

Pure Facts



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Another Positive Study Reported

The British medical journal *The Lancet* has published the results of a study which provides further support for the Feingold hypothesis.

This article, "Controlled Trial of Oligoantigenic Treatment in the Hyperkinetic Syndrome" appeared in the March 9, 1985 issue. (An oligoantigenic diet is one containing few varieties of foods.)

"... the suggestion that diet may contribute to behavior disorders in children must be taken seriously."

Of the substances tested, all were foods with the exception of tartrazine (yellow dye #5) and the preservative benzoic acid. Both of these additives were provided in capsules containing 150 mg.

The largest percentage of hyperactive children tested reacted to the coloring and preservative. Twenty-seven of the thirty-four children challenged (79%) reacted to the additives.

Soya and cow's milk affected 73% and 64% respectively, followed by chocolate, grapes, wheat, oranges, cheese, eggs and peanuts.

Feingold members would be interested to know more about the foods tested. Was the milk enriched with vitamins, and if so, were these vitamins preserved? Did the chocolate contain synthetic vanilla? Was the cheese colored, and with what?

Of the fifty-five children challenged with sugar, only nine (16%) reacted.

Sixty-two of the seventy-six overactive children participating im-

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Their Diet is a Family Affair

Although we recommend an entire family go on the Feingold Program, few members take this advice as literally as the Noftinger family in Richmond, VA. Bill and Margaret Anne follow it, as do their children and grandchildren.

Of the 15 people in this family, only one—4-year-old Peter—could have been considered "hyperactive." His 2-year-old brother, Jay, was an easy-going child, but suffered from stomachaches, diarrhea, and a generally "sickly" appearance since he stopped nursing.

Two years ago, Margaret Anne convinced her daughter to try the Feingold Program. In a little over a week Peter's behavioral problems and Jay's physical symptoms improved markedly. The boys, now 4

and 6, have learned that an infraction means a return of their symptoms.

Because they are careful about what they eat, this rarely happens, but a notable exception was the "green frog" incident. Peter's school serves green ice cream in the shape of a frog—embellished with

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M&M eyes. Peter ate this after his teacher assured him it was O.K. His behavior quickly became abusive; he fought with the other children,

continued on page 2

Dear Pure Facts

I plan to start my 8 year old son on the diet once school is out. How soon can I expect to see a change in his behavior?

There's no way to predict how long it will take for a particular child (or adult) to respond to the Feingold Program. There's also no guarantee that your child will be helped by our program, although it is rare that we find a member who feels he has not benefitted.

For a child of elementary school age, improved behavior is typically seen within 2-3 weeks, but it's not unusual to see a response sooner.



If your child has been taking behavior-modifying drugs the response can take 40 days after the discontinuation of the medication. (Please ask your doctor to provide a schedule for withdrawing the medication.)

Some families note a clear, dramatic improvement in their child. For others, the change is so gradual, they are not really aware of it until there is an infraction and the old behavior returns.

Be sure to read all of your new member information and follow the Stage I foodlist carefully—and good luck!

Family, continued

developed a headache, and threw up. Nobody offers Peter green frogs these days.

Margaret Anne's daughter, Margy, was concerned about her baby's ear infections, which began at about the time the child stopped nursing. Not only is baby Britt doing well on the program, but her father has discovered how sensitive he is to additives and salicylates.



What is Down Syndrome?

Down Syndrome is a form of mental retardation resulting from a genetic defect. It occurs in about 1 in every 800 births, and it affects all races and economic levels equally.

There is a wide variation in the degree of mental retardation among those with Down Syndrome. The range extends from severe to near normal, with the majority falling within the mild to moderate range.

Early intervention from birth and continuing education have proven most effective in remediating the degree of retardation, along with stimulating home environment and good medical care.

*Information provided by the
National Down Syndrome
Society*

*70 West 40th Street
New York, NY 10018*

Son-in-law Gene reports that several of the salicylate fruits will cause a swelling of his mouth and tongue, plus a severe headache.

Granddaughters Sarah Kathryn, 4, and Elizabeth, 6, began the Feingold Program during the summer they spent with their grandparents. Their mother, Rosemary, relates that stomachaches, headaches, bedwetting, circles under the eyes, and throwing up have become a thing of the past, returning only

when there's an infraction.

By last summer, Margaret Anne had persuaded her three married daughters, their husbands and all of the grandchildren to follow the Feingold Program—all of her daughters except Sara. Sara, who was then 14, is a Down Syndrome child, and although these children have many problems, she didn't sound like a likely candidate for the diet.

