon the batter into the prepared loaf pan. Place it on the upper oven rack, above the pan of water.
10. Bake in a 275° oven for about 3 hours. Allow the cake to cool before removing from the pan.

Makes one 8 1/2 x 4 1/2 loaf.



**Ingredients:** Condensed skim milk, cream, sugar, corn syrup solids, egg yolks, mono- and diglycerides, artificial and natural flavors, sodium alinate, sodium hexametaphosphate, calcim carrageenan, artificial color (includes FD&C yellow #5).

### Better Eggnog

Beat until light in color 6 egg yolks  
Beat in gradually 1/2 lb. confectioner's sugar  
Add very slowly, beating consistently  
1 cup milk  
1 teaspoon vanilla  
Refrigerate and let mixture stand, covered, for 1 hour to dispel the "eggy" taste.  
Add 2 cups milk; set aside.  
Beat 1 quart whipping cream and fold it into the mixture.  
Beat 6 egg whites until stiff but not dry. Fold them into the eggnog mixture. Refrigerate.  
Can be served with freshly grated nutmeg.



**Ingredients:** Sugar, malic acid, (provides tartness), dextrose, caramel, color, natural apple flavor (concentrated dried apple juice), artificial flavor, ascorbic acid (provides tartness), sodium citrate (controls acidity), tricalcium phosphate, artificial color.

### Mulled Fruit Juice

Heat pear, pineapple, or other fruit juice with cinnamon sticks slowly over low heat. Serve warm with a cinnamon stick in each glass, or sprinkle ground cinnamon on top.

"These recipes are very high in sugar. Please use in moderation."



## Holiday Dining

The holiday season brings visits to grandma, parties with friends, and lots of other opportunities to eat away from home.

The important thing to keep in mind, warns Karla Sisson, the FAUS Region III director, is to *stick to your guns!* Don't budge off the diet.

Karla, along with Barbara Hoffstein, ran the very successful one-week summer camp program in northern Maryland.

There she saw Feingold children who were so wound up on the first day of camp that, "You could tell that some of them had not been on the diet to its full extent."

By the third day, after several pure Feingold, no salicylate meals, the kids showed amazing improvement. And these were Feingold kids to begin with.

The message from Karla is to go back to the diet, and don't cheat. The kids need to see that it is a way of life, not something that you can leave at will.

Relatives and friends sometimes pose problems during the holidays, but they will often make provisions for the diet when they see that you are firm in your beliefs.

If there is going to be a party at school, for instance, Karla will offer to bake and decorate the cake.

When the others see that she is willing to do her part, they are willing to go the extra step, too. They may offer to buy an approved brand of ice cream or potato chips.

"People will come around," she said, "when they see that you are sincere."

## Dear PureFacts

**Q:** I have read about a preservative sprayed on some salad bars to keep the food looking fresh. How can Feingold families know what is safe?

**A:** The preservatives you refer to are the sulfiting agents: potassium bisulfite, potassium metabisulfite, sodium bisulfite, sodium metabisulfite, sodium sulfite, and sulfur dioxide.

In *The Food Additives Book*, Freydbert and Cortner describe them as follows:

Sulfites are sulfur-containing chemicals that can release sulfur dioxide. They are effective as sanitary agents for food containers and fermentation equipment.

They are also used as preservatives to reduce or prevent spoilage by bacteria, to minimize browning and other discoloration during processing, storage and distribution, and as inhibitors of undesirable microorganisms during fermentation.

Sulfites are used in dehydration, freezing, and brining of fruits and vegetables, in fruit juices and purees, syrups, and condiments, and in wine-making.

As a result of public pressure, the restaurateurs trade association has recommended the discontinuation of treating lettuce and vegetables in salad bars; and the FDA has begun a review of the use of this additive.

The Feingold Association has no reports of sulfiting agents being responsible for learning or behavior problems, but we caution members who suffer asthmatic attacks to be aware of possible problems.

Every restaurant manager should be able to tell you if sulfiting agents have been used in their fresh fruits and vegetables.

**Q:** My daughter is eager to have her own cologne. I would like to give her some, but I'm sure she would have a bad reaction to it.

**A:** The majority of perfumes and fragrances used in scented products cause serious problems for chemically-sensitive people.

Some health food stores sell fragrant oils which are derived from natural sources, and these are generally well tolerated.

Fill an atomizer with water and add just a few drops of the oil to make a cologne which should please your daughter.



## Vanillin now in Popular Candy

Feingold families were pleased when the artificial flavors and colors were removed from Peter Paul Mounds and York Peppermint Patties several years ago.

The company has recently notified us, however, that vanillin, a synthetic form of vanilla, has been added to these products.

