

Pure Facts

Newsletter of the Feingold® Associations of the United States



June, 1988

Vol. 12, No. 5

Researcher Charged with Falsifying Studies on Ritalin, Dexedrine

Anationally recognized authority on the use of drugs for hyperactive children was indicted in Baltimore federal court on April 15.

Dr. Stephen H. Breuning, director of psychological services at the Polk Center in Polk, PA, has been accused of falsifying records of research studies using the drugs Ritalin and Dexedrine in treating retarded hyperactive children.

The research, funded by the National Institutes of Mental Health (NIMH), was instrumental in determining the agency's public health policy on the use of these drugs for hyperactive children.

An NIMH panel first announced evidence of fraud in the spring of 1987, and as a result, several states have made changes in their treatment practices.

When Scientists Fudge...[everyone loses]

from a Washington Post editorial, April 17, 1988

An unhappy picture of scientific research has emerged from two days of hearings last week on Capitol Hill. The hearings, in two House subcommittees, concerned scientific misconduct, and they took as their starting point the obstacles, and in some cases the career damage, that have dogged whistleblowers in a handful of recent cases involving allegations of fraud or serious error in experiments. One such allegation of error has been leveled against a

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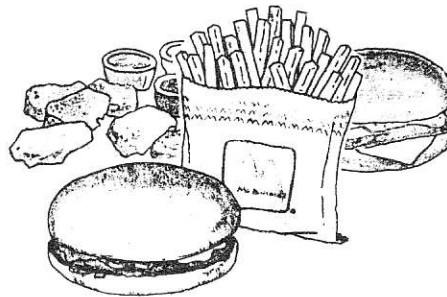
News From McDonaldland

There's both good news and bad news from the world's largest food chain.

McDonald's director of nutrition told *Pure Facts* that MSG has been removed from all products except the breakfast sausages. Hydrolyzed vegetable protein is found in some foods, however, and this may contain up to 20% MSG. (See *Pure Facts* for March, 1988.)

Unfortunately, the hotcakes are no longer acceptable as they now contain both artificial flavors and TBHQ.

Back to the plus side, many of the new products appear to be suitable for Feingold members to try.



Last year when we published our pamphlet, *Fast Food for Feingold Families* (*Pure Facts*, May, 1987) we included many words of caution for our members.

Families new to the Feingold Program should not venture out into fast food territory because it is difficult to obtain highly accurate information about the ingredients in restaurant food. Suppliers can easily switch ingredients, and hidden additives are always a problem. Large chains like McDonald's use many manufacturers for the same product. For example, 34 different companies supply buns for

McDonald's. Each of those 34 bakeries may purchase shortening from numerous different suppliers, etc.

The purpose of our fast food research is to give the experienced member a "fighting chance" when eating out. We can tell which choices are definitely out; we can also feel secure using those foods which are unlikely to contain undisclosed ingredients. (Some examples are: tea, coffee, lettuce, pure orange juice, butter.) But that still leaves a lot of uncertainty, and members are advised to: wait until they are established on the diet, avoid overdoing fast food meals, and/or test various fast foods to try to determine which are tolerated.

McDonald's Food...the Facts has just been reprinted and should be available to consumers at this time. You can check at the restaurants for a copy, or call their Oak Brook, Illinois headquarters at 1-(312) 575-FOOD to request one. Be certain the copy you use is the most current version. It should say "March, 1988" in the back of the book, on page 54.

There are a great many golden assurances about the golden arches in this book -- promoting fast food as highly nutritious and showing all additives as benign, even beneficial. But if you ignore the propaganda, there's a great deal of valuable information located on pages 15 through 32.

Based upon information supplied by the company, the following foods appear to be suitable for Feingold members who are successfully using the Program. Most of the foods are suitable

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The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

A Special Anniversary

In June 1973 Ben F. Feingold, M.D. presented his findings to the American Medical Association. He called upon his colleagues and on the federal government to initiate studies to further test his findings that synthetic food additives and some natural substances can affect behavior and learning.



Ben F. Feingold, M.D.