... stomachaches, headaches, bedwetting have become a thing of the past. . . .

But Bill and Margaret Anne were becoming increasingly exasperated at Sara's disposition, which was deteriorating rapidly. "Something had to be done," Margaret Anne related, "and when she went on the diet, the response was dramatic. We could see her behavior change almost before our eyes."

This change in Sara has generated a great deal of interest among the teachers and parents in her school. Her endocrinologist is impressed, too, because she is diabetic, and as a result of the Program her blood sugar has stabilized.

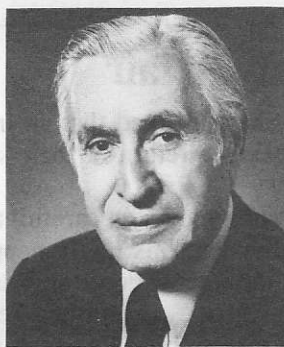
This change in Sara had generated a great deal of interest. . . .

Margaret Anne finds that using the Feingold Program to help her Down Syndrome child is no different than it would be for any 15-year-old. Sara understands the importance of her diet, and sticks to it (most of the time) when she's away from home. Of course family gatherings are no problem—not when the other fourteen members of your family are all Feingolders!

Do you have a child with special needs on the Feingold Program? Do you have questions, problems, or perhaps a success story to share? We'd like to hear from you. Contact FAUS at our post office box.

June 15th

is the 85th anniversary of Dr. Feingold's birth.



*Ben F. Feingold, M.D.
1980-1982*

Next Time You're In Singapore . . .

. . . be sure to phone our diet assistant Janine Hunt. Or you can write to her at 8-A Maryland Drive, Republic of Singapore, 1027.

Product Alert

Please remove Ward Johnson **Goobers** and **Raisinets** from your foodlist. These candies now contain vanillin.

FA of New York

What Makes Frogs Green?

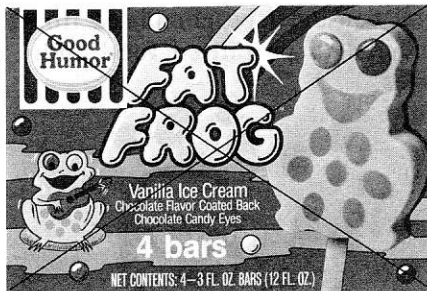
How can you produce green ice cream without green dye?

Notice that "artificial color" is listed as an ingredient in the candy eyes. But the only coloring listed in the ice cream is tartrazine (Yellow No. 5).

A food chemist with the Thomas J. Lipton Co. (which owns Good Humor Corp.) reminded Pure Facts that dairy products are not required to provide complete ingredient information—with the exception of Yellow No. 5.

Chances are, Fat Frog ice cream contains blue dye, which combines with the yellow to produce the vivid green color of this product.

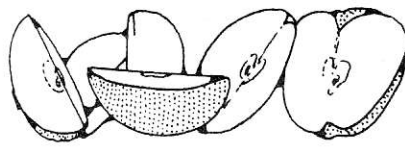
Too bad Peter's teacher was unaware that he could have had Good Humor Dixies, Pops, or Whammys in either vanilla or chocolate.



Ice Cream ingredients: milkfat and nonfat milk; sugar; corn syrup; whey; gelatin; mono- and diglycerides; vanilla extract; locust bean gum; carrageenan; Yellow No. 5.

Coating ingredients: coconut oil; sugar; cocoa; vegetable oil (contains one or more of the following oils: corn, peanut and/or soy bean).

Candy eyes ingredients: milk chocolate (sugar; chocolate; milk; cocoa butter; butter fat; dextrose; soy lecithin (added as an emulsifier); salt; vanillin and ethyl vanillin; artificial flavors); sugar; corn syrup; dextrose; modified starch; resinous glaze; artificial color; artificial flavor.



Q I cut a granny smith apple into quarters and, during the course of the day, ate three sections. The fourth section stayed on a plate for 24 hours. By that time, most apples would have oxidized. It was still creamy white. After 60 years of eating quartered apples which always browned in minutes, I am wondering what they are using to embalm apples and if it is hazardous to my health.

A The only additives permitted in apples are insecticide sprays applied to the blossoms and during fruit development which, when the fruit is marketed, are present in trace amounts; and waxes and fungicides sometimes applied to increase storage life. There are no additives used in whole apples to keep them white.

The slow browning has to do with tartness and a lower concentration of polyphenols (tannins), common plant pigments which turn brown on exposure to air. Tartness inhibits the enzyme that speeds the reaction of these pigments with oxygen. And if there are fewer of these pigments to begin with, then less discoloration occurs.

