



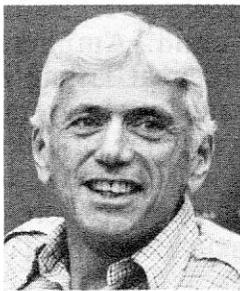
Pure Facts

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Behavioral Toxicity of Food Additives

by Bernard Weiss, Ph.D.



Bernard Weiss, Ph.D. Professor of Toxicology, University of Rochester School of Medicine and Dentistry.

Our food supply travels a winding route from producer to consumer. The product we eat or cook may bear only the most remote relation to what the farmer ships to the middleman or processor. Such transformations, moreover, are not a novel feature of modern technology. For thousands of years, foodstuffs have been altered from their natural state to preserve them, to ripen them, to improve their texture or appearance, or to modify their flavor. Only the scale is different now. The breadth of contemporary chemical technology is perhaps nowhere exemplified so stunningly as in food processing. How many of our grandmothers would have foreseen a synthetic chicken soup?

Letter To Mrs. Reagan

Mrs. Nancy Reagan
The White House
1600 Pennsylvania Avenue
Washington, DC 20500

Dear Mrs. Reagan,

Families throughout America applaud your efforts to bring the problem of chemical abuse to the attention of the public.

One group has watched your work with particular interest. Our children have been the victims of chemical abuse. Their personalities have become distorted, their judgement deteriorated, their learning impaired, and they have exhibited irrational and at times life-threatening behavior. This is not the description of a teenager using illicit drugs. Rather, these are children of all ages who simply ate food containing synthetic chemical additives to which they were sensitive.

This problem was brought to the attention of the public by the late Ben F. Feingold, M.D., who was chief of allergy at the Kaiser Permanente Medical Center in San Francisco. "Except for terminology," Feingold noted, "there is no difference between a chemical used as a food additive and one used as a drug." It is little comfort to the families of these children that the drug-like substances responsible for their youngsters' problems come from the supermarket, not from the street.

In January of 1982, the National Institutes of Health investigated the concept of diet management as a treatment

This explosion in technology is arousing resistance—often bitter, sometimes strident—among consumer advocates and some health professionals. The media immerse us in a bewildering melange of claims

for behavioral disorders (specifically hyperactivity). The scientific panel concluded that the Feingold Program, which eliminates synthetic dyes, flavors, and three preservatives, is a valid technique for the treatment of childhood hyperactivity.

The widespread success of this program has led to the formation of grass roots parent support groups throughout the United States and abroad. The National Science Foundation has estimated that 200,000 families are using the Feingold Program.

A source of deep concern is the current widespread practice of prescribing medication (i.e., Ritalin, Dexedrine, Cylert, Valium) as the first course of action for the child with behavior or learning problems.

Based on the experience of thousands of families, the Feingold Program provides a safe alternative to drugs for many chemically-sensitive children. Using a program which offers no risk, no harm, our children are well now, succeeding in school and in life.

But knowing that our children are particularly vulnerable to chemical abuse, we thank you for your efforts in dealing with the chemical crisis so prevalent in our society today.

Sincerely,

Jane Hersey, President FAUS

and counterclaims. The food industry proffers reassurance and proclaims its devotion to the public welfare. And government officials, sometimes trapped by legislation and

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ancient regulations, twist into an uneasy armistice with both sides. The debate, however, has grown in scope and intensity with the injection of a new theme: do these processes and additives impair behavioral functions?

An extensive body of legislation and regulation guides the use of food additives. The original Food and Drug Act of 1906 was revised and supplemented many times and finally replaced by the Food, Drug and Cosmetic Act of 1938. The Food Additives Amendment of 1958 called for prior approval by the Food and Drug Administration of new, commercially added food ingredients.

How many of our grandmothers would have foreseen a synthetic chicken soup?

With the passage of the 1958 act, however, many substances were retained, under a special clause, on the GRAS list (Generally Regarded As Safe) without undergoing further toxicity testing. It was assumed that since they already had been marketed and used without signs of overt toxicity, they did not offer a substantial health risk. If, at a later time, the Food and Drug Administration did find evidence of such a risk, they could be removed. A recent review of the GRAS concept by a panel of toxicologists noted its discrepancies with current knowledge and practice.