When he died in March of 1982, at the age of 81, Dr. Feingold left a living legacy: thousands of families — in the United States and throughout the world — whose lives have been enriched by his work. It has been 15 years since his intense interest in helping others led to his speech before the AMA, but the effects of it will be felt for many years to come.

Those of us who have experienced the benefits of his work remain deeply grateful.

A Message to Moms & Dads

By Colleen Smethers

It was just 12 years ago that 5 1/2 year old Jeffrey was at his worst.

He was not yet on Dexedrine, but I was already on tranquilizers. We were running out of available treatment programs for hyperactive children and the anxiety of where-do-we-go-from-here was ever present.

I had just heard from the 3rd "expert" that the kid was fine so it must be me. In all fairness to the doctors, Jeff was able to be a sparkling blue-eyed charmer for the length of an office visit, but on the way home he would try to kick out the windows of the car. My copy of Dr. Feingold's book lay on the bookshelf — unread.

Jeff cheated every chance he got, but each period of calm was food for his starving self-esteem.

Months went by and the dose of Dexedrine increased to 40 mg. for a 40-pound child. My sparkling son became an irritable, sleepless child with dark circles under his eyes. "I hate you" were his first words in the morning and the last at night.

The name Feingold came up again and I went searching for my book. I was skeptical, but decided to give it a try,

first reducing, and then stopping the Dexedrine.

Jeff fought the diet every day of his life and cheated every chance he got. I persevered, and the calm times he did have gave him the positive experiences he needed to develop his personality.

Today, Jeff has enough emotional maturity (thanks to the Feingold diet) to make good choices for himself and take charge of his own life.

My Message to you:

1. Even if your child fights the diet, don't give up. It's like living on an emotional roller-coaster but each period of calm is food for his starving self-esteem.

2. There still isn't much help available for desperate families, so it's up to us to let people know we are here.

3. When you meet with skepticism, remind your critic that a trial on the Feingold diet can't hurt. Acceptance comes with results; seeing is believing.

4. And, most important: Moms & Dads, give yourself lots of credit for committing yourself to your child's needs above and beyond the call. Thanks to you, your child will have a chance at a great future.

It's not too late plan to attend all or part of our 13th Annual Conference to be held in Santa Cruz (near San Jose) California June 22- 26.

The cost of \$60/day includes delicious Feingold approved meals and a wealth of information to make life on the Feingold Program easier and more rewarding.

Helping Families

Highlights include: Current Research on Diet/behavior and its Implications for Feingolders, by Stephen J. Schoenthaler, Ph.D.,

School Foods for Feingold Kids, by Thelma Dalman, R.D., former Food Service Director of the Santa Cruz Public Schools and member of the

FAUS Conference



FAUS Professional Advisory Committee.

Workshops will be given on the following: Product Information Research, Adults on the Diet, Party Ideas for All Ages and All Holidays, Working with Parents, Working with Allergies, Getting your Graphics Together, Leading an Orientation Workshop.

Coast to Coast

The conference center is located close to the San Jose International Airport, and assistance is available to help you combine your conference stay with a California vacation.

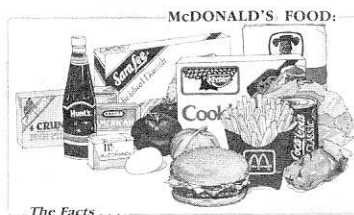
For information call Sandy Smith at (415) 472-4764 (evenings).

McDonald, from page 1

for Stage II (salicylate).

Beef Patties
Big Mac Sauce (CS, HVP/MSG)
Buns (uncertain about presence of BHA, BHT or TBHQ. Check with the local supplier.)
Buttermilk Biscuits (not "biscuit spread")
Butter
Cheddar Cheese
Cheese (American cheese)
Chicken (diced)
Chicken McNuggets
Chow Mein Noodles
Coca Cola Classic (CS) not Diet Coke (The Coca-Cola Company has not filled out our detailed inquiry forms, thus it can not be considered for inclusion on Feingold foodlists.)
Coffee
Croutons (CS)
Cucumbers
Dehydrated Onions
Dill Pickle Slices (SB)

