

Pure Facts



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Additives in Booze —

"Humans have been drinking alcoholic beverages of one sort or another for thousands upon thousands of years. . . . So long as one drinks sensibly, is there anything in booze other than alcohol worth worrying about?"

With that quote, the consumer advocacy group Center for Science in the Public Interest introduces their book *Chemical Additives in Booze*.

The problem with alcoholic beverages is that it is quite difficult to know what preservatives, antioxidants, colors, flavorings, foam enhancers, and other chemicals they contain. Can a consumer be sure that the pink color of a rosé wine comes from grapes and not from red dye #3?

Why is it hard to tell what additives alcohol contains? Because ingredient listing is not required for alcohol since it falls under the jurisdiction of the Bureau of Alcohol, Tobacco, and Firearms, and not the FDA as do other beverages.

CSPI has fought for many years to persuade the government to require ingredient labeling on alcoholic beverages. On several occasions, mandatory labeling has been announced, only to be squelched by industry influence.

Since it is not possible for our association to obtain accurate information about alcoholic beverages, Feingold adults should use caution. Members report that they tolerate the imported beers and wines better than domestic brands. Vodka appears to be the best tolerated of the hard liquors.

To order a copy of *Chemical Additives in Booze*, send your request along with a check for \$4.95 to CSPI, 1501 16th Street, NW, Washington DC 20036.

Chemically sensitive adults—
Have you found any brands of alcoholic beverages you are able to tolerate? Please let us know. Send a post card or letter to FAUS at P.O. Box 6550, Alexandria, VA 22306.

Fallacies About Food Coloring —

"Facts About Food Coloring" in the October issue of *Better Homes and Gardens* wrongly implies that synthetic dyes (petroleum derivatives) are safe to eat. The article states:

The majority of the colors added are highly purified synthetic dyes used in very small amounts. Once approved for use, synthetic colors also must be batch-tested by the FDA and certified for purity before being added to foods. These regulations, though costly, ensure that only safe additives are used to color the foods you eat.

However, former FDA scientist, Jacqueline Verrett explains:

U.S. certified artificial color gives the impression it's been certified for safety, which is not correct. Certified simply means that it has met certain government standards which guarantee neither safety nor purity, for the standards allow certain percentages of impurities, such as traces of arsenic and other compounds, to be present. An 80 percent "pure" dye, for example, contains impurities of 20 percent, produced during synthesis.

If you have a copy of the October issue of *Better Homes and Gardens* you'll find the article on page G5, right next to the advertisement for bright red cherry pie filling.

Insufficient Studies on Alcohol Additives —

Not only are the additives, preservatives, foam enhancers, colors and flavorings in alcohol not listed on their labels, many of the added chemicals have not been fully tested either.



For instance, no studies on the additives have been done in the presence of alcohol or on animals weakened by chronic alcohol use, according to the Center for Science in the Public Interest.

Are studies in the presence of alcohol important? Well, consider the preservative diethylpyrocabonate (DEPC). Once thought safe, DEPC is

now banned because it forms the cancer-causing agent urethan when it mixes with ammonia, naturally present in many beers.

Would studies on those weakened by chronic alcohol consumption prove useful? Cobalt sulfate, once used to give beer a foamy head, was removed after it was found to cause heart attacks and death in some heavy drinkers. Had the harmful ingredient been listed on the labels, doctors may have been able to administer the proper treatment and save the drinkers' lives. And if studies had been done from the start the cobalt may have never been added.

More recently, the use of sulfiting agents in alcoholic beverages has gained national attention through the efforts of CSPI. The sulfiting agents, which are also used to prevent fresh fruits and vegetables from browning, can trigger life-threatening asthmatic attacks in susceptible individuals.

How I Discovered My Salicylate Sensitivity

Preston H. Edwards, M.D.

I had often thought of writing about my experiences with salicylates and additives but never had the reason to do so until the Feingold Association expressed interest. I believe that I have been a very objective judge of my symptoms and that there is a biochemical explanation for the problems I have.

I had been a very healthy athletic person until age 30 when I began to experience recurrent sinus infections. I could find no reason for these at first but after gaining more experience in my family practice of medicine I realized that people who had recurrent sinusitis either smoked or had allergy problems.

I realized that I was going to have to figure this problem out on my own.

It became obvious that I was allergic to dust—from racquetball courts, gyms—and every fall when the gas-forced air heat came on, I got sick. I started on allergy shots, but received little help from my local allergist with the potential problem of food allergies.

I searched for food allergies and milk, Pepsi, orange juice, and peanuts became obvious sources of coughing and thick mucus in the throat.

