

Pure Facts



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The Story Behind Nutrasweet®

By Beatrice Trum Hunter

Ten years ago, John W. Olney, M.D. of the Department Psychiatry at Washington University fed baby food containing monosodium glutamate (MSG) to newly born primates. He found that the amount of MSG present in the baby food was sufficient to cause neurological damage in the primate infants, when fed at a level similar to that which would be fed to the human baby, in terms of body size.



Although the baby food manufacturers were not convinced that the MSG in their product was harmful, they voluntarily withdrew it from baby foods in order to maintain good public relations.

What the public did not realize was that the processors immediately replaced MSG with protein hydrolysate, also known as hydrolyzed vegetable protein (HVP).

HVP is similar to MSG in its effects and actually forms some MSG when it is produced. Both substances are neuroexcitators, and at high levels, are neurotoxins.

MSG is based on the amino acid, glutamic acid, for its effectiveness as a "flavor enhancer."

It is true that glutamic acid is also found naturally in many foods. But in foods, it is in a *bound* state, usually bound to protein.

To be effective as a flavor enhancer, glutamic acid must be in a *free* state. There is a great difference between how the body handles glutamic acid. In a bound state, the body can handle it well; in a free state, it is a neuroexcitor.

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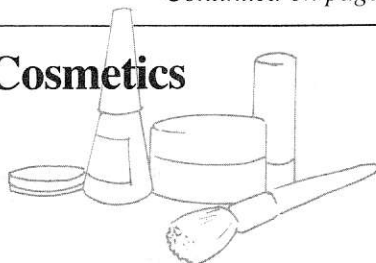
Sleep Disorders and Salicylates

Sleep is supposed to be a restful experience, but for Gloria Aullano of Austin, Texas, sleep was exhausting. Shortly after falling asleep her heart would begin to beat irregularly. "I would suddenly awaken and find myself sitting bolt upright, or even standing beside the bed, feeling short of breath and wondering what had hit me."

Gloria began to notice a pattern, with severe sleep attacks occurring after she had eaten tomato sauce, an apple, strawberries, or pineapple (a trace salicylate). Stripping furniture with chemical solvents also caused an attack.

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Cosmetics



A common misconception about the Feingold Program is that it means "100% Natural." People are astonished to learn that our diet does not exclude all synthetic additives, sugar, or convenience food.

Similarly, many women believe that following the Feingold Program means they must give up cosmetics. This is another misconception.

Cosmetics are complex substances made up of ingredients from both natural and synthetic source. The synthetic additives in cosmetics pose a problem for chemically-sensitive people as they can be absorbed through the skin; and many products contain added fragrance or chemicals which release fumes.



10th Annual Conference

Feingold representatives and interested members met in San Francisco June 26-29 to work, learn, and celebrate a "decade of dedication." The conference, hosted by the Feingold Association of the Bay Area, was located at beautiful Mercy Center in nearby Burlingame.

Product Information Task Force

A special task force was appointed to deal with product information. This group will consider all aspects of the collection and presentation of product information, including:

- new research
- updating of research
- receiving reports of reactions
- assisting in restaurant research

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Unlike food additives, we have very little clinical data or experience in dealing with cosmetics. But fortunately, they are required to list their ingredients. The Food & Drug Administration, which has jurisdiction over cosmetics, began requiring ingredient listing in 1976.

(Most nations which regulate cosmetics, however, are far stricter than the United States. Many of the components in cosmetics manufactured in this country are not permitted in other nations.)

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Nutrasweet, from page 1

When Olney examined glutamic acid, he also examined another amino acid, aspartic acid. This, too, is a neuroexcitor, and at high levels a neurotoxin. **Aspartame** (NutraSweet, Equal) made by Searle, contains two amino acids, and one is aspartic.

The FDA granted approval to Searle to market aspartame. But since the government had failed to establish a safety review and hold open hearings, the approval was promptly challenged by Olney and others, who took legal action to stay the use of the sweetener.

This occurred at a time when FDA was investigating numerous safety tests conducted by Searle on many pharmaceuticals, as well as aspartame, which were being evaluated in terms of safety test validity.

For this reason, even after FDA's official approval, aspartame's manufacture was held up for a decade.

