

# Pure Facts



December 1985/January, 1986

Vol. 9, No. 10

## FAUS Advisory Committee Named

At the National Conference it was decided to form an advisory committee to whom board members could turn for information and assistance.

We are indeed fortunate to have the following people who will serve in this capacity:

**Ruth Aranow, Ph.D.**, Department of Chemistry, Johns Hopkins University, Baltimore, MD

**Thelma Dalman, R.D.**, School Lunch Director, Santa Cruz City Schools, Santa Cruz, CA

**Beatrice Trum Hunter, Author** (*Consumer Beware, The Mirage of Safety, The Great Nutrition Robbery*), Hillsboro, NH

**Thomas M. Small, Attorney**, Fulwider, Patton, Rieber, Lee & Utecht, Los Angeles, CA

**Bernard Weiss, Ph.D.**, Professor of Toxicology, Deputy Director, Environmental Health Services Center, University of Rochester School of Medicine & Dentistry, Rochester, NY.

## The Hyperactive Adult

"Don't worry, he'll outgrow it," was the refrain heard over and over by the families of troubled children. Professionals used to comfort parents with the assurance that their child's unacceptable behavior would somehow evaporate with the onset of puberty.

But hyperactivity doesn't automatically "go away." The symptoms may change; the teen may be better able to control his impulses than he could when he was six. The adult may learn to compensate or may deaden the inner restlessness with alcohol or medication. It may manifest itself as "stress" or "nerves" in the adult.

Fortunately, physicians and counselors now realize that the "hyperactive adult" really does exist. But they tend to reserve this label for the individual who shows the very obvious physical symptoms, or who has a history of difficulty relating to others.

The more subtle signs are overlooked, but Feingold adults will

recognize many familiar symptoms on the enclosed questionnaire. It was prepared by Preston Edwards, M.D., who is chairman of the FAUS special committee for Adults on the Diet.

Please take a few minutes to fill this out and return it to Dr. Edwards. Your assistance will be of much value in better understanding the problems and needs of the chemically-sensitive adult.

(Editor's note: If you find you are unable to sit down and complete this, it may be that you've been cheating on your diet. Next time, skip the glazed doughnut, and when you're back to functioning at your best, please fill out and return it to Dr. Edwards. Thanks!)

## The Other Feingolders in the Family

When I speak with Feingold parents, I often hear that when the entire family goes on the diet, it isn't only the children who respond.

Adults who thought it normal to feel irritable, prone to headaches, and tired suddenly find they're feeling good.

Symptoms may be caused by factors other than foods or chemical additives, but it makes sense that if your child is sensitive, one or both parents may be too.

Raising children is a challenge



for any parent. When the child is chemically sensitive it requires additional patience and understanding. This is nearly impossible for a parent who feels exhausted or irritable much of the time.

Is the diet doing only half the job in your family? With the new year approaching and the quiet that follows the holiday season, try sticking to the diet yourself. This includes easing off and eliminating the salicylates coffee and tea until you feel well enough to test them.

Try it for a few weeks . . . you may be pleasantly surprised and on your way to a HAPPY NEW YEAR!

Lynn Murphy

**COMPUTER FUND GOAL: \$3,500. \* RAISED TO DATE: \$925.**

## When the Hyperactive Child Grows Up

Nobody would have called Jessie Thompson a hyperactive child, but her mother always knew this daughter had "problems."

Glancing through a diary kept during her early childhood, Jessie notes that her mother came close to discovering the cause of these problems, but she didn't trust her instincts.

The mother wrote that Jessie, who was then a toddler, was having a bad day, "It might have been all the excitement at \_\_\_\_\_'s birthday party."

Another entry: "She seemed to get grumpy and cry a lot. It must have been all the Kool-Ade she drank yesterday."

Although the family ate fresh foods grown on their farm, Jessie recalls a pitcher of Kool-Ade was always nearby.

She excelled in her schoolwork and kept her behavior pretty well under control, but as she was grow-

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***Jessie felt that her problems were the result of some external factor or factors, "I could sense that these mood swings and depressions weren't really me."***

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ing up Jessie felt "like I was tortured inside." She credits the socializing little girls received back in the 50's as a reason why she did not take the path of the typical hyperactive, aggressive little boy.

It seemed to become increasingly difficult for Jessie to manage the internal chaos she felt. By the time she was in college her mood swings would run the gamut within a few hours, from euphoria to lethargy. This pattern repeated itself several times a day. Depression frequently enveloped her, and it just seemed like it was too much trouble to pick up a hairbrush.

Even the good times were marred

by the certainty that they would not last. She had close friends, but they could never predict how she would react to a situation.

Jessie felt that her problems were the result of some external factor or factors, "I could sense that these mood swings and depressions weren't really me," and she experimented with many different diets and food regimens.

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***It seemed to become increasingly difficult for Jessie to manage the internal chaos she felt.***

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Since her diet was then a "hippy" one of wholesome vegetarian foods, she didn't eat synthetic additives, but she consumed plenty of natural salicylates. (Jessie has read a newspaper article on Dr. Feingold's work, but the reporter failed to mention salicylates.)