Conventional toxicity testing is directed mainly at pathology. More contemporary assessments of toxicity

Editorial

by Pat Palmer, Feingold
Association of New York

A bill signed by New York's Governor Carey in September, 1981 prohibited a physician from prescribing, dispensing or administering amphetamines for weight loss. There was good reason for this bill. Amphetamines have serious side effects, are addictive and are of little use in weight loss.

But, wait a minute! There is a whole segment of our society which is routinely given amphetamines with little or no say in the matter. More than four million hyperactive, learning-disabled children, some as young as 3 or 4, are routinely given behavior modifying drugs as a crutch. Do not the same side effects prevail for them?

also include reproduction, embryotoxicity, and teratogenicity, complemented by a bacterial assay method such as the Ames Test for evaluating mutagenicity.

We recognize now that functional defects can be just as significant for the individual. Longterm, low-level exposures to environmental contaminants such as heavy metals may produce injurious behavioral effects without clinically detectable damage. The current debate about air quality standards and lead focuses on lead's behavioral and neurologic toxicity. The recognition that behavioral impairment may be a subtle consequence of toxic exposure has introduced a new set of perspectives into toxicology,

There may be some children who can be helped in no other way, but for many there is hope with the Feingold Program, an alternative to drug therapy. Shouldn't a natural diet be tried *first* as opposed to drugging a child into a stupor? Only when nothing else helps should a drug be prescribed.

As I see it, we have as much, if not more, responsibility to our children as we do to the many adults looking to lose weight. We need laws to include the banning of routinely prescribed amphetamines for the hyperactive, learning-disabled child. Amphetamines have little real, lasting value in the treatment of hyperactivity, just as they are of little use in weight reduction. We need an answer, not a crutch for our hyperactive, learning-disabled children.

which, in some cases, has been embodied in legislation or regulation. The Toxic Substances Control Act of 1976, which mandates the premarket evaluation of all new chemicals introduced into commerce, specifies behavior as one of the criteria by which risk to health is to be estimated.

It was not until the publicity generated by the Feingold hypothesis that we became aware of the current limitations to food additive safety testing.

Excerpted from NUTRITION UPDATE, VOLUME 1, a new series on current developments in nutrition edited by Jean Weininger and George M. Briggs. Published 1983 by John Wiley and Sons, Inc., 605 Third Avenue, New York, NY 10158.

Baby Bottles, Teething Rings, and Cancer

Rubber baby products sold in the U.S. may contain an unsafe level of nitrosamines, a group of cancer causing agents.

Nitrosamines are added to bottle nipples, pacifiers, teething rings, and other rubber products as a preservative.

Critics charge that the use of nitrosamines is unnecessary and subjects infants to the risk of liver damage.

The Rubber Manufacturers Association and industry representatives, on the other hand, argue that there is no severe risk.

The FDA believes that about one quarter of the nitrosamines in bottle nipples migrate into the baby's drink. The amount ingested from pacifiers or teething rings has not been estimated.

Investigative reporter Lea Thompson alerted viewers of the Today Show to the scope of the problem: "In some products the government insists that the levels of nitrosamines be low. Beer, for instance, the limit is 5 parts per billion (p.p.b.). The limit on nitrosamines in bacon is 17 p.p.b. . Yet a recent study by the FDA found nitrosamines in rubber baby bottle nipples as high as 448

p.p.b., and in some pacifiers, 2,265 p.p.b.

"The United States is behind other countries in regulating nitrosamines in baby products. West Germany has set a limit of 10 p.p.b. The Netherlands has an even stronger law, 1 p.p.b."

According to the December 5, 1983 issue of *Food Chemical News*, the FDA is likely to set a 60 p.p.b. level for nitrosamines in rubber baby nipples for both consumer and hospital use.

"It is astonishing," charges Federation of Homemakers President, Ruth Desmond, "infants appear to have a low priority rating with FDA."

Desmond urges concerned citizens to write to key members of Congress who have taken an active interest in having the nitrosamines removed.

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California residents can address letters to: The Honorable Henry A. Waxman, Chairman - Subcommittee on Health & the Environment, Committee on Energy & Commerce, 2415 Rayburn House Office Bldg., Washington, DC 20515. Attn: Mr. Ripley Forbes.

Those living elsewhere should address their letter to: The Honorable John D. Dingell, Chairman - Energy & Commerce Committee, Rayburn House Office Bldg., Washington, DC 20515. Attn: Mr. Benjamin Fisherow.