Meanwhile, researchers testing aspartame with laboratory animals reported that the sweetener caused tumors, brain lesions, and mood swings.

The FDA appointed an outside panel to review the data and clarify the safety of the sweetener. After lengthy examination, the panel concluded that the safety of aspartame could neither be affirmed nor repudiated.

Since many questions remained unresolved, the panel recommended that FDA should withhold approval until safety issues could be resolved.

It came as a surprise to all concerned that the then FDA Commissioner, Arthur Hull Hayes ignored the panel's recommendations and approved aspartame.

Shortly afterward, Searle executive, Donald Rumsfield, was appointed to a high government position. And according to a recent ABC news segment on aspartame Dr. Hayes is presently employed by Searle.

Aspartame Draws Fire From Critics

By Beatrice Trum Hunter

More information continues to be publicized by a variety of critics of aspartame.

Woodrow C. Monte, Ph.D., R.D., Director of Food Science and Nutrition at Arizona State University cautioned that aspartame is particularly unstable in warm climates. It can degrade into methanol (wood alcohol). FDA does not consider this a problem because other foods also degrade into methanol.

But Monte pointed out that other foods with methanol also have ethanol, which buffers the toxin. In the case of aspartame, there is no ethanol. From methanol, it can further degrade into formaldehyde.

Recent evidence indicates that the sweetener is unstable, even in cool climates.

Richard Wurtman, M.D., neuroendocrinologist at M.I.T. conducted numerous rat experiments using aspartame.

Among many damaging effects, he found that the sweetener can impair the learning ability of the animals.

The combination of aspartame's amino acids with other foods might lead to changes in the levels of brain chemicals that affect behavior.

Dr. William Pardridge of the University of California at Los Angeles, cautioned that mental problems could be provoked in children consuming high levels of aspartame.

(Olney suspects that such excitotoxins may produce blood elevations high enough to cause damage to the nervous system of young children. This damage, which is undetectable at the time it occurs, may give rise to subtle disturbances in neuroendocrine function in adolescence or adulthood.)

FDA received several hundred letters complaining of various neurological/behavior symptoms, including headache, dizziness and mood alterations, gastrointestinal symptoms, allergic type or dermatologic symptoms, alterations of menstrual patterns, and symptoms of various types after consuming aspartame-sweetened foods and beverages. The FDA denies any connection.

The FDA review panel had never anticipated that the consumption of aspartame would increase so quickly. The second FDA approval permitted aspartame to be used in beverages.

It is now found in many foods, including cakes, ice creams, baked goods, candies, etc. Its presence must be declared on the label.

While some people use this low calorie sweetener to keep weight down, it is not a weight reducer. Like cyclamates, aspartame actually stimulates the appetite!

Conference, from page 1

The Task Force members are: Tanya Small, Chairperson; Barbara Ballmer, Linda Case, Karen Garnett, Jane Hersey, Barbara Keele, Pat Palmer.

Conferees heard a variety of outstanding speakers and participated in workshops of particular interest to the Feingolder.

The delegates set goals for the coming year, including:

- standardization of certain printed material
- development of publicity and funding
- acquisition of computers for the national office and for product information
- communication with day care centers, schools and the juvenile justice system
- acquisition of a national telephone number

Next year, the Feingold P.A.T.H. of Illinois will host the 11th Annual Conference, to be held at Wheaton College (near Chicago) June 25-28, 1986. We hope you will be able to join us!



Food Industry News

Mergers and acquisitions on the part of food companies present new challenges for families using the Feingold Program. A change in ownership increases the likelihood of a change in ingredients.

The FAUS Product Information Committee invites members to notify us of any label changes they discover, or of suspected reactions. Please send the information to PIC, 2030 Afton Way, Colorado Springs, CO 80909

Megacorporation Being Formed

Two of this country's giant corporations are prepared to merge into what will become the nation's largest consumer products company.

R.J. Reynolds Industries Inc. will acquire Nabisco Brands Inc. The combined sales of these two corporations last year was \$19.2 billion.

Nabisco, which controls about 40% of the cookie market, owns Life Savers candy and Planter's Nuts, in addition to their well-known Fig Newtons, Oreo cookies, Ritz and Premium crackers.