She sought help from all of the traditional sources—and the non-traditional ones too, but none of the doctors, counselors, vitamins or diets made much of a difference.

Deep depressions eroded her marriage, and every job she began ended in a paralysis of lethargy. "There was a time when I considered committing myself to an institution."

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***Ingesting a dye will trigger an episode of crying, and severe depression lasting 24 to 48 hours.***

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The depression intensified when Jessie began taking birth control pills, and she became suicidal. When she discontinued the pills, there was a lessening of the depression.

Jessie got her first clue to the causes during a trip to Japan in 1976. She had a drink of orange soda ("and in Japan, orange soda is really orange!") Within three hours she suffered a physical and emotional reaction so severe, it became obvious that the dye was to blame.

"I figured I was sensitive to orange dye, so I avoided it . . . I drank green Gatorade instead!"

Two years later she read Dr. Feingold's book, *Why Your Child Is Hyperactive*, and learned that other additives, as well as the natural salicylates, were causing the havoc she suffered.

Gradually, Jessie was able to determine her own individual tolerances. She's careful about what she eats, and infractions are rare. When they do occur, they aren't extreme, with the exception of synthetic dyes. Ingesting a dye will trigger an episode of crying and severe depression lasting from 24 to 48 hours.

Family members who recall an angry, volatile Jessie are astonished by the changes they've seen. "My closest friend tells everyone, 'You just can't believe the difference in Jessie.'"

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***Depression frequently enveloped her and it just seemed like too much trouble to pick up a hairbrush.***

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The depressed young woman who once gave up on every job she started has been with a large firm for the past 5 years, and is now their highly successful publications manager.

Jessie is eager to share her story with others, and to try to spare them the long frustrating search for an answer. She has a particular concern for the child who, like herself, has "problems." She cautions parents to be aware that a child can have serious problems which he has managed to bury deeply. "Just because your kid isn't acting out, that doesn't mean he isn't miserable inside."

## Dear FAUS

I have a 19 year old hyperactive son who is eager to try the Feingold diet. For 19 years we have sought help for Mark. We tried counseling, Ritalin, allergy treatments and various special diets, but none have provided any lasting benefits.

Years ago we asked our pediatrician about the Feingold diet. He told us, "You can try it if you like, but it won't help." But we have no place else to turn, and at least it can't hurt.

I found copies of *The Feingold Cookbook* and *The Feingold Handbook* in my library, and have written for membership in the local association. Even though we don't have the foodlist yet, we've started to make changes in what we eat, and he says he feels calmer inside.

I have several questions: Beer is (unfortunately) very important to a 19 year old. Is there any he can have?

Mouthwash is another item he is reluctant to give up. And what about deodorants? Are there any approved brands?

**BEER:** Feingold members report that they are able to drink imported German beers. The recommended domestic beers are Coors in cans or bottles (not kegs), and Michelob in cans or bottles (not draft). Vodka is better tolerated than other hard liquors.

**MOUTHWASH:** Tom's Spearmint mouthwash, available in health food stores, is a good choice. You can easily make your own by adding a few drops of pure mint extract to a glass of water. Avoid oil of wintergreen, which is a salicylate.

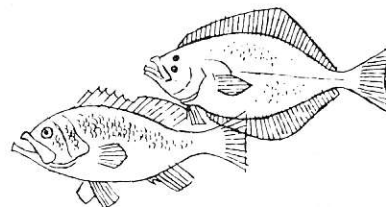
**DEODORANTS:** Brands which are approved for use include: Ban Roll-On (unscented), Dry Idea Roll-On (unscented), Five Day Deodorant Pads, and Sure stick (unscented).

## PIC Report

### Additions:

Mrs. Paul's Crunchy Light Batter Haddock Fillets, Crunchy Light Batter Fish Fillets, Crispy Crunchy with Golden Oven Baked Bread Crumbs Fish Fillets.

Van de Kamp's Batter-Dipped Fish Fillets (MSG) This does NOT include the tartar sauce packet.



### Caution:

Labels on some packages of **Reese's Peanut Butter Cups** now list TBHQ. FAUS has tried for years to obtain clear information on this product.

### Oops!

The last item in the PIC Report for November should have read: "Gel-Kam Non **Flavored** Stannous Fluoride Gel" (not "Non-Fluoride").

During the past quarter PIC sent inquiries to 166 manufacturers. Of that number, 47—approximately one-third—have responded. Finding out what is in our food is not as simple as we would wish.

## Illinois Conference

The Feingold PATH of Illinois hosted its annual statewide Conference in October.

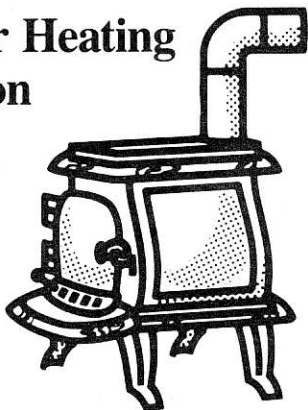
Participants enjoyed hearing presentations from supportive professionals, eating all natural food, and meeting great people.

Illinois will host the **11th Annual FAUS Conference** in Wheaton (near Chicago). Plan your summer vacation around our Conference dates—June 25-28, 1986.