What To Do In The Meanwhile . . .

"We wish we could tell you precisely which nipples on the market today have the fewest nitrosamines," commented Lea Thompson.

"All the rubber industry tests are in code. So, the FDA test figures of December 1982 are all that we have to go on. They show major differences, however, between brands in the parts per billion of nitrosamines.

"Some Evenflo nipples tested 448 p.p.b. Mead Johnson and Ross Nursett nipples were also high in nitrosamines. Nuk, Playtex and Gerber were much lower."

Dr. Sanford Miller of the FDA Bureau of Foods explained how parents could reduce the risk of infants ingesting nitrosamines, "Take the nipple, put it in boiling water for 2 or 3 minutes; change the water, reboil it again for 2 or 3 minutes, and maybe four times would be enough to get rid of the bulk of the nitrosamines."

Parents are also cautioned not to leave the nipple inverted in the bottle so that the rubber is touching the milk or juice.

Deceptive Ads are Now O.K., Rules Federal Agency

The Federal Trade Commission has eased up on food advertising regulations which will pave the way for deceptive ads, according to Michael Jacobsen, Executive Director for the Center for Science in the Public Interest.

After protecting the public's welfare for 40 years, "the FTC will no longer take action against advertising simply because it is false or deceptive," said Jacobsen.

"Instead, the FTC will only ban misleading food ads after

substantial harm to your health or pocketbook has occurred."

Under the new policy adopted by the FTC, the Center for Science in the Public Interest claims that: 1) companies can advertise that their products are packed with vitamins when they actually have little nutritional value, and 2) a food can be advertised as "new" and "natural" even if it is not. The consumer now bears the burden of proof of deception.

Jacobsen quotes one FTC commissioner who said that the new policy will "loosen the reins on dishonesty and unscrupulous behavior."

CSPI is soliciting contributions to be used to help monitor the effects of the FTC policy, and has asked that consumers send food and beverage ads which are misleading or contain outright lies. Mail to: CSPI, 1755 S. Street, N.W. Washington, D.C. 20009

Drug & Alcohol Abuse And The Feingold Program

Letter from Jan Palmer, President of the Feingold Association of the Lehigh Valley (Penna.)

I went to our local town meetings to watch the Chemical People, and as I listened I became increasingly aware that the Feingold concept should be considered as one of the avenues toward drug and alcohol abuse prevention.

When they talked about the symptoms of the typical abuser - low self-esteem, failure to achieve, frustrations, etc.-they seemed to be describing the classic Feingold child.

Then there was Mike, a recovering alcoholic, who used the term 'addictive personality' and I realized if they truly want a cure they have to go back to small children who are developing that addictive personality and low self-esteem because they can't achieve up to ability, are being punished for behavior they can't control, etc.

So, I decided to put my two-cents into the discussion. I really don't remember what I said, but something to the effect that I had worked for Feingold and the symptoms they were discussing were the same as on our list, and that we had thousands of case histories for children who had been helped overcome these symptoms before the addictive personality developed, and that it was never too late, even for teenagers and adults.

The chairman asked me if I had any literature. (I had taken two fliers just in case someone might be interested.)

Immediately after the meeting closed I was besieged! They all (including Mike, the Task Force officers and the chairman) asked for literature. I couldn't believe the reaction. If helping kids overcome their hyperactivity and related problems is a step toward preventing drug and alcohol abuse—Hallelujah!

Does Chemistry Rule Behavior?

(from *Science Digest*, Jan '84)

Robert Thatcher, a neuroscientist at the University of Maryland, Eastern Shore has found evidence that junk food and air pollution can lower I.Q. in kids.

Junk foods contain improper ratios of cadmium to zinc. This, and lead pollution in the air, interferes with the action of neurotransmitters in the brain.

The result? Lowered intelligence and scholastic achievement. And "the younger they are, the worse the effect," Thatcher says.

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You can ingest a considerable amount of lead by storing foods in opened cans. The migration of lead into the food is negligible as long as the can is unopened. Once opened, the food or beverage should be transferred into a container for storage in the refrigerator or freezer.

"We know that alcoholic beverages are extremely important factor influencing the behavior of not only adolescents but even for children as low as the 7th, 8th and 9th grades of school. I feel what happens is this: The violent, uncontrollable behavior of the adolescent or preadolescent following a single drink cannot be attributed to the alcohol alone but to the additives present in practically all alcoholic beverages. Most people are not aware that alcoholic beverages . . . are loaded with various additive chemicals, of which we have absolutely no knowledge."

