

Pure Facts

Newsletter of the Feingold® Associations of the United States



November, 1988

Vol. 12, No. 9

Thank Heaven for Grandparents!

Most of our mail comes from parents of troubled children, but a close second are the grandparents of these youngsters.

A typical letter reads, "My daughter and I are beside ourselves concerning my granddaughter. She is only 8 months old and driving us up the wall."

"She sleeps very little, is on the go all day, and has been in a walker since 3 1/2 months old. She is very smart for her age but very strong willed. As young as she is, she has temper tantrums when she can't do things or can't have her own way. Can you help us?"

There are many ways grandparents can, and do, help.

* Contact the Association and ask that information be sent to your grandchild's parents. Or, provide a gift membership, as many grandparents do. One woman wrote, "I'm ordering two memberships, one for my daughter and one for myself since I am around our grandson quite a bit. I want to be able to help as much as possible."

* Consider using the Feingold Program for yourself as well. It appears that the tendency to be chemically-sensitive may be inherited, so you might find you feel much better after you have removed certain synthetic chemicals from your diet.

* Once your grandchildren have become established on the Program, you may find you will welcome their visits. It will be important for you to have "Feingold-acceptable" foods in your home.

* If you have a good relationship with the child's parents, and live nearby, you can be helpful to the family getting started on the Program.

Do you have a little extra time to hunt down that special natural tooth find? Would you be willing to ask the

local grocer to carry a special product, or would you write a letter to a manufacturer?

Would you babysit while Mom makes her first trip to the grocery store with her new Foodlist?

* If the mother simply hasn't the time to bake cupcakes for the class party, can you volunteer? (Has anyone ever been the "Room Grandmother"?)

* What if the child's parents are lukewarm about the whole idea of changing a child's diet? Or what if your relationship is less than ideal?

One determined grandmother searched long and hard until she found us. Her 6 year old grandson was being expelled from school because his violent episodes of behavior endangered the other children.

The child's parents agreed to him spending a week's vacation at his grandparents home. Everything there was "Feingold-safe" and in just a few days the little boy started to become the calm, bright and cooperative child she knew was always there. She writes, "Everyone of us is so pleased. But more important, our little fellow knows he IS O.K., is accepted, and is pleased with himself. He even refuses anything that he knows will "hurt him" or make him "do bad things".

"He isn't rejected, isolated, or made fun of. He isn't "learning disabled". He isn't "incorrigible". He isn't a "threat to other children". He even draws better.

"He was born a beautiful child, sweet, tender and loving. For a little while there, because of ignorance, there was a problem...but no more."

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A Feingold Parent's Kind of Thanksgiving

After dealing with our everyday challenge of maintaining some order in our homes while trying to keep *everybody* happy, we rarely have time to stop and think how lucky we are. Yes, we have children who are chemically-sensitive; and dealing with reactions is a burden; and you feel like screaming if you have to supply safe substitutes for birthday party junk one more time this month.

But wait! Remember back, if you can, to how things were *before* you became aware of all the problems that your child's former diet caused. We



tend to forget the frustration we felt at not being able to get any answers to our child's problem, the embarrassment it caused to bring him or her to a friend's home or the hurt that you felt when you thought that you must be doing something wrong. Remember how you felt when there were no birthday party invitations for your child.

Take a moment to think back on those times. If you see an improvement be very thankful that you found a solution — it may be one that we have to work at at times, but for many of us, we are very thankful that it is there.

Lynn Murphy

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.

Special Issue on Grandparents

Summer School for Keri and Me

"Do it yourself" the little voice inside my head kept saying when I asked for Divine guidance in finding the right tutor for my grandchild.

Keri was diagnosed as an Attention Deficit Disordered child in first grade and now she was showing poor prospects of passing from third to fourth grade.

Her math ability was above average but there just seemed to be a mental block where reading was concerned. She skipped words, or reversed them, and labored over every word until she lost the meaning. As a result, all subjects suffered progressively to the point of total frustration for her bright little mind.

