

Pure Facts



October, 1985

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Dye to Get FDA Approval

The Food & Drug Administration told Pure Facts it expects the Commissioner to give permanent approval for the synthetic dye Yellow #5 to be used in cosmetics and externally applied drugs. The dye has been permanently approved for use in foods and ingested drugs since 1977.

Because FDA acknowledges it causes asthmatic reactions, hives, and other skin disorders, Yellow #5 is required to be listed on all packaged foods and drugs.

The government agency also recognizes that aspirin-sensitive individuals are likely to experience adverse effects from the dye.

This change will have little direct effect on the Feingold member. But it reduces the chance of Yellow #5 being removed from our food supply in the near future.

Busy Cooks Make Dinner

When Pure Facts asked Barbara Hoffstein if she had a favorite dinner which could be prepared quickly she replied, "They're all like that!"

Barbara has served FAUS in many capacities, including: Secretary, President, Treasurer, and Finance Chairperson. When the Feingold Association of Texas was formed she was its first Secretary, and is currently President of the Northern Maryland association.

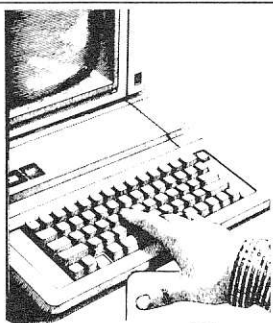
The success her family enjoyed with the Feingold Program motivated Barbara to return to college to study dietetics, and she graduated from the University of Maryland last year. She has recently been awarded a highly coveted dietetic internship. This is an accelerated program which can be described as "working full time and going to school full time."



Somehow, Barbara is also Secretary of the high school PTA and a Vice President in the American Field Service (the organization which sponsors exchange students). Last year the Hoffsteins hosted an exchange student from Spain.

Barbara initiated the Feingold camp sessions which have been held in Maryland for the past four years, and is working with an area physician to introduce the Feingold Pro-

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Help Our Computer Fund Grow

Your contribution to our computer fund will help us to reach our most important goals—to generate public awareness of our program and to provide more and better services for you.

Asthma and Food Additives

When I first heard of the Feingold diet I was somewhat leery, but curious to see if it would help my very "active" three year old. However, my husband felt James was just being a boy so why beat your head against a brick wall?

Now we have a second son, 20 month old Kyle, who has had a great deal of trouble with asthmatic bronchitis and ear infections. During the past year-and-a-half we have had to take him to the doctor twenty-three times!

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United Way—A Great Way to Help

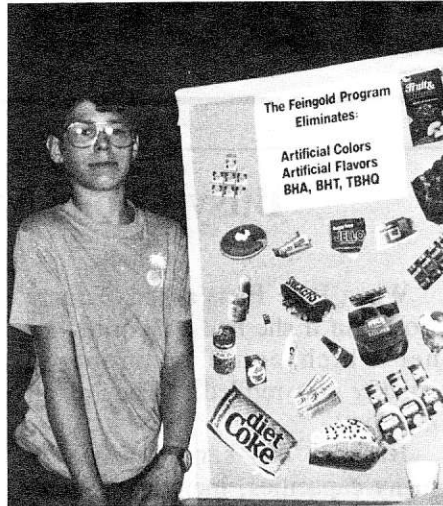
The United Way and Combined Federal Campaigns will soon be here. In many communities employees can write in the Feingold Association as the recipient of their donation.

Top Grades For Science Fair Projects

Tim Cloud's science fair project not only brought him a good grade, it also taught teachers, students, and parents about the Feingold Program.

By joining together two pieces of plywood Tim made a portable display. The first panel depicted those things the diet eliminates, and the second showed the foods we eat. The pictures of the acceptable and non-acceptable foods were taken from magazine advertisements.

The project also included informational materials provided by the Association.



Tim's mom, Betty, writes, "We have saved Tim's display and his literature and we're planning on setting it up in the local library." Our thanks to the Clouds!

The Feingold Association now has available: Resource File for Science Fair Projects. To obtain a copy, send your name and address to:

Science Fair
P.O. Box 6550
Alexandria, VA 22306

Please include \$2.00 to cover cost of printing and mailing.

School Daze

At one time "school supplies" meant a slate and a fresh piece of chalk.

By the 1940's the well-equipped scholar boasted a few new pencils and a box of 24 pristine Crayolas.

Today's student is faced with a dazzling array of tools with which to write his ABC's. But for a child who is chemically-sensitive, some of these new products may do more to hinder his learning than to help it.