Eggs
Eggs, hard boiled
English Muffins (CS, CP) (Uncertain about the presence of BHA, BHT, TBHQ. Check with local supplier.)
Fillet of Fish Patty (CS)
French Fries (CS)
Grape Jam (CS)
Grapefruit Juice
Green Pepper
Ham (SN, CS)
Hash Browns
Honey
Hot Mustard Sauce (CS, SB)
Ketchup (CS)
Mustard
Orange Juice (not orange drink)
Radishes
Salad Dressings:
French
Ranch (SB)
Lite Vinaigrette
Chicken Oriental (CS, SB)
Salad Mix - lettuce, celery, carrots
Shrimp



Feingold Boy Scouts: Be Prepared

The Boy Scouts of America requires a health form for scouts who will be participating in high-adventure activities.

The form includes the following cautionary note: "Trail food is by necessity a high carbohydrate, high caloric diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If these food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel."

Product Alert

Because fragrances are a problem for some chemically-sensitive people, Feingold members are encouraged to avoid them when possible.

It's sad to report that Ivory liquid dishwashing detergent now has a noticeable fragrance. If you wish to use this product, test it out cautiously. You can express your reaction to this change by calling the manufacturer's toll free number: 1-800-543-0485.

PIC Report

from Barbara Ballmer, PIC Chairperson

Vaseline Lip Therapy Petroleum Jelly (by Cheeseboro Ponds) has been found acceptable for use.

Members often express surprise that petroleum jelly is found on our list of acceptable products because so many of the substances eliminated on the Feingold Program are petroleum derivatives. How could something like Vaseline be acceptable?

The answer is that the Feingold Program is entirely pragmatic; it is based upon the practical experiences of thousands of people. To the best of our knowledge, no brand of petroleum jelly contains synthetic dyes, flavorings, or the unwanted antioxidant preservatives. And many years of use have indicated it is well tolerated by even our very sensitive members.

Sprite (CS, SB)
Strawberry Preserves
Sweet & Sour Sauce (CS, SB)
Tartar Sauce
Tea
Tomatoes (sliced & wedges)
Turkey
Whipped Butter Pats
CS = Corn Syrup/Sweeteners
SB = Sodium Benzoate,
SN = Sodium Nitrite
CP = Calcium Propionate
MSG/HVP = Monosodium Glutamate/ Hydrolyzed Vegetable Protein

Please refer to the Feingold Handbook for information on these additives and their relation to the Feingold Program.

Noteworthy

McDonald's advertising budget for 1986 was \$592 million.

Until recently, Golden Grain Macaroni Company used irradiated mushrooms in several of their Rice-A-Roni and Noodle-Roni mixes. This raised two issues: first, the Food and Drug Administration (FDA) has not authorized the use of irradiation on mushrooms, and second, the packages failed to show the logo required for irradiated foods. The company explained that these rules did not apply, because the mushrooms were a "vegetable seasoning".

In 1986 the FDA made a tentative decision to ban the use of sulfiting agents in all potatoes served in restaurants. Now it appears the agency ban will apply only to fresh potatoes served in restaurants, not to dehydrated ones. For the asthmatic, who may be at risk of reacting to sulfites, these new regulations won't be of much help—at least not until restaurants start listing menu entrees like "dehydrated, reconstituted, chemically-treated mashed potatoes".

This information is from Nutrition Action Healthletter, published by Center for Science in the Public Interest.

Irradiation and sulfites are not prohibited on the Feingold Program. But the labeling regulations which affect these, and all additives, are of interest to our association.

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

researcher in a team headed by a Nobel laureate, David Baltimore of MIT.

The notion of government-funded research conducted according to pure and objective scientific methods — rigorously controlled experiments, careful vetting of all results by prestigious journals and grand committees, collegial exchanges between scientists — matters a great deal both to those who practice science and to those who depend on its results.

Last week's testimony [before two House subcommittees], which explored the reasons why some scientific fraud goes unpunished and why many scientists wink at a broad variety of less blatant carelessness and error in published research, painted a different picture of scientific research.

