

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Ritalin Increase noted in JAMA

The *Journal of the American Medical Association (JAMA)* recently published an article on the increase in the use of the drug Ritalin to control the symptoms of hyperactivity and inattentiveness in students. The article, entitled "A Survey of Medication Treatment for Hyperactive/Inattentive Students" (*JAMA*, Oct 21, 1988) by Daniel J. Safer, M.D. and John M. Krager, M.D., M.P.H. documents the increased use of stimulant medication in Baltimore County, Maryland. (The state of Maryland is the second highest in per capita use of Ritalin in the country. Utah is the first.)

The researchers found that the use of Ritalin for elementary school aged children has been doubling every four to seven years. In 1971 only one percent of these children received Ritalin, and by 1987 it had increased to 6 percent, or one child out of 17. And during those years, the market share for Ritalin has increased from 40% to 93%, while Dexedrine has dropped from 36% of the market to a mere 3%. Cylert, introduced in 1974, varies between 1% and 6% in use.

More girls being medicated

Another change is found in the percentage of girls being given the drug. The article notes the male-female ratio has gone from an average of 8:1 to 5:1.

The focus in diagnosing children is now shifting from physical overactivity to "inattentiveness", which is most likely why more girls are being given Ritalin. It has been our experience that most of the girls who benefit from the Feingold Program were not physically overactive, but displayed more subtle symptoms, including inattentiveness.

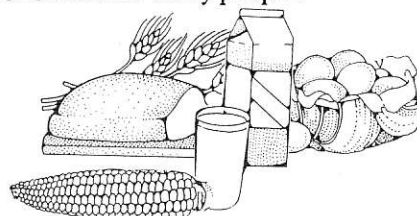
Other Problems Affecting Feingold Members

"Any compound in existence, natural or synthetic, has the potential to induce an adverse reaction in any individual with the appropriate genetic profile."

Ben F. Feingold, M.D.

Dr. Feingold recognized that an individual can be sensitive to, or allergic to, virtually anything. In developing the "K-P Diet" (now known as the Feingold Program) he focused on just a few substances: synthetic food dyes, synthetic flavorings, three antioxidants, and the temporary removal of a category of foods referred to as "salicylates."

He narrowed down the focus to these — not because they are the only, or the most important items to avoid — but because his many years as a clinician taught him that they are major offenders for many people.



Once a child or adult responds to the Feingold Program, it is often helpful to go further and consider other foods and/or chemicals which may be adversely affecting one's health and/or behavior. The Feingold Association often receives requests for help with other problems such as food allergies and environmental sensitivities. A brief description of some of these potential problems is covered in the *Feingold Handbook*, but the association is not qualified to provide the help required. We encourage members to seek assistance from a professional and/or the appropriate support group.

The association networks with other groups in many related fields. Some of

these resources will be described in this issue and coming newsletters. Information may be found in the reference section of your library or through a self-help clearinghouse. For information on self-help groups in your area, you can contact the **National Self-help Clearinghouse**, 33 West 42nd Street, New York, NY 10036. (212) 840-1259.

Food Allergy

It is not unusual for the Feingold member to be allergic to one or more foods, with milk appearing to be a common offender. Dr. Feingold counseled his patients to first give our program a try, and if there was no response, or partial response, to then seek help from a physician trained to deal with allergies. He considered skin testing for food allergies to be unreliable, and advocated that the patient test for suspected allergens by temporarily removing them and keeping a diary of foods eaten.

Selecting and preparing food to accommodate the needs of an allergic family member can be very difficult — and makes the Feingold Program look simple!

There are numerous books to help you detect and deal with food allergies. Here are a few:

Cooking for People with Allergies, prepared by the U.S. Department of Agriculture. Send \$1.50 to: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20042. Ask for the stock number 001-000-04512-1.

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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.

Special Issue on Food Allergy

Other Problems, from page 1

Food Sensitivities, is a cookbook for people on special diets. It can be ordered from the American Dietetic Association, P.O. Box 909705, Chicago, IL 60690. The cost is \$4.75. Other cookbooks available from the ADA include: *Gluten Intolerance*, and *Lactose Intolerance*. The price of each of these books is also \$4.75; or the set of three books may be purchased for \$13.15.

Tracking Down Hidden Food Allergy, by William Crook, M.D., Professional Books, P.O. Box 3494, Jackson, TN 38301

Allergies and the Hyperactive Child, by Doris Rapp, M.D., Simon & Schuster, 1230 Ave. of the Americas, NY, NY 10020.

If This Is Tuesday, It Must Be Chicken, by Natalie Golos, Keats Publishing, P.O. Box 876, New Caanan, CT 06840.

