



Pure Facts

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Visit the Dentist—But Avoid the Additives

Regular dental care is an important facet of maintaining a healthy body.

But a trip to the dentist can be laden with artificial colors and flavors unless you take steps to avoid the chemicals.

The following excerpt is from a letter received by the Hyperactivity Association of South Australia:

Despite my instructions to the school dental clinic . . . they applied pink disclosing liquid to my son's teeth. He had one of the worst reactions since 1976 when he started the Feingold diet.

He went completely wild and punched up half the children in his class before being sent to the principal. Of course, instead of going there he ran home, arrived a crying wreck, collapsed exhausted and slept for the rest of the day.

In addition to the behavioral and learning problems that may occur, a sensitive person may develop oral canker sores as a result of the artificially flavored and colored dental products.

These mouth sores frequently recur and often fail to respond to usual therapy, according to the late Dr. Ben F. Feingold.

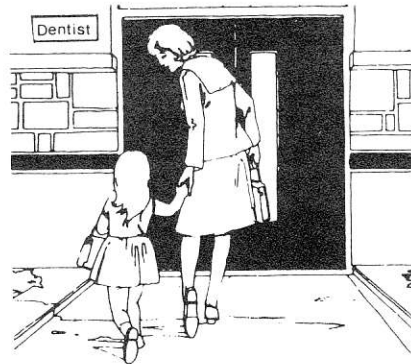
Most dentists will cooperate and help you avoid the colors and flavors that are present in so many clinical preparations if you discuss your sensitivities with them.

Some of the common dental

preparations that may cause a reaction are:

Toothpaste - Usually contains artificial color and flavor. Ask to have your teeth cleaned and polished with plain water and dental pumice or an approved toothpaste. Those approved for use by Feingold families include Tom's fennel, Nature's Gate anise and Nature's Gate cinnamon.

Mouthwash - Generally artificially colored and flavored. Ask for plain water.



Fluoride treatments - Gels are artificially colored and flavored. If prescribed, ask for a dye-free oral supplement. Two which have been used successfully are Karidium sodium fluoride (by Lorvic) and Luride SF tablets (by Hoyt).

Topical anesthetics - Artificially colored and sometimes artificially flavored.

Local anesthetics - Most do not contain any colors or flavors. There may be, however, a reaction to the medication in the anesthetic.

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Additives Expert to Speak at Conference

Food additives expert Beatrice Trum Hunter will be addressing delegates and guests at the Feingold Association's 9th Annual Conference to be held in Beverly, MA (near Boston) June 21-24.

Ms. Hunter has written natural food cookbooks as well as many books on food additives, cooking utensils, and government policy.

FAUS members had the privilege of hearing Ms. Hunter at our 7th Conference held in Portland, OR in 1982. Even veteran Feingold members, well informed about food additives, were astonished by what we learned from Ms. Hunter. She is a delightful speaker and a cherished friend of the Feingold Association.

You are invited to attend the annual conference. For information, contact:

Feingold Conference
c/o Marilyn Baker
Box 34, Main Street
Fremont, NH 03044



Beatrice Trum Hunter

DENTISTRY, Con't. from Page 1

Zinc oxide mixed with Eugenol (oil of cloves) - Used as a medicated filling (when a cavity is close to a nerve). This mixture can cause a reaction in a salicylate sensitive person.

Impression materials - These are often artificially colored and flavored.

Some mouth mirror defogges and some sterilizing solutions are artificially colored.

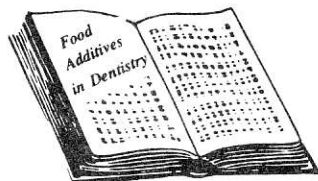
Some toothbrushes are artificially flavored.

If your child is having orthodontic work, discuss the procedures, cement, and compounds that may be required.

FAUS will be pleased to send a complimentary copy of this newsletter to your dentist or an interested friend. Send their full name and address to:

May/PF
P.O. Box 6550
Alexandria, VA 22306

A copy of Dr. Feingold's article "Food Additives in Dentistry" can be obtained by sending \$1 with your request to the above address.



The use of dyed materials for visualizing dental caries can precipitate acute episodes of hyperactivity. If the dentist has an alternate procedure, it is advisable to use it; otherwise the element of risk compared with benefit must be evaluated. If of sufficient importance the limited application of the dye may be applied with the knowledge that a period of disturbed behavior may be precipitated.

The matter of carbohydrates must be considered. It is generally accepted that simple sugars predispose to dental caries. In addition, some children have a low threshold for simple sugars and develop hyperactivity.