Ben F. Feingold, M.D. in an address before the New York State Assembly Standing Committee on Child Care May 1981.

Hyperactivity & Alcoholism

When symptoms of hyperactive behavior last into adulthood, it could be a signal of serious problems to come. In the *American Journal of Psychiatry*, researchers at the University of Utah Medical School report that one out of three alcoholics studied was a hyperactive child. These hyperactive adults exhibited the same symptoms found in hyperactive children. It was not determined whether the link was social or biological, but researchers warned physicians to be on the lookout for

alcoholism in adults with these symptoms. Many of the patients in the study were under the age of 40.

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Please include the person's name, address and zip code. Mail your request to:

FAUS-FEB/PF
P.O. Box 6550
Alexandria, VA 22306

Real Food for Real People Feingolders in the Kitchen

Old country beer . . . elegant wine . . . mellow whiskey aged from pure grains.

Advertising jargon obscures the chemicalization which has taken place in the alcoholic beverage industry.

For example, in the routine production of beer, seven clarifying and chillproofing agents are used. In addition, there are five foam stabilizing and anti-gushing agents, six anti-oxidant preservatives, 42 natural and artificial flavors, and five artificial colors.

And while the labeling laws for food are contradictory and confusing, the situation with wine, beer, and liquor is even worse.

Unlike other consumables which are under the jurisdiction of the FDA, alcoholic beverages have been regulated by the Bureau of Alcohol, Tobacco, and Firearms (BATF) since 1940.

Yet in 1975 the FDA contended that alcoholic beverages should be subject to labeling regulation.

Because of this, the alcoholic beverages industry sued and won its case against the FDA in a U.S. District court in Owensboro, Kentucky (in the heart of bourbon country).

Four years later, the FDA Commissioner announced new regulations which would require the disclosure of ingredients by January 1, 1983. Again, the distillers took their case to the Kentucky judge, but lost.

The next year, in June of 1980, the BATF published the final rulings on labeling which were to take effect in January 1983.

Shortly after the new administration took office, however, 18 senators and congressmen from the wine-producing state of California strongly urged the Secretary of the

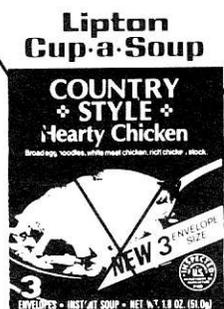
Treasury to rescind the decision.

In May, 1981, the BATF said the previous announcement of labeling plans had been a mistake.

Rex Davis, the former director of the BATF, acknowledges the fairness of ingredient labeling, but believes that it would confuse the consumer. (Mr. Davis left his job with BATF to become president of the National Association of Beverage Importers.)

Fortunately, an excellent source of information on additives used in alcoholic beverages is now available. *Chemical Additives in Booze*, by Michael Lipske and the staff of Center For Science in the Public Interest may be ordered from CSPI, 1755 S Street, NW, Washington, DC 20009. The cost of the comprehensive paperback book is \$4.95.

The Choice Is Yours



Ingredients: Enriched egg noodles, dehydrated chicken, (BHA, TBHQ, propyl gallate and citric acid added to help protect the flavor), salt, modified food starch, dried corn syrup, hydrolyzed vegetable protein, monosodium glutamate (flavor enhancer) dehydrated onions, hydrogenated vegetable oil, chicken fat, natural flavors, dehydrated parsley, sugar, oleoresin carrot for color, sodium phosphates, flavoring and coloring, disodium inosinate and disodium guanylate (flavor enhancers).

There are many ways to make chicken soup, and all of them are easy.

Terri O'Leary suggests saving any extra unwanted parts, such as the neck and wing tips, and storing them in a plastic bag in the freezer. "When the bag is full," Terri says, "it's time to make soup."

She simmers all the chicken pieces in a large pot of water, along with any "tired" or left-over vegetables to be found in the refrigerator. (You could also collect droopy vegetables and freeze them along with the chicken.)