*Thank you to the F.A. of the Bay Area for this information.*

## Another Adult Chooses the Feingold Program

*This is a story from a school teacher, from Roanoke, Virginia, who found the Feingold Program was just what she needed to alleviate many of her health problems.*

Do you consider the Feingold diet as appropriate only for children with behavior and learning problems? I did.

As a pre-school teacher, I was gratefully aware of the miraculous changes that occurred repeatedly as new candidates became "Feingold children."

Little did I know the personal benefits I would reap from my association with this remarkable group of people.

All my life I have suffered from headaches. For 12 years they had been partially controlled by allergy treatment: monthly injections for perennial inhalants, injections for season allergies (tree pollen and ragweed), plus oral antihistamines four times daily. In addition to this regimen, I usually needed (the drug) prednisone at the height of the ragweed season, and still often suffered laryngitis and respiratory infections.

This medication had become a way of life and of primary importance since I know that missing one or two tablets would inevitable result in a headache.

In addition to headaches, I suffered other distress—nasal congestion, nervousness, colitis, and chest pains. Physicians had suggested these symptoms were psychosomatic. They seemed to be alleviated somewhat when the allergy routine was begun but

were never completely eradicated.

When I noticed that lipstick, even the hypoallergenic brands, caused my lips to crack and bleed, I began to suspect sensitivity to red dye.

With the cooperation of my allergist, I substituted a white antihistamine for the red one I was previously taking. I also reasoned chemical sensitivity was responsible for other symptoms, too. Thus, I began the Feingold diet.

After a month of the diet, something happened I could hardly believe. I ran out of my medication.

A severe snowstorm prevented my having the prescription refilled. In near panic, I awaited the headache. It didn't come!

Still unconvinced, I refilled the prescription as soon as possible, but experienced no symptoms until I was exposed to exhaust fumes. I began my medication again but reduced the dosage by one-half.

By summer, with my allergist's approval, I eliminated the injections for perennial inhalants and discontinued the daily use of antihistamines.

I am still allergic to ragweed and tree pollen and take desensitization injections for these at the height of the season. Instead of prednisone, I take the same tablet I used to take daily.

I can honestly say I enjoy better health generally and feel more alert and in control than I did before I tried dietary control.

The diet has become a way of life and really is less trouble, with better results, than the allergy approach.

Deviations from the diet bring on the same old symptoms, so there is no doubt that chemical sensitivity is the culprit.

Thanks to Dr. Feingold and the Feingold Association, I have learned "life begins after forty!"

—F.A. of the Northwest  
and Better Nutrition



**life** with robinson



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## It's Science Fair Time

All across the country, elementary, junior high, and senior high school students work on science fair projects and compete in local, regional, and national competitions.

Last year, Paul Carr, 14, of Gulf Breeze, Fla., placed first in his school and second in the regional science fair for his project, "What are the Effects of Red Dye # 3 on the Maze Performance of Mice?"

Paul showed that the mice who drank red-colored water took twice as long to travel through a maze and made more wrong moves per trial than the pure water drinking mice.

Take note, aspiring scientists. If you are looking for a science project for this year, you might consider testing dyes or preservatives on various functions of laboratory animals.

## I'd Rather Not Eat Turquoise Cupcakes

The F.A. of the Bay Area is offering an idea book, "I'd Rather Not Eat Turquoise Cupcakes," in time for the new year.

The book was written by a Feingold Cub Scout pack and offers snack ideas for holidays, birthdays, and every day. Since it is written entirely by the boys, it is especially good for those who need to know what kids *really* like.

Send \$2.50 for each 16-page booklet to:

FABA, P.O. Box 596  
San Carlos, Ca. 94070

## Start the New Year Right

Particularly in the South, eating black-eyed peas on New Year's Day is a good-luck tradition.

Some brands of these peas, however, contain artificial coloring, so check the labels carefully.

Since the supermarkets often sell out near New Year's Day, make sure you shop early for a non-dyed brand.



## 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.

## PureFacts

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## Write On

*From a dietician at a private school for children on probation in California:*

"Among the younger students there a few hyperactive youngsters. At first, it was almost impossible to work with them since it is a policy of our school to avoid the use of any behavior-modifying drugs. I had heard of your work in this field and felt that no harm could come from trying (your diet) out. . . . The results were astonishing. Within three weeks there was a marked change in the work patterns of these children.

*From a mother in Virginia Beach, Virginia:*

I read the article about your diet to my 10-year-old son, who put himself on your special diet. I am amazed at the results. He hasn't had a temper tantrum in over a week, while before he had them every day—especially before school. His spelling, his worst subject, has improved noticeably. He has stuck to the diet religiously. You know children must suffer from this if a little boy will put himself on a diet like this. But he said the other day, "you know, foods like this are pretty good." And they really are too.

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