Food Allergies: How to Tell if You Have Them; What to Do About Them if You Do, by Neil S. Orenstein, M.D., Perigee Books, 200 Madison Ave., New York, NY 10016.

Gaining and keeping the cooperation of a child on a restricted diet can be a difficult job. The book, *Special Diets and Kids, How to Keep Your Child on Any Prescribed Diet* addresses this issue. It was written by a Feingold mom, Sharon Latta, and Dr. John Taylor, a clinical psychologist familiar with our program. The publisher is Dodd, Mead, 71 Fifth Ave., New York, NY 10003. It is now available in paperback.

An excellent resource is *Allergy Quarterly*, the magazine of the Allergy Information Association of Canada. Their address is: 65 Tromley Ave., Islington, Ontario, M9B 5Y7, Canada.

Which Foods are the Worst Culprits?

More than 90% of food allergies are caused by six foods, according to Neil S. Orenstein, M.D., of the Harvard Medical School. These are: corn, eggs, milk, yeast, wheat and soy. Many of these are hidden in processed foods, making it very hard to identify them. Allergy to grain, especially wheat, is difficult to deal with; and for the individual who must avoid several grains, it is even harder.

Some unusual flours have recently generated a lot of interest, and may prove to be helpful to allergic individuals. These highly nutritious foods are amaranth, quinoa (pronounced "keen-wa"), and teff.

Combining the Feingold Program with an Allergy Diet

Dear FAUS,

Since I started the Feingold diet, a chronic cough I've had for over eight years has all but vanished.

My doctor didn't put me on the Feingold diet initially, but had me go on an elimination diet to test for allergies. My children and I reacted to 4 out of 5 things. (I'm 30 years old, my son, Timothy, is 4 and my daughter, Angela, is 2.)

But even after the elimination diet was over and we were avoiding the foods we were sensitive to, I was still coughing up a storm. It was pretty frustrating.

A friend had mentioned the salicylate-free diet. Although it meant an even more restricted diet for me and my children, I was anxious to give it a try. So we began avoiding the salicylates, as well as wheat, corn, dairy, eggs and soy. Our doctor was very supportive of this.

Within 3 - 4 days I could tell that my cough was diminishing and my children were much more calm. It was wonderful! I kept thinking it was not really happening.

Then I began adding some of the "allergy" foods back in to see if maybe it was salicylates all along. Unfortunately it's a combination of the two. We definitely can't have dairy products or corn and I'm going to try wheat again tomorrow. I'm praying that we'll be O.K. with it. Bread would be a welcome alternative to brown rice and rice cakes three times a day.



The Ober Family

Oh well, I am very thankful I am headache free, no more arthritic symptoms, chronic fatigue, or depression. My children are getting along better, crying much less and exercising a lot more self-control than they did before.

It's quite an adjustment and we still have a long way to go as far as pinpointing the exact problems, but I thank the Lord for His wisdom and for leading us to the Feingold diet, and to your organization.

Sue Ober
Aloha, Oregon

While they do not work for traditional bread recipes, they can be used in many other ways, including quick breads.

These flours can be found in some health food stores and are available from mail order sources, including:

The Illinois Amaranth Company, P.O. Box 464, Mundelein, IL 60060.

Walnut Acres, Penns Creek, PA 17862 (amaranth).

New American Food Company, 2833 Duke Homestead Road, Durham, NC 27705 (quinoa) 1-800-835-2246.

Allergy Resources, 62 Firwood Road, Port Washington, NY 11050, (516) 767-2000

Other Flours

Special Foods, a company developed by environmental chemist Karen Slimak, caters to the needs of extremely allergic individuals. Special Foods has a wide variety of products, including flours made from such unusual sources as white sweet potato, malanga, lotus root, yam and cassava. Recipes are included with the flours.

Mixes, prepared foods and some non-food products are also available. Karen is currently experimenting with an all natural lipstick.

For information contact: Special Foods, 9027 Shotgun Court, Springfield, VA 22153, (703) 644-0991.

Milk Allergy

Feingold members dealing with milk allergy have offered the following suggestions:

* Some people who cannot tolerate cow's milk do well on goat milk, often available in health food stores. Even if the flavor is too unfamiliar to be enjoyed as a drink, it can still be used in any recipe which calls for milk. Powdered goat milk is easy to use in cooking and the finished dish will probably not taste any different.

* Some of our members who are milk-sensitive can tolerate limited amounts of cream, butter, yogurt, ice cream or cheese.

* Chicken or turkey broth can be used in place of milk in a cream sauce.