I am a school teacher, but teaching reading is not in my field. However, the urge to try to help became too great to ignore, and I talked with my family about spending the summer tutoring Keri.

She lives almost 200 miles from my home, but my husband agreed to being left alone and my son-in-law agreed to his mother-in-law moving in for the summer. My daughter was delighted, and Keri was ecstatic over the prospect of sleeping late every morning instead of going to the day care center. So Grandmother began her homework on how to teach reading.

Also, I read books and articles about the ADD-hyperactive child and how to deal with their learning disabilities. Diet was mentioned frequently in almost all of them as a possible causative factor.

Then, only one week before I was to leave for my "summer job" I learned about the Feingold Association and, through a series of telephone calls, talked with several experienced Feingolders. I became convinced that no amount of instruction, even generously seasoned with grandmotherly love, could alter a child's learning process until the basic problem was attacked.

"So THIS is the reason I am the chosen tutor," I thought as I realized that I could initiate the diet as well as tutor Keri in reading, attacking the problem and treating the symptoms simultaneously. By the time I would be ready to come home, her parents would be adjusted to the diet and could easily continue with it.

We began our reading sessions on Monday and the Feingold diet on the following Wednesday. One day during that first week Keri became so frustrated she banged her fists, stomped her feet, shook her head, and, through clenched fists said, "I can see the words but I just can't make them come out!" Another day I looked down at her sitting beside me and saw a tear run down her face while she was reading, but she was still trying to slay that dragon. In a few minutes she burst into tears and cried, "Grandmother, my mind just won't let me do it right!" We sat there wrapped in each other's arms and cried.

Daily, we seemed to see her calming down and she was a real trouser about eating correctly. Then on Monday, only the sixth day on the Feingold diet, Keri read a short chapter in her reader without stumbling. The tears on that day were for joy!



Not every day since that one has been as good, but I could relate numerous incidents since then which prove beyond a shadow of a doubt that this change in our 9 year old is diet-related. She has a long way to go to reach her grade level in reading — the diet cannot magically teach what has been missed — but we have found the key to calming that little mind so that it can begin to catch up.

*Hellyn Jordan
Auburn, GA*

Ritalin Abuse Increases

The following information is taken from the August, 1988 issue of American Family Physician, the journal of the American Academy of Family Physicians. The authors are Ann Ivy Fulton, B.S.W., and William R. Yates, M.D. of the University of Iowa College of Medicine.

"Methylphenidate (Ritalin) is often the drug of choice for pharmacologic treatment of attention deficit disorder. Cases of parental abuse of the drug have been reported."

"[Ritalin] has become increasingly popular as a drug of abuse. Prescription abuse accounts for about half of all cases of methylphenidate abuse. The prescription price of 35 cents per 10-mg tablet compares with a street value of \$5 for a 10-mg tablet. Thus, a prescription of 100 tablets can amount to a profit of more than \$400 if the tablets are sold illicitly.

"When taken in large doses, methylphenidate mimics the effects of amphetamines. Substance abusers often use amphetamines (including methylphenidate) together with narcotics in a combination known as a "speedball." The amphetamine counteracts the sedative effects of narcotics. Because of its high quality as a prescription drug, methylphenidate is gaining in popularity among amphetamine and polysubstance users."

"Since the number of methylphenidate tablets taken daily by illicit users is much greater than the number taken by children with attention deficit disorder, substance abusers are often driven to seek multiple prescriptions from several physicians."

The authors describe two cases where a parent's addiction to drugs led to their using the drug prescribed for a child. One substance abuser coached her nine-year old son on how to behave in the doctor's office so he would be diagnosed as ADD.

Editor's note: The authors offer several solutions for discouraging family abuse of methylphenidate. One which they neglect to name, however, is the substitution of diet management.