If you prefer not to plan so far ahead, try Brenda Myer's recipe and start making soup right away. You'll need:

- 1 whole chicken, fresh or frozen
- 2 onions, peeled and cut in half
- 3-4 carrots, peeled and cut into small pieces
- 2 stalks of celery, leaves included
- noodles (optional)

Place the whole chicken in a large pot. Cover with water. Add the onions and carrots. Wash the celery, cut it into thirds and add to the pot. Bring the water to a boil. Simmer, covered, for 3 hours. Pour the stock through a large strainer into a bowl. Put the meat and vegetables on a large plate; discard the celery and chicken skin. Carefully remove meat from the bones. After the chicken stock has cooled

(refrigerate several hours) and the fat has risen to the top, skim it off and discard. (Save the fat if you plan to make matzo balls.) Pour the stock back into the large pot and add the meat and vegetables. Add noodles; bring the stock to a boil and simmer it until the noodles are cooked. Stir in salt to taste. This recipe can be varied by adding any other type of pasta, rice or vegetables. Leftovers are good, or try a box of frozen mixed vegetables. Simmer the soup long enough to cook them or heat them through.

© 1984 *Simple Pure Cooking*

Matzo balls are a type of dumpling that make a wonderful addition to chicken soup. Refer to pages 73 and 74 of *The Feingold Cookbook*.

Kathy's Basic Chicken Stock (page 71 of *The Feingold Cookbook*) can be used as the base for soup or can provide the chicken stock called for in other recipes.

Correction: Due to a typographical error, the fruitcake recipe in the Dec./Jan. issue called for "bleached flour" instead of "unbleached flour." The Feingold program does not prohibit bleached flour, but considers the less processed whole wheat or unbleached white flour more desirable.

Government Delays Reye's Syndrome Pamphlets

A Ralph Nadar public interest group has claimed that the Department of Health & Human Services, in conjunction with the aspirin industry, delayed the distribution of a FDA pamphlet connecting aspirin to Reye's syndrome.

Reye's syndrome is a potentially fatal disorder which mainly occurs in children under 16 who have taken aspirin following the onset of chicken pox or the flu.

The Health Research Group charges that the distribution of the pamphlets was delayed following a meeting between officials of the Department of Health and Human Services and the aspirin industry.

The group contends, "This is the latest in a series of largely successful efforts by the aspirin industry to stop the FDA from warning parents against the use of aspirin for treating chicken pox or flu."

The aspirin industry claims that the publication could bias an ongoing Reye's study.

The 470,000 pamphlets, titled "A Word of Caution About Treating Flu or Chicken Pox", were to be distributed in November and December, 1983.

Editor's Note: As this newsletter goes to press, the Department of Health and Human Services has begun distribution of the pamphlets.

Be Our Valentine

FAUS receives thousands of requests for help from troubled families.

While some writers include a stamped, return envelope, many do not. One stamp isn't expensive, but 20c multiplied by thousands becomes a major expense for the association.

Will you help us? Each stamp we receive will help one more family, and each dollar helps five.

Please consider sending a few stamps or a contribution of any size to FAUS at: P.O. Box 6550, Alexandria, VA 22306.

Thank you.

Our Readers Write

My son is 7 years old. Every book I've read so far could have been written about him.

He has not been diagnosed hyperactive, but all points to this. He's learning disabled, erratic, uncontrollable, etc., etc., (he has an I.Q. of 120).

After a very rough year in first grade last year I decided we were going to get to the bottom of this before he started second grade (on probation, I might add!) Over the objections of my husband and using \$100 of my own money, I made an appointment for allergy tests, etc. The doctor loaned me a copy of Dr. Feingold's book, *Why Your Child is Hyperactive*.

My son has been on an elimination diet for 1 month and believe me—the results are astounding!!! Inside that formerly wild, crazy and usually uncontrollable child is the most wonderful, loving, CALM child I've been looking for for 7 years! My husband has even agreed that the change is unbelievable! All my years of praying have paid off!

PureFacts

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Write To

The F.A. of the Bay Area offered a workshop to the public called, "Quick Dinners Using Real Food."

Besides addressing the needs of Feingold members, this workshop was of great interest to the working mothers of the community and illustrated to them that the Feingold Program need not mean hours in the kitchen.

The 16-page handbook used at this workshop is available for your own use or for reproduction for your own workshop. Send \$2 plus three 20-cent stamps to:

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F.A. of the Bay Area
Librarian
P.O. Box 596
San Carlos, CA 94070

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.

All correspondence, subscriptions, renewals and change of address notifications should be sent to: *Pure Facts*, 21 Maple Avenue, Camp Hill, PA. 17011.

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 to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.