R.J. Reynolds, which manufactures Winston, Salem and Camel cigarettes, also owns Del Monte,

A-1 Steak Sauce, Smirnoff Vodka and Hawaiian Punch.

If you Can't Beat 'Em, Buy 'Em

Health food continues to seep into mass-market America as big companies, attune to a trend that may be here to stay, are buying into the business.

According to *New Product News*, Kraft now owns Celestial Seasonings, Heinz purchased Chico-San, the rice cake manufacturer, and Quaker bought Arden Organics, also in the rice cake business. Plus, J.M. Smucker's bought R. W. Knudsen, the natural fruit-juice company.

Carole Sugarman
The Washington Post

Product Alert

The FAUS Product Information Committee reports that **Baskin & Robbins pineapple sherbert** now contains synthetic colors and flavors. Please remove this product from your foodlist.

The Committee also reports that some members have had reactions from **Gulden's mustard**, PIC is re-searching this further in an effort to determine the cause.

Legislative News

Delaney Amendment

Senator Hatch has not yet re-introduced his food safety bill (which would weaken the Delaney Amendment—the regulation which prohibits the deliberate addition of cancer-causing substances to food).

The food industry hopes to weaken the protective Delaney Amendment for the time being by administrative actions of FDA and USDA.

Federation of Homemakers

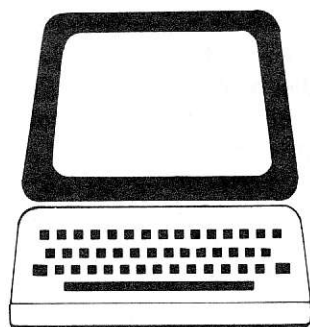
Our Future Addition

One of our goals will soon be realized. FAUS has received an anonymous gift to buy a computer for the Product Information Committee.

The Feingold Foundation has contributed a matching gift to start a fund to purchase a computer for the national office. The equipment and software needed for the second computer is more complex and expensive.

We hope to be able to begin using the equipment before our busy season—the start of school, and **your help is needed.**

Please send a contribution of any size to our computer fund, c/o FAUS, P.O. Box 6550, Alexandria, VA 22306. Thank you!



Sweet Profits

According to *Business Week* magazine, (July 15, 1985) Searle sold \$585 million worth of aspartame last year. They expect to sell \$1 billion this year. That amounts to 6,000 tons of the synthetic sweetener.

National Headquarters Established

Dr. Feingold believed that the establishment of a national headquarters with a director and staff was essential to the continuation of our program.

It is a goal the Association has been working toward for several years, and has now been realized.

The office will coordinate the work of our many volunteers throughout the country.

At present, the office is one small room, and the staff is a director and part-time secretary. The furniture is borrowed and the walls are bare, but to us it's beautiful!

Since you are the reason for this office, please send us a photo of your Feingold family or child to be displayed in the office.

Our Honored Member

Recognition of Mrs. Ben F. Feingold
FAUS Annual Conference, June 1985



This gracious, gentle lady is very special to us in many ways. We recognize her consistent support and encouragement of Dr. Feingold in his work. The dedication of *Why Your Child Is Hyperactive* reads: "To my wife, Helene Samuels Feingold, initial supporter of my thesis."

Her deep commitment is further reflected in her work on *The Feingold Cookbook*, which required tedious testing and re-testing of recipes, all in her own kitchen, and detailed editing under the eagle eye of Random House.

Her involvements are many and are most often related to education.

To mention a few:

She was recently elected to a second five year term as a fellow of Brandeis University.

She serves on the board of the International Institute of Education which is responsible for exchange graduate students and administers the Fulbright scholarships.

She serves as President of the Feingold Foundation for Child Development.

As a member of the San Francisco Garden Club she is responsible for the scholarship fund.

She has personally answered mail from hundreds, perhaps thousands, of troubled families.

Mrs. Feingold has been a willing consultant and a wise advisor, and has agreed to serve as an honorary member of the FAUS Board.