I then had several bronchial infections and saw a pulmonary specialist who found no cause. He did admit that “allergies are a possibility,” but there was no encouragement to follow that up. As I kept food diaries to try to figure out what was wrong, I began to have some new strange symptoms. I

I consulted more physicians and even spent a week at Johns Hopkins Hospital.

felt fatigued, had headaches and muscle aches so badly I felt like I had the flu. I consulted more physicians and even spent a week at Johns Hopkins Hospital and the conclusion was “depression and chronic sinusitis.” The allergist there gave me no help or encouragement with the food problem. The ear, nose, and throat physician at least encouraged me to keep looking for foods that might cause problems. He was the only physician who ever did.

I realized that I was going to have to figure this problem out on my own. I searched through allergy journals, read the holistic or alternative medical literature, wrote to physicians who seemed interested in food allergies. A blood test proved food allergies to milk, peanuts, chocolate (which I had hated all my life anyway), and apples.

I kept a list of foods which seemed to bother me and at the top of the list were almonds, peaches, tomatoes, walnuts, sugar, and grapes, most of these being fairly nonallergenic foods. I had severe sore throats from non-chocolate soft drinks and salad dressings, especially at restaurants.

My wife finally read an article in the paper about the Feingold Diet and noticed that the lists sounded somewhat alike. We joined the Feingold Association, read the articles we were sent, and noticed the foods on the list.

Finally something made sense. Finally we had something to go by besides our own intuition and vague feelings of aches and pains. We attended meetings, learned a lot and stuck faithfully to the diet. It was really easy to follow directions after all the searching we had done.

The diet worked and still does. I have no more aches and pains unless I slip up. I have a rare sinus infection which is usually caused by dust and fatigue. I have regained 10 pounds of weight, even though no one invites me out to dinner at their house anymore.

The salicylates definitely caused the flu-like symptoms. The additives often caused sore throats or headaches. I can concentrate better and I am more pleasant to be around. I have found several children and one or two adults in my practice who have also benefited from the diet.

The Feingold Association provides an invaluable service in a professional way. The discovery of the salicylate additive connection was wonderful.

I think the pressure that we and other consumer groups bring to bear on food processors will benefit many “Feingolders” and others who are needlessly exposed to risky additives and colors in their foods.

Medication List for Your Doctor

Did you know that FAUS researches medications as well as food?

We have contacted the major pharmaceutical firms to learn which products are free of synthetic colors, flavors, BHA, and BHT, and we will send copies to your doctor(s), dentist, or pharmacist.

Enclose the name and address of the professional(s)—please print—plus one dollar for each medication list, and mail to:

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

Holiday Entertaining, Feingold-Style

Cocktail Meatballs

- 2 pounds ground beef
- 1 onion, peeled and minced
- 1 teaspoon salt
- 2 eggs
- 1 cup water
- 1 cup matzo meal
- 1 teaspoon garlic powder

Preheat oven to 375°. In a large bowl, mix together all the ingredients. Shape into small balls the size of walnuts, and place on an ungreased baking sheet. Bake for 15 minutes. Remove from the oven and, with a slotted spoon, place the meatballs on paper towels to drain off excess fat. To serve, spear uncolored toothpicks through each meatball and arrange on a serving tray. Makes about 75.

From *The Feingold Cookbook*

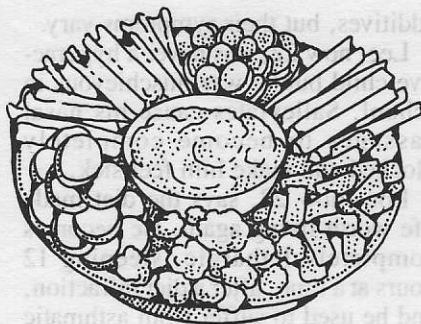


Salmon Party Spread

- 1 15 1/2 ounce can salmon, drained
- 1 8-ounce package cream cheese, softened
- 1 tablespoon lemon juice
- 1 teaspoon grated onion
- 1 teaspoon prepared horseradish (check ingredient label)

Flake salmon, discarding skin and bones. In a mixing bowl stir together cream cheese, lemon juice, grated onion, and horseradish. Add salmon; mix well. Turn the spread into a 2 1/2 cup mold or several smaller molds. Cover and refrigerate overnight. Serve with assorted crackers.

From *Better Homes and Gardens Classic American Recipes*



Hot Artichoke Dip

- 1 package frozen artichoke hearts
- 1 cup grated parmesan or romano cheese
- 1 cup mayonnaise
- 1 cup sour cream

Cook the artichoke hearts until just tender. Drain well and cut into small pieces. Add the remaining ingredients, mix well, and put into a shallow baking dish. Cook in a 350° oven until hot and bubbly—about 20 minutes. Serve hot with crackers.