*Tom Neuhaus
The Washington Post*

From FDA

A Class II recall was underway of C FRY vegetable oil in 35-point plastic containers because of undeclared butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT). FDA said the product was distributed under the Sunny Fry Liquid Shortening labels.

Food Chemical News

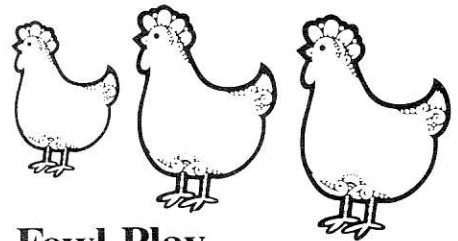
PIC Report

Product Information Committee Chairman, Barbara Ballmer writes:

The Sunshine Biscuit Company sent the following response to my letter inquiring about preservatives in their **Hi-Ho Crackers**:

"Our lab director has advised that it would not be probable for us to provide you with such precise information as we cannot control the secondary additives that may be present in raw materials and ingredients from suppliers."

I noticed this week that the ingredients statement on Kellogg's Raisin Bran lists "Vitamin A palmitate protected with BHT." Watch it for vitamin A palmitate. It is not always preserved, but it seems to be quite often.



Fowl Play

If you live outside the Northeastern U.S., chances are you don't like dark chicken or turkey meat. West of the Mississippi, in fact, there's so little market for dark-meat parts that they are either exported or sold to processors for use in hot dogs or bologna. But even those markets are becoming saturated.

Now, researchers at Clemson University have found a way to bleach dark meat so it can be used in white-meat-only products such as patties and nuggets. Chunks are perforated, then washed in a bleach approved for food processing, such as peroxide. The result has the texture and color of breast meat, and taste tests are promising.

from *Business Week*, April 1, 1985

(Editor's note: The results are promising **what?**)

Study, continued

proved, and a normal range of behavior was achieved in twenty-one.

Interestingly, while coloring and preservatives were the major offenders, the authors found that their effect was seen only when they were consumed in combination with other substances.

Twenty-seven of the thirty-four children challenged (79%) reacted to the additives.

The researchers conclude, "This trial indicates that the suggestion that diet may contribute to behavior disorders in children must be taken seriously . . . The treatment could have had some placebo effect initially. However, such an effect is unlikely in the trial because challenge with the suspected food, but not challenge with a placebo, induced a deterioration in behavior."

Commentary on the Lancet Article

The following comments accompanied *The Lancet* article sent to FAUS by John A. Wacker, Chairman of the Scientific Studies Committee of the Association for Children with Learning Disabilities.

Clinicians are increasingly reporting case histories of patients whose behavior can be affected by nutrition, and a number of research studies have already been published . . . However, the most "prestigious" journals have refused to publish almost anything that related nutritional intake to deviant behavior and learning disabilities.

But *The Lancet* has finally broken the ice. I understand announcement of the research was delayed because one of the co-authors was so skeptical inasmuch as he had long

contended that foods did not cause hyperactivity.

Note also that the work was carried out by pediatricians, immunologists, and dietitians with all but four referrals of subjects coming from orthodox medicine.

Such research still needs to be replicated before the medical establishment will accept it. But if this study will allow AMA to go from a "There's absolutely nothing to it" position to "Additional research is

Clinicians are increasingly reporting case histories of patients whose behavior can be affected by nutrition . . .

needed to confirm the hypothesis," real progress has been made in proving what many parents have already discovered.

What is FAUS?

The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, nonprofit organization. The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior, learning and health problems. This program is based on a diet eliminating synthetic colors, synthetic flavors and the preservatives BHA, BHT and TBHQ.

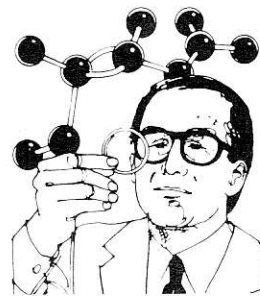
10th Annual Conference

The Feingold Association of the Bay Area will be our host in San Francisco on June 27, 28, & 29.



Look Who's Talking

"Since food dyes are nutritionally unessential constituents of foodstuffs, it seems reasonable to demand that any dye conveying even a minor degree of health, and especially, cancer hazard to the general consumer be eliminated from the list of permitted food additives."



Dr. William C. Hueper, Chief, Environmental Cancer Section National Cancer Institute as quoted by the F.A. of Philadelphia.

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