Time to Bake ... But There's Not Much Time

More on Cholesterol

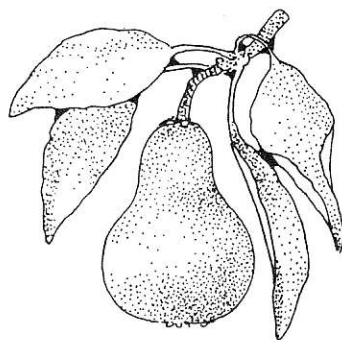
In last month's *Pure Facts* a reader asked about combining the Feingold Program with a low cholesterol diet. Both the recipe for "Wacky Cake" (a long-time Feingold favorite) and the "Quick Mix Pear Cake" are made with oil, and should be ideal for a low cholesterol regimen.

Wacky Cake

- 3 cups flour
- 1 1/2 cups sugar*
- 6 Tbsp cocoa**
- 1 tsp salt
- 2 tsp soda
- 1 Tbsp vanilla
- 3/4 cup cooking oil
- 2 Tbsp vinegar
- 2 cups cold water

* The sugar can be reduced down to 1 cup with little change in the taste of the cake

** 2 2-oz melted unsweetened chocolate sections or 6 Tbsp carob may be used.



Preheat the oven to 350 degrees.
Grease a 9x13" pan or two layer cake pans.

Sift the first five ingredients together in a bowl. Add remaining ingredients. Stir until well combined. (The batter will be very thin.) Pour into the pan(s) and bake 40 - 50 minutes at 350 degrees.

NOTE: This recipe may be used to make cupcakes. Bake them 20 - 25 minutes or until a wooden toothpick comes out clean when inserted in the center of a cupcake.

Quick Mix Pear Cake

Preheat oven to 350 degrees.

In an ungreased 9" square pan, measure out the following:

- 1 1/2 cups unbleached flour
- 3/4 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped nuts

Combine the following in a large measuring cup or a bowl:

- 1/2 cup cold water
- 1/3 cup oil
- 1 Tablespoon Heinz white vinegar
- 1 teaspoon pure vanilla extract
- 1 egg
- 1 jar (4 1/2 oz) baby food pears

Add the liquid ingredients to the dry mixture in pan. Stir gently with a rubber spatula until well blended.

Bake in a 350 degree oven for 30 - 35 minutes. Cool. Top with a powdered sugar glaze if desired.

Ritalin - Becoming The "Drug of Choice" in Iowa

The Cedar Rapids police department has found that "Ritalin junkies" have joined the heroin, cocaine and marijuana abusers, and it has become the drug of choice for some addicts.

Ritalin is classified by the Drug Enforcement Administration as a Schedule II substance; this means it has accepted medical use, but is in the category with the highest potential for abuse of all legal drugs. Other Schedule II drugs include opium, morphine and codeine. (Schedule I drugs are illicit substances with no legitimate medical use.)

Both the state of Iowa and the city of Cedar Rapids have received national attention because of their high use of methylphenidate (Ritalin). Iowa has consistently been ranked among the top states in the per capita consumption.

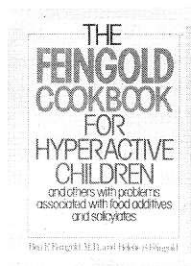
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Happy Birthday to our children's honorary Grandmother — Mrs. Helene Feingold!

Give Someone You Love a Delicious Holiday Gift

The Feingold Cookbook, by Dr. and Mrs. Feingold, provides an update on the information first presented in *Why Your Child is Hyperactive*.

- Introduction by Dr. Ben
- Hints for parents
- Delicious Recipes
- A great gift for:
 - yourself
 - a grandparent
 - your child's teacher
 - a good friend



Funds from the sale of these cookbooks will benefit your local association and the Feingold Association of the United States.

Write to: FAUS Books, P.O. Box 6550, Alexandria, VA 22306. The price of the paperback book is \$6.00 and the hardback is \$10.00. This includes shipping.

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.

Farewell to Ruth — a Grandmother to be Reckoned With

When Ruth Desmond died on September 30 the Feingold Association lost a cherished friend.

Even before the term "consumer advocate" had become widely understood, Ruth was one. Her crusade for safe food began in the late 1950's when her husband learned he had bladder cancer. Ruth's research into the causes of cancer led her to the connection between pesticides and the disease.