Sleep Disorders, from page 1

"Then I began to experience more severe problems. I had been painting the house, and the following morning the right side of my face went numb. I experienced slurred speech, dizziness, blurred vision, and constant fatigue. I felt like I had been hit in the head with a rubber mallet.

"All of these attacks occurred within one hour of eating, but I couldn't find a correlation. I was also doing decorative painting almost every day with oil based paints. I asked every doctor if this could be a factor. No one knew.

"I visited many doctors in search for relief. The drugs I was given brought a host of severe reactions, including a full scale meiners attack, which is best described as wide awake nightmare.

"The cardiologist put me in the hospital for a two week stay. Then I was given more drugs, and found to be intolerant of all of them. (The sleeping pill was red.)

I remember feeling like I had spent the night fighting for my life.

"When I left the hospital, I went on a diet recommended by the hospital's nutritionist. It was basically a weight control diet with fruit three times a day.

"My attacks became worse than ever. I had difficulty breathing and felt like I was coming apart at the seams. My doctor said I was suffering from anxiety depression. He said the drugs were not causing my problems because only people who read books have side effects.

"I ended up in church next Sunday asking God for a clue. On Tuesday I made an appointment with an allergist because I knew I had attacks after eating.

"I no sooner told the allergist I was having a sleep disorder problem when he leaned forward in his chair and said, "I know what's causing it;

you have anxiety depression." So-o-o I said "let me describe my symptoms."

"The allergist told me he didn't deal with food allergies as he had his hands full with pollen. (We live in the pollen capital of the world.)

"But as I was walking out the door he ponderingly said, "Maybe you are intolerant to salicylates in foods." The word struck like an arrow piercing my brain. . . I can still feel the sensation. My first clue. (I later went back and thanked him for that word.)

"But at the time I felt like I was at another blind spot in the road. I was in tears by the time I returned home and found my sister on the phone waiting to talk with me.

"I told her what I had learned so far and mentioned the foods I had identified as causes. When the conversation, and my crying, had ended I learned that my niece and her friend were in the next room and heard my phone conversation.

"They came into the kitchen and my niece's friend said, "You know you sound as if you have the same problem as the hyperactive children I teach. Some of them can't tolerate salicylates."

"Voila! My second clue. SALICYLATES! That wonderful word spoken twice in one hour.

"She told me about Dr. Feingold's book, and I was at the bookstore an hour before it opened.

"Within three days there were no more irregular heartbeat attacks when I slept. That was August of 1984 and I've been able to see a correlation between the attacks and heavy use of household cleaners, oil based paint, and natural gas.

"That explains why I would become so irritable or have an extreme exhaustion spell after cooking a big meal. I have not felt that way since I turned the gas off and began using my electric skillet and microwave oven.

"Much love and my thanks to everyone at FAUS."

Cosmetics, from page 1

The best approach for the Feingold member is to read labels, test each product individually, and watch for any reaction—physical or behavioral.

The colorings which are used in cosmetics can be divided into two categories: certified and uncertified (or non-certified).

Certified colors are the coal-tar dyes we generally refer to as “synthetic” colors. Feingold members must avoid these.

Their name comes from the fact that the Food & Drug Administration requires that every batch of the dyes be certified.

Those which are approved for use in foods, drugs, and cosmetics are listed as “FD&C No. ____.” Those preceded by “D&C” are permitted for use only in drugs and cosmetics.

Lakes refer to the blend of insoluble materials and certified colors; they should be avoided.

Uncertified colors are permitted to be used without close government supervision.

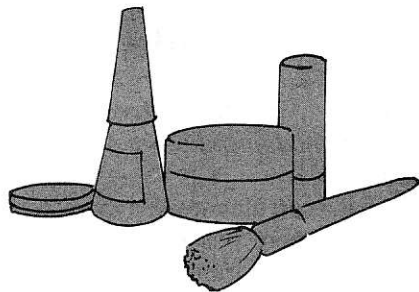
Annatto, caramel and beet powder are examples of uncertified colors derived from a natural source. But uncertified colors can also be synthetically produced.

This is the case with iron oxide, which is found in nature, but is undesirable in this form because it can contain contaminants such as arsenic. The iron oxides used in many cosmetics are synthesized in laboratories and yield a purer product. It is a widely-used coloring since it can be produced in shades of yellow, orange, red, brown, and black.