## Winter Heating Caution

Kerosene heaters, wood-stoves, and fireplace smoke

are troublemakers for many chemically-sensitive people. Electric heat is the ideal choice. Stay calm while you stay warm this winter.



*The Feingold Association does not endorse or assume responsibility for any product, method, service or treatment presented in this newsletter. This is provided for the reader's information.*

## Feingold Trivia

**Q:** According to Food & Drug Administration requirements, where must manufacturers of alcoholic beverages list the ingredients?

**A:** The FDA does not have jurisdiction over alcoholic beverages. They are the responsibility of the Bureau of Alcohol, Tobacco & Firearms, which is a part of the Treasury Department. Alcoholic beverages are not required to list any ingredients.

**Note on recipes:** When you make stir-fry foods (as in the recipe for the stir-fry chicken in the October Pure Facts) do not add frozen vegetables to hot fat. The ice crystals can cause the fat to splatter fiercely, which can be dangerous.



## Computer Fund

We have now received \$925 in donations for the new computer. Here are comments from some friends who mailed in contributions:

From a physician who trained with Dr. Feingold 20 years ago and is using the diet in his practice: "For the benefit of hyperactive children in U.S.A."

S. K., M.D.  
Tokyo, Japan

"Thanks for changing my life! I have been free of symptoms for 7 years. As a former adult patient of Dr. Feingold's, he said I was a classic case of what he was talking about."

W.E.W.  
Quilcence, WA

## Dear Pure Facts

Is there anything I can give to a skeptical doctor who simply doesn't believe in the Feingold diet?

We suggest you give the doctor a copy of the British study which was published in the March 9 issue of *The Lancet*, a highly respected medical journal.

Also recommended is a copy of the June, 1985 issue of *Pure Facts* which describes the study, and an information brochure.

FAUS can provide this material. Send requests to: FAUS Lancet Reprint, P.O. Box 6550, Alexandria, VA 22306. Please enclose \$2.00 to cover costs of printing and mailing.

## Pure Facts Index of Major Articles for 1985

Many readers have asked us to provide an index of past articles. If you do not have all of these issues, or would like to order an additional copy, FAUS can make them available. Please specify which month(s) you want, enclose your name and full address, and \$1.00 for each issue. Mail requests to Pure Facts, P.O. Box 6550, Alexandria, VA 22306.

Alcoholic Beverages	Dec/Jan
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## Pure Facts

Editor: Jane Hersey

Subscription Manager: Gwyn Wertz

Contributing Editors

Chicago: Brenda Larrance

Detroit: Karen Dorries

Fort Worth: Carolyn Allen

Los Angeles: Colleen Smethers

New Jersey: Cyndy Witzke

New York: Pat Palmer

San Francisco: Lynn Murphy

St. Paul: Sue Maldonado

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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.



## 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.



Feingold Association of the United States  
**QUESTIONNAIRE FOR ADULTS ON THE DIET**

In Reaction To:

Salicylates

Additives

Do you experience:

- |   |                              |                             |                              |                             |
|---|------------------------------|-----------------------------|------------------------------|-----------------------------|
| 1. Sleep apnea syndrome<br>(poor, restless sleep) | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 2. Wheezing                                       | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 3. Skin rashes (acne)                             | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 4. Sore throat                                    | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 5. Sinus congestion                               | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 6. Headaches                                      | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 7. Muscle aches                                   | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 8. Fatigue  | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 9. Loss of concentration                          | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 10. Stomach pains                                 | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 11. Diarrhea                                      | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 12. Hyperactivity                                 |                              |                             |                              |                             |
| a. Restlessness                                   | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| b. Compulsive "doing"                             | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| c. Mood swings                                    | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| d. Irritability                                   | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 13. Recurrent illness                             | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 14. Bladder irritation                            | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |
| 15. Dizziness                                     | yes <input type="checkbox"/> | no <input type="checkbox"/> | yes <input type="checkbox"/> | no <input type="checkbox"/> |

16. How long do your reactions last? \_\_\_\_\_

17. Do you react to other foods?

yes ☐ no ☐

If yes, please explain: \_\_\_\_\_

18. What other medical problems do you have? \_\_\_\_\_

\_\_\_\_\_

19. Is there a family history of

a. Food allergies      yes ☐      no ☐

b. Pollen allergies      yes ☐      no ☐

c. Feingold sensitivity      yes ☐      no ☐

20. At what age did your problems start? \_\_\_\_\_

21. Was there any precipitating event that started your problem?

\_\_\_\_\_

22. How did you recognize what the problem was? \_\_\_\_\_

23. Are you on any medication?      yes ☐      no ☐

Please list: \_\_\_\_\_

24. Please elaborate on anything that you feel would be helpful to us.

\_\_\_\_\_

your name

\_\_\_\_\_

address

\_\_\_\_\_

phone number

Please assist us in better understanding  
the problems of the chemically-sensitive  
adult by filling out this questionnaire and  
returning it to:

Preston H. Edwards, M.D.  
4110 Blue Jay Circle  
Roanoke, VA 24018

December, 1985