Displaying the righteous indignation that became a trademark, Ruth called the Food & Drug Administration, demanding to know what they were doing about the problem. "Madam" the FDA employee asked, "if you're so interested in this matter why aren't you on Capitol Hill attending the additive hearings?" Ruth went, as did several other grandmothers — with their flowered hats and white gloves. This meeting led to the formation of the Federation of Homemakers in the spring of 1959.

Representatives from the Federation regularly attended government hearings and in the words of Ralph Nader, Ruth "was the first person to put down roots and go after these namby-pamby regulatory agencies."

She took the agencies by surprise and was allowed to pour over their records. In an interview several years ago she told *Pure Facts*, "They said I was the first housewife who came to Food and Drug and went up and looked through all their records. They were so glad to see someone come in. Now when I go in to look at the records they say someone has borrowed it, or it's in the other room; you can't have it."

She found her grandmotherly manner to be an asset. "At the Food & Drug Law Institute," Ruth had noted, "they would serve drinks, and different men would be telling me things, and I'd think 'Goodness gracious, why are they telling me this?' I would just go and blab it to the public!"

As any married woman knows, one volunteer requires two people: herself and an understanding husband. Fortunately, Gordon Desmond supported his wife's crusade. How many husbands surprise their wives on Valentine's day with a year's subscription to the expensive trade publication, "*Food Chemical News*"?



Although Ruth didn't take herself very seriously, she was serious about the accomplishments of the Federation. They include:

- * Preventing the FDA from allowing cheap fillers to be added to peanut butter. (A product called peanut butter must contain 95% peanuts. The manufacturers wanted to reduce that and still call it peanut butter.)

- * Winning a law suit against the Department of Agriculture for their policy of permitting hot dogs to be labeled "all meat" or "all beef" when they contained other ingredients.

- * The Federation fought for the removal of DES, penicillin and tetracycline from animal feed.

- * The safety of infants was close to Ruth's heart. She badgered the FDA to try to stop the deliberate addition of caffeine to soft drinks, since they were so widely consumed by pregnant teenagers and put the unborn babies at risk.

Ruth opposed the FDA's listing of caffeine as a GRAS (generally recognized as safe) substance.

- * Another battle concerned the addition of cancer-causing nitrosamines to infant bottle nipples.

- * The Federation championed the cause of "whistle-blowers" — those in the government who speak out when there is wrong-doing, and who are punished as a result.

- * She championed the cause of the Feingold Association as well, calling our children the "little victims".

Ruth knew a lot about politicians, bureaucrats, lawyers and vested interests. She knew what favors people in power received, and from whom. One of her favorite words was "scoundrels". She saw what money and influence could accomplish, but she also saw what a determined grandmother can do once she sets her mind to it.

Goodbye, Ruth; and thank you. We'll miss you.

Grandparents, from page 1

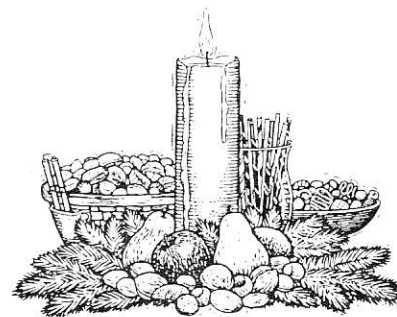
* How many other grandparents do you know who are deeply troubled about children they love? You can be the one to make a difference, by telling them about the help available.

"Drug of Choice" from page 3

tion of Ritalin; and the city of Cedar Rapids alone consumes 22 percent of the drug prescribed in the state. This is particularly significant according to Norman Johnson, the director of the Iowa Board of Pharmacy Examiners, since only 4.5 percent of the state's population live in Cedar Rapids.

Abusers obtain the drug through prescriptions intended for a child, through forged prescriptions, and by stealing the drug from pharmacies. "Anytime it's got a Schedule II on it, they're going to go for it, they're going to want it, there's a market for it," commented Cedar Rapids police detective Sgt. James Noonan.

Information from *The Gazette*, Cedar Rapids, IA, September 4, 1988



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