Other uncertified colors found in cosmetics include: titanium dioxide, manganese violet, ultramarine blue bismuth oxychloride, etc.

Dr. Feingold believed that uncertified colors were not likely to cause problems for our members.

FDA regulations state the cos-



metics which are designed for use in the area of the eye may not contain certified dyes. Another prohibited coloring agent is lampblack or carbon black (which is actually a form of soot) once used in eye makeup. It was found to be a carcinogen and has been banned.

Today, **mascara, eye liner, and eyebrow pencil** rely on iron oxide as their primary color source.

Eye shadow made with only uncertified colors is readily available.

Foundation, face powders, rouge, and blusher may use either certified or uncertified colorings, or a combination of the two. Look for labels which do *not* contain: “FD&C,” “D&C,” or “Lakes.”

Lipstick remains the biggest problem for the Feingold woman. The product is made of oils, waxes, fragrance, and synthetic dyes.

At this time we do not know of any lipstick free of synthetic dyes—including those sold in health food stores and claiming to be natural.

Nail polish is tolerated by some Feingold women. The synthetic dyes used are less likely to cause problems than the fumes released.

Nail polish remover contains many irritants. The chemically-sensitive person should limit her exposure to this as much as possible and use it only in a well ventilated area—or better yet, use it outdoors.

So the cosmetic story is this: eye makeup, yes; lipsticks no; and all of the others are maybe. You need not abstain from using cosmetics. But when you shop, read the list of ingredients carefully, avoid fragrances, and test out each product to determine if you have an allergy or sensitivity to it.

Flowers May Provide Safe New Dyes

Ten artificial colors at the heart of the makeup palette are suspected carcinogens (cancer-causing agents), and the FDA has considered banning several of them.

Meanwhile, biotechnology may save the cosmetics industry from disaster. Japanese makeup producers have created test-tube versions of natural dyes and scents from cultured plant tissue.

The first product, from Mitsui Industries and Kanebo Ltd., was Biolipstick. Its reddish-purple tint comes from root cells of the shikonin plant. While shikonin takes seven years to mature in nature—and its roots contain only 2 percent dye—cells with up to 23 percent dye are grown in the lab in just 23 days.

Kanebo is now developing a perfume derived from geranium cells.

Science Digest
June, 1985



New Study on Hyperactive Adults

About half of the children diagnosed as hyperactive continue that behavior as adults according to a recent study published in the *Journal of the American Academy of Child Psychiatry* (24,2:211-220, 1985).

The researchers interviewed 63 adults who had been diagnosed hyperactive as children. They noted that about half of them were observably restless, fidgeting or changing positions frequently as they sat during interviews.

In a comparison with adults who had never been diagnosed as hyperactive, the test group also complained much more of interpersonal problems.

Among the study group, there had been six suicide attempts and one actual suicide, but none in the comparison control group.

Information provided by American Academy of Child Psychiatry

No time to write? If you see articles on diet and behavior, but don't have time to write a letter, you can still help.

Clip the article and send it to our post office box along with the name and date of the newspaper or magazine. We'll write to the editor.

Free Pure Facts

Do you know someone who would like to have a copy of this issue? Send their name, address, and zip code to: Aug PF, P.O. Box 6550, Alexandria, VA 22306. We will send them a complimentary copy with our next mailing.

Pure Facts

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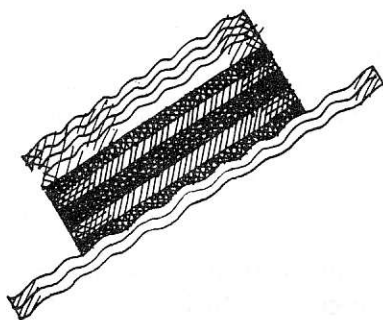
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Hats Off . . .

. . . to Feingolder Alice McDonald. Her local newspaper carried an article claiming the diet doesn't work.

Alice wrote to the newspaper in support of our program, and included the association address.

As a result we have received a great deal of mail from the area and will now be able to help even more families.

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

FAUS Board Elected

FAUS announces its Board of Directors for the coming year.

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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.