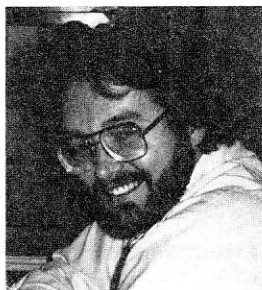
The matter of dentifrices should be discussed. Practically all toothpastes contain a variety of additives which should be avoided.

Ben F. Feingold, M.D.

A Father and Son Success Story

It has been nearly one year since Stuart Ellis, a 32-year-old from Virginia, put his son and himself on the Feingold Program.

Ellis works at Mount Vernon Lee Enterprises, Inc., a workshop that rehabilitates mentally retarded young adults by training and placing them in jobs.



One of the responsibilities of the organization is mailing out FAUS literature.

Through this connection with the Feingold Association, Ellis realized that perhaps he could be relieved from the stomach problems, headaches, anxiety, fatigue, and irritability that plagued him throughout his life.

"I felt so lousy at the end of last June," he said. "I was in a terrible state; I was bouncing off the walls. I was under pressure but I couldn't concentrate."

"For 6 to 7 years I took a dozen Di-Gel a day. What I was eating was virtually poison to my system."

So after 32 years of eating junk food, Ellis began the Feingold Program. He also eliminated alcohol, caffeine and cigars.

The results were immediate.

"I swim and bicycle three times a week now," he said. "I've lost 50 pounds. I can go through a day and the pressure doesn't bother me. Now I'm stronger with more vitality and more stamina. It has helped me at work and it has helped my relationship with my son."

"I was so hyper that there was less time to spend with my son. I can remember not listening to him. I can relax now."

Ellis' 11-year-old son was diagnosed as borderline hyperactive. Since he began the Feingold Program nearly one year ago, he has calmed down and is able to concentrate on his schoolwork, according to Ellis.

"I hated vegetables and my son did too, which was probably my fault. He was the white-bread kid. Now he eats fresh vegetables, fruit, and salad and has learned to like it. It was eat that or nothing."

"I'm still new and learning," Ellis said. "But any extra effort that the diet demands is worth it. I'm mortal and occasionally fall off the wagon, but I'm certainly better than I was 8 months ago."



Reprinted with permission, Michael E. Keefe, *The Denver Post*

Real Food For Real People

Dear Pure Facts

Q. I have a question about Bisquick Mix. In your first book, *Why Your Child Is Hyperactive*, Bisquick is approved although it contains BHA and BHT.

Later, in the cookbook, it mentions that BHA and BHT should be eliminated.

I know that my son reacts violently when he eats the pancakes I make from Bisquick. So why is it listed as okay in the first book?

A. *Why Your Child is Hyperactive* was first published in 1974 and was based upon Dr. Feingold's work with several hundred children.

At that time, Feingold did not consider preservatives as a major cause of learning and/or behavioral problems. He did, however, state that an occasional child may be sensitive to BHT.

After more clinical research and

feedback from Feingold families, it appeared that preservatives do play an important role.

The original KP-Diet had a success rate of approximately 30-40 percent. The elimination of BHA and BHT increased the success to 60-70 percent.

Later, as manufacturers began adding TBHQ to foods, Dr. Feingold cautioned that it is similar to the other preservatives and should be eliminated as well.

The gradual refinement of the Program brought success to many more families which accelerated the growth of local Feingold associations.

Researching brand name products is a vital part of the association's work. It is a never-ending process since labels are often inaccurate, incomplete and are subject to change.

As new information is gathered, it is shared among associations.

Hence, the process Dr. Feingold initiated with his first book has led to the development of the local foodlists which are the most accurate source of current information.

Q. Our neurologist and pediatrician advised us to put our hyperactive son on the Feingold Program. However, I must admit, I'm very confused because so many labels do not give total product information. Do you have a list of permissible foods for this area that we could start with?

A. The Feingold Association has approximately 30 local associations scattered throughout the United States. Because brand names vary greatly across the country, the local groups are your best source of product information for your area. Readers wanting the address of the local association nearest them can contact FAUS at P.O. Box 6550, Alexandria, VA 22306.

The Choice Is Yours



INGREDIENTS: ENRICHED WHEAT FLOUR, BLEACHED WHEAT FLOUR, NIACIN (A B VITAMIN), IRON, THIAMIN, MONONITRATE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), ANIMAL AND/OR VEGETABLE SHORTENING, CONTAINS ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED FATS, SOYBEAN OIL, COTTAGESEED OIL, PALM OIL, BEEF FAT AND/OR NON-HYDROGENATED LARD, WITH FRESHNESS PRESERVED BY BHA AND BHT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), CULTURED BUTTERMILK, SALT, WHEY.

General Mills, Inc.
GENERAL OFFICES
MINNEAPOLIS, MINN.
55440
Made in U.S.A.
NET WT 155 gms.
For nutrition information
write to: Nutrition Dept.,
Box 100-S, Minneapolis,
Minn. 55460.