Need a Dip in a Hurry? Pour a jar of Marie's Ranch Dressing into a bowl and serve with raw vegetables or chips. (Then hide the jar and enjoy the compliments.)

FDA To Ban Dyed Bread

Bakers often add yellow dye to egg bread to give it an egg-like appearance.

Yet as of July 1, 1985, the only coloring allowed in egg breads will be that present in the butter or margarine.

In addition, the bread will be required to contain at least 2.56% whole egg solids.



Food Research Needs Computer

Did you know that the Feingold Association is the only organization that compiles information for consumers on what is actually in brand name products? The Association is now in its tenth year of doing Food Research. As you can imagine, the files on products researched and updated over this time are extensive. Maintaining accurate and timely information with such a large volume of files has become a huge task.

A computer would aid tremendously in maintaining these files and would allow FAUS to make more detailed product information available to us all.

If anyone has a personal or small business computer that they would like to donate, please contact us. You would be helping many, many consumers while gaining a tax deduction.

We would also be interested in hearing if anyone would submit a request to their employer for either a cash or equipment donation for FAUS. Many companies have funds that are specifically set aside for their employees' organizations. We wouldn't need much of your time and you would benefit many with more timely product information. Please let us hear from you.

Lynn Murphy
Director, Region 6

Some Other Alcohol Additives

Sil-PROOF, which prevents beer from becoming hazy, is manufactured by the makers of Glidden paint.

Polyclar stabilizer, used in both beer and wine, is provided by the film-makers, GAF, Corp.

Methylene chloride, found in hop extracts, is an industrial solvent and paint stripper.

Some "incidental" additives include asbestos particles from filters, pesticides, and other by-products of the manufacturing process.

One of the First Feingold Families

I had what the doctors called teenage acne, said Linda Dreyer of Napa, California, but I was in my thirties.

Acne was not the only problem. Linda and her sons, 10-year-old Lee and 12-year-old Lon, were sick all the time.

Nasal congestion, sore throats, ear infections, and headaches were the normal at the Dreyer household.

"After a period of 6 weeks when I was barely able to get out of bed, I finally made an appointment at the Kaiser Clinic," said Linda. "The allergy testing didn't help, but one doctor gave me a salicylate-free diet and told me to go home and cook."

That was 12 years ago, before Dr. Feingold's first book, *Why Your Child is Hyperactive*. There were no local associations, no foodlists, no handbooks, no newsletters, and no diet assistants.

But within 10 days of the start of their salicylate-free diet, the Dreyers were feeling better. With such encouraging results, plus the complete support of Linda's husband, Larry, the Dreyers became one of the first Feingold families.

Linda, Lee, and Lon are all salicylate-sensitive and react to synthetic

additives, but their symptoms vary.

Lee, now 22, was never a hyperactive child but he was mischievous in school. Salicylates cause his nasal passages to become completely blocked and make him feel sick.

Lon, now 23, says the diet made life worth living again. He becomes completely lethargic, sleeping 12 hours at a time, after a diet infraction, and he used to suffer from asthmatic symptoms.

For Linda, a diet infraction brings a flare-up of the teenage acne that plagued her for so long. (Now they call it adult acne, she told *Pure Facts*).

Each month the Dreyers show their appreciation of their good health by sending a contribution to the Feingold Foundation.

"Larry and I feel strongly about the commitment to help," Linda explained. "If it hadn't been for our change in diet, I don't know where we would be now."

"Most charities spend a lot of money to pay their staff and raise more money," Linda continued. "But I know the money we send to the Foundation is used for a worthwhile cause. I know where it is going."

I wish to make a tax-deductible contribution to the Feingold Foundation for Child Development

☐ In Memory

☐ In Honor

☐ In Appreciation of: _____ (Name)

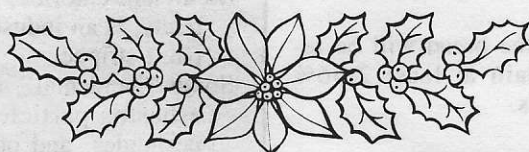
Send notice of contribution to: _____ (Name)

(Street) (City) (State) (Zip)

This contribution is from: _____ (Name)

(Street) (City) (State) (Zip)

Mail to: The Feingold Foundation
1050 North Point Street
San Francisco, CA 94109



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.

FAUS Conference '85

If your vacation plans for summer of '85 take you to California, consider spending a few days at the 10th Annual Conference of the Feingold Associations. This year we will be meeting at a lovely wooded location in Burlingame, near San Francisco. The dates will be June 26-30th.

PureFacts

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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.