This was the experience F.A. of Indiana President, Carolyn Reed had with a state-of-the-art pen.

After five years on the diet we still make mistakes. I let Andy (age 7) buy one of those metallic pens that has a border of color around it.

We were to practice his spelling and I told him he could write the words with his new pen as a treat.

He had ten simple words. It took half an hour, he misspelled eight of them and reversed all of his b's and

d's. It took him five tries to spell the word "fit!"

My husband came into the room and complained of the strong smelling fumes from the pen. (I hadn't noticed it because I had been next to it all the time.)

Andy put the pen away, took a shower and sat down in a different room to try again. This time he used a pencil. Andy spelled all ten words perfectly and neatly in less than three minutes.



Don't be tricked by Halloween treats. See page 31 of your Feingold Handbook for a hassle-free holiday.

Hives—The Start of The Feingold Program

The first person to use what later came to be called the Feingold "diet" was not a hyperactive child. It was a woman in her forties. Dr. Feingold wrote:

In the summer of 1965 a woman entered my office in the allergy clinic of the Kaiser Permanente Medical Center . . .

She was suffering from acute hives. Her face was swollen, mainly about the eyes. An eruption of the skin, giant hives can be moderately painful and unsightly to the point of the grotesque. She looked, and obviously felt, miserable.

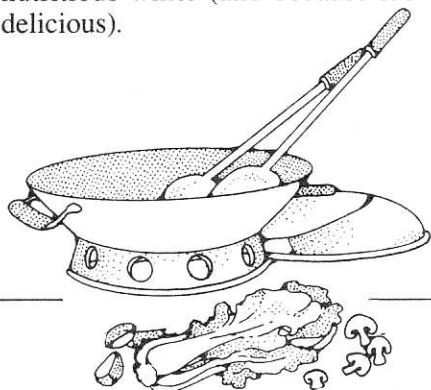
I read the medical history of this patient, examined her and tested her for allergy. Since the tests were negative, I concluded that artificial food colors and flavors might be involved. Food additives had been a causative factor in previous cases of hives that I had seen. I immediately placed her on a diet to which she quickly responded. The skin condition vanished within seventy-two hours.

from Why Your Child Is Hyperactive

Busy Cooks, from page 1
gram into a facility for retarded children.

What's her secret? "Encourage your children to cook." The help and support of teenagers Lita and Bart, and her husband, Paul, have been an important part of Barbara's many achievements.

The following is a 40 minute recipe she likes because the sauce disguises the fact that it's being served over brown rice rather than the less nutritious white (and because it's delicious).



Australia Improves Food Labeling

CANBERRA Food laws in all states of Australia will be changed to fully identify additives in packaged foods as a guide to allergy sufferers.

Under the new system, substances would have to be named or numbered according to an international code system, instead of being listed simply as "preservatives" or "thickener" or other names.

A spokesman from Australia's Medical Research Council said the system would be based on the European Community system. For example, food containing the preservative sodium meta-bisulfite would show on the label "preservative (sodium metabisulfite)" or "preservative (223)."

Information provided by the Hyperactivity Association of South Australia.

Stir Fry Chicken and Vegetables

Brown rice
2 packages (about 2 pounds)
boneless chicken breast
Fresh or frozen vegetables
(whatever you have on hand)
Oil
Cornstarch
Soy sauce (Tamari or approved brand)
1/4 cup chopped walnuts

1. Begin cooking the rice.
2. Cut the chicken into bite-sized pieces.
3. Cut up the larger vegetables and stir-fry. (Cook quickly in a large skillet or a wok until food is barely tender. Use moderately high heat and a small amount of oil, and stir the food to keep it from burning.)

4. Remove vegetables and set aside.
5. Measure 3 tablespoons soy sauce into a measuring cup, and add enough water to make 1/2 cup liquid. Blend in 1 tablespoon cornstarch and set aside.
6. Add another small amount of oil to the pan. Stir-fry the chicken pieces.
7. Pour in the soy sauce and cook, stirring, until the liquid thickens.
8. Add the cooked vegetables, heating through.
9. Garnish with the walnuts and serve over rice.

Save time by buying the vegetables already cut, from your supermarket's salad bar.

Feingold Trivia

By the Feingold Association of the Bay Area

1. What ingredient makes Nabisco Saltines unacceptable?
2. Where does the pink come from in Minute Maid Pink Lemonade?
3. Name two salicylates commonly found in ketchup.