BIZQUICK—Feingold style mix

5 cups unbleached flour
½ cup powdered milk
3 tablespoons baking powder

1½ teaspoon cream of tartar
2 tablespoons sugar
2 teaspoons salt
1 cup approved brand shortening

Mix dry ingredients in a large bowl. Cut in the shortening until the mixture resembles coarse cornmeal. Store in air-tight container.

Biscuits

Pre-heat oven to 450°
Add ½ cup water to 2 cups mix. Mix until blended. Knead 10 times on a floured board. Roll or pat dough about ½ inch thick. Biscuits will be double the thickness of the dough). Cut out biscuits and place on ungreased baking sheet. Bake for about 10 minutes or until light and golden brown. Makes 12.

Pancakes

Measure out 2 cups of mix. Add 1 egg and 1 cup water and stir or beat to blend. Cook on lightly greased hot griddle. Makes 12-15 pancakes.

Muffins

Preheat oven to 425°
Grease muffin pan.
In a mixing bowl, measure out 3 cups

of mix and 2 tablespoons sugar. Combine 1 cup water and 1 egg, and stir into dry ingredients just to moisten. Spoon into greased muffin cups and bake about 15 minutes or until light golden brown. Makes 1 dozen.

Impossible Cheesburger Pie

1 to 1½ pounds ground beef
¾ cup chopped onion
½ teaspoon salt
¼ teaspoon pepper
frozen mixed vegetables (optional)
1½ cups water
3 eggs
1 cup shredded cheese (4 oz.)
¾ cup Bizquick mix
Heat oven to 400°.
Lightly grease a 10" pie pan.
Cook beef and onion; drain. Stir in salt and pepper; spread mixture in pie pan. Sprinkle vegetables on top (about ½ cup). Put the remaining ingredients into a blender or food processor and blend for 15 seconds. Pour the mixture on top of the meat and vegetables. Bake about 30 minutes until a knife inserted into the center comes out clean. Let the pie stand for 5 minutes before serving.

Thanks to Paulette Marko, F.A. of New York and F.A. of Washington Area

Summer Camp in Maryland

The Feingold Association of Northern Maryland is pleased to announce our overnight camp to be held from Sunday, August 26 to Saturday, September 1, 1984.

This, our 3rd year of camp, will be our best! We have moved to the Echo Hill Outdoor School, located on the Chesapeake Bay in rural Kent County on the Eastern Shore of Maryland.

Echo Hill, operating since 1949, is a non-profit environmental school approved by the Maryland State Department of Education. The staff includes teacher/naturalists that are trained and experienced outdoor leaders with a variety of educational and geographic backgrounds.

At Echo Hill, one can find science teachers and historians, mountain climbers and sailors, lifeguards and actors.

On the Chesapeake there will be an enlarged water program and recreational activities, concentrating on leadership, group cohesiveness and cooperation through trust, and group initiative problems.

Of course all food will be free of artificial colors, flavors, BHA, BHT, TBHQ and salicylates and we will try to deal with additional sensitivities. Ages will range from 8 to 14 years. New campers will be interviewed.

We expect the cost of this week to be approximately \$200. A deposit of \$50 per child will be required by June 1, 1984. Make checks payable to Feingold Association of Northern Maryland and send it along with your child's name and age, and your phone number to FANM, Inc., 2203 Springlake Drive, Timonium, MD 21093.

Medical forms, directions, and clothing list will be sent upon receipt of application.

Soft Drinks For The Sick

How often has your physician recommended soft drinks or Gatorade[®] to replenish the water and potassium lost during a stomach or intestinal upset?

According to the British Medical Journal *Lancet*, a Swiss researcher showed that two prominent colas and a non-cola soft drink contain only tiny amounts of potassium.

This small amount, less than 2 mg. per ounce, may be from the water used as an ingredient.

Fruit juice is a far better source of potassium. Unsweetened pineapple juice, for example, contains 46 mg. per ounce; grapefruit juice contains 50 mg. per ounce; and orange juice contains 63 mg. per ounce.

Gatorade[®], which is often prescribed by doctors, contains: water, glucose, sucrose, citric acid,

salt, sodium citrate, potassium phosphate, natural and artificial flavors, ester gum, and artificial color (includes FD&C yellow #5). The amount of potassium is slightly over 3 mg. per ounce.

If it is carbonation that appeals to your youngsters, why not dilute the fruit juice of your choice with Artesia, Perrier, or an approved carbonated water.

Certainly, a healthier approach for a healthier child.

Carolyn Allen



Thank You

The Feingold Association of the United States would like to thank those who sent in donations to help us answer our mail and further our efforts toward troubled families.

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 similar 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 your diet.

Pure Facts

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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.