It portrayed an all-too-human endeavor in which the pressure to publish nudges many young scientists toward careless work, and the closely interwoven interests of researchers, their supervisors, universities and government funders make it practically impossible for them to police one another.

Pure Facts

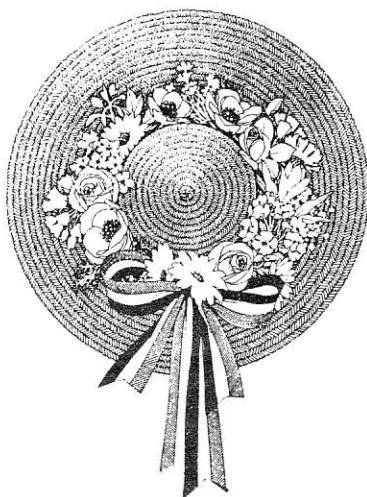
Pure Facts is published ten times a year. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency).

For further information write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306. (703) 768-FAUS.

Research Proposal Competition

Research proposals which can lead to a Ph.D. dissertation are invited from doctoral candidates on the "Relationship of Diet and Environmental Contaminants to Disordered Behavior". Creative and innovative ideas are encouraged. A packet of information on the subject plus Guidelines for Submittal is available upon request to the Wacker Foundation, 10848 Strait Lane, Dallas, TX 75229.

Submittal deadline is December 15, 1988. Winning entrees will be determined by a panel of eminent scientists and will receive favorable consideration for funding. First place prize is \$2,500; second place, \$1,500; and third place, \$500. Winners will be announced in February, 1989.



Summer Travel

If you are a member of a Feingold Association and plan to travel in the U.S. this summer you may want to contact FAUS' Travel Aid Committee for a copy of the Foodlist(s) covering the part(s) of the country you will visit.

Thanks go to Suzanne Crossley who has helped travelers for several years, and to Gail Wachsmuth who will now be providing this service.

Foodlists are available for the following areas:

1. Northeast (New York & New England)
2. Pennsylvania/New Jersey
3. Mid-Atlantic (Maryland, DC, Virginia)
4. Southeastern states
5. Midwestern states
6. Southwestern states
7. Utah
8. Southern California (includes Arizona, southern Nevada, Hawaii & Guam)
9. San Francisco Bay Area/Northern California (includes northern Nevada, Colorado & Wyoming)
10. Northwest (includes Alaska)

These Foodlists are offered to members at cost (\$3.00) payable to FAUS. Send requests to Gail Wachsmuth, 12708 Norwood Lane, Ft. Washington, M.D. 20744. Please contact us as early as possible.

Dear Friends,

As I was going over my copies of *Pure Facts* I noticed an index of back issues. Could I obtain any or all of these? Many of the topics are just the thing I have wondered about.

Your newsletter is so informative. I feel as though it is very necessary reading for parents like myself with hyperactive children.

Mrs. Julian R. Smith
Bellflower, CA

Editor's Note: Copies of most of the back issues are available; we ask for a donation of 50 cents apiece. *Pure Facts* is published ten times a year.

Readers can also request a complimentary copy of any available issues to be mailed to friends, relatives, etc. Please send the name and full address of each, and note which issue of the newsletter you want sent to each person.

Government Agencies Move Slowly on Carcinogens

The following information is taken from a report by the Office of Technology Assessment, the research wing of the Congress.

Studies funded by the National Cancer Institute have identified 48 cancer-causing ingredients in food additives, color additives, and cosmetics. Of these 48 carcinogens, the Food & Drug Administration has taken action on only 17 of them.

The Environmental Protection Agency has cancelled and/or industry has voluntarily suspended only 13 of 22 pesticides found to cause cancer.

27 of the chemicals covered under the Clean Water Act have been found to be carcinogens; but only 14 of them have been regulated.

Of 52 workplace chemicals found to cause cancer, the Occupational Safety and Health Administration has regulated only 2.

The Consumer Product Safety Commission has regulated and/or industry has taken voluntarily action on only 8 of the 14 cancer-causing chemicals for which it is responsible.