Answers

1. BHT in the shortening/lard.
2. Grape skins.
3. Tomatoes and cloves.

You Lucky Dog!

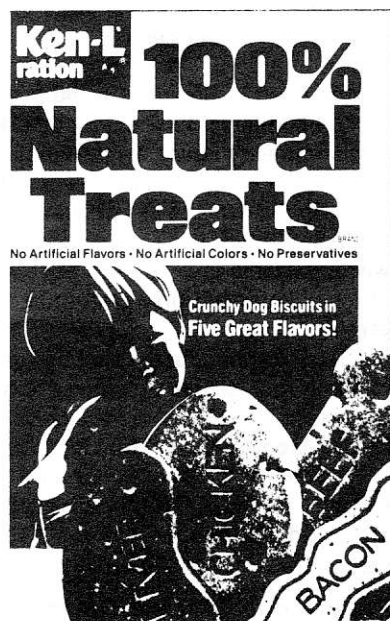
Bravo for Ken-L Ration's new 100% Natural Treats for dogs, containing no synthetic chemical additives.

But wait . . . Ken-L Ration is owned by the Quaker Oats Company, which also makes "Cap'N Crunch's Crunch Berries Crunchy Sweet Cereal with Imitation Berries."

The ingredients include: artificial flavors, Red 40, Yellow 5, Yellow 6, BHA, and Blue 1.

At 13 grams of sugar per ounce this confection is nearly half sugar—more than many candy bars.

Hey Fido, 'wanna swap?



Asthma, from page 1

I had been giving Kyle Slophyllin three times a day, every day. If I missed, he would go into fits of breathing difficulties. I had a 20 month old junkie!

I decided to try the diet and see if it would help, and was surprised when my husband agreed with me. He felt he'd seen enough of his son's difficulties, and it couldn't hurt to try.

On the morning of May 17 we started the Program. Kyle has not had any medication since May 20, nor any trouble with breathing.

My five year old has become a more normal, active boy without the uncontrollable fits of hyperactivity.

I feel like I have two new boys. I enjoy them more, and they seem to enjoy life more too.

Deb Hale West Liberty, IA

Two weeks ago our family started the Feingold diet and we've had success in two areas. My five year old son is responding well, and so am I.

I am 34, have had asthma all my life, and needed to use my inhaler four times a day. Since we began the diet I have not used any medicine at all and have been completely free of asthma.

Elizabeth Chesley
Kingston, MA

NOTE: If you know someone who would be interested in having a copy of this issue, please send their name, address, and zip code to:

OCT PF

P.O. Box 6550

Alexandria, VA 22306

We will send a complimentary copy with our next mailing.

Eating Out In Washington, DC



This classy, upbeat restaurant presents the best of American cuisine—fresh foods prepared with quality ingredients.

Delicious, made-from-scratch, rich soups, enormous croissant sandwiches and grilled seafood are upstaged only by the sinful desserts.

Formal dress or jeans, couples or kids, all feel at home at the American Cafe. Families can check out the childrens' menu or see about splitting one of their huge sandwiches.

Feingolders should have no trouble finding a selection to fit their taste or price range at this very enjoyable spot.

Open for lunch, dinner, and late night dining, the American Cafe operates four restaurants in Washington, two in Northern Virginia, and one in Baltimore.

NOTE: During a recent visit we noticed the twist rolls were a suspiciously bright yellow color.

Executive Chef, Ype Hengst told Pure Facts that this is the one (and only) product containing synthetic dye.

They tried white twist rolls, but customers didn't like them.

Mr. Hengst was very interested in our program and will experiment with the use of natural colorings for the rolls.

Meanwhile, try any of the other delicious breads.

Pure Facts

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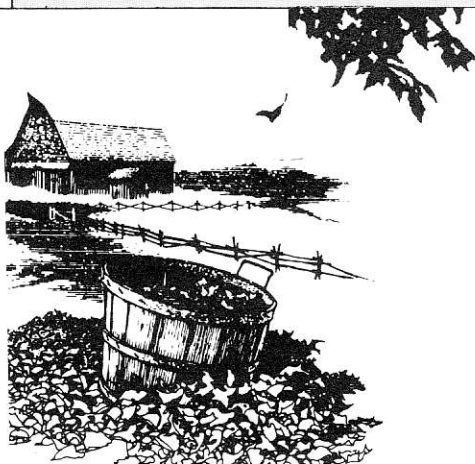
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Portions of the newsletter may be reprinted provided Pure Facts is cited as the original source.



What is FAUS?

The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, non-profit 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.

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