* Use fruit juice in place of milk when you bake nut bread or muffins. Meatloaf is just as good when it is made with water instead of milk.

* The cake recipes in last month's *Pure Facts* were both made without milk, and the Wacky Cake doesn't even call for eggs.

Getting Enough Calcium

If you cannot tolerate dairy products, ask your doctor about a calcium supplement. Read labels to avoid undesirable additives.

The following information is taken from *Nutrition Almanac*.

Foods very high in calcium:

(When bones are ingested, fish is a good source of calcium.) Salmon (canned), Sardines, Mackerel (canned), Brazil nuts, Blackstrap molasses.

Foods high in calcium:

Sesame seeds, Sunflower seeds, Carob flour, Soy flour, Chick peas, Pistachio nuts, Cooked farina, Oat flakes, Buckwheat pancakes, Maple syrup, Dried figs, Clams, Crabmeat, Oysters, Shrimp, Bluefish, Flounder, Cod, Haddock, Chicken, Collards, Turnip greens, Broccoli.

Other good sources of calcium:

Cream of wheat, Whole wheat, Brown rice, Parboiled rice, Eggs, Papaya, Grapefruit, Watermelon, Cabbage, Carrots, Onions, Summer squash, Romaine lettuce, Watercress, Parsley.

Egg Allergy

Eggs can often be left out of foods which traditionally use them. Some examples are: pancakes, muffins, meat loaf, cake, and cookies. Recipe books for allergy diets describe how to compensate for the elimination of eggs.

Mayonnaise substitutes are available, generally in health food stores. You can also puree cottage cheese in a blender, and use that as an alternative to mayonnaise.

Corn Allergy

Corn is hidden in an incredible array of foods. Here are some examples:

Corn oil is found in margarine, mayonnaise, salad dressing, shortenings.

Corn sweeteners are found in candy, ketchup, ice cream, processed meats, soft drinks, alcoholic beverages, condensed milk, soups, sauces.

Cornstarch is found in frozen meat, frozen fish, baby food, jams, jellies, vinegar, pickles, relishes, baking powder, yeast, salt, sugar, instant beverages, toothpaste, medications, dehydrated products.

Corn is also used in canning, and in the manufacture of monosodium glutamate (MSG).

Allergic Irritability Syndrome

Kids who behave like brats and seem to get colds all the time may actually be suffering from allergies, says the American College of Allergists, which has even coined a new term for the condition: "allergic irritability syndrome."

As many as 10 percent of American children may have allergic irritability syndrome, says allergist Dr. Gerald L. Klein in the organization's publication, *Annals of Allergy*.

PIC Report

from Barbara Ballmer, Chairperson of the FAUS Product Information Committee

TUMS Liquid Extra-Strength Antacid and **TUMS Original Flavor Chewable Tablets** have been researched and found acceptable for members on Stage I. There are several types of TUMS tablets, including those with synthetic dyes; please use only the Original white tablets.

These products may also be added to Stage I:

EAGLE SNACKS Honey Roast Peanuts.

PENGUIN'S French Vanilla Frozen Yogurt (contains corn syrup; the colorings used are annatto and turmeric), and **PENGUIN'S Dutch Chocolate Frozen Yogurt** (corn syrup). These are available at Penguin Frozen Yogurt Stores in the West.

CARVEL Chocolate Soft Ice Cream (contains corn syrup) Carvel stores are located in the East and various other areas of the country.

CARNATION Good Nature Infant Formula and **CARNATION Good Start H.A. Infant Formula**. Both these formulas were developed for babies who are allergic to existing formulas. (Both contain corn syrup.)

Sorbee Candies

Some members have expressed concern about the ingredient labels on Sorbee lollipops and hard candies which read: "color added".

Feingold families have reason to be wary of this term, as it often means that synthetic dyes are used.

In the case of the Sorbee lollipops and hard candies, however, a representative of the company has assured Pure Facts that the coloring used in these two items is still natural and should be acceptable for our children.

"All Sorbee branded hard candy and lollipops, regardless of package type, are all natural and contain no artificial colors or flavors"

(Sorbee Gummy Bears *do* contain synthetic coloring and are not acceptable.)

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.

Past Issues of Pure Facts

During the past year major articles which have appeared in Pure Facts include:

Dec 1987/Jan 1988

Nutrasweet®
Senate hearings on aspartame
"Hyperactive" adults
Asthma and diet
Vitamin supplements for adults

February 1988

What is a "Salicylate-free diet?"
Salicylate survey results
Salicylates in herbs
How important are salicylates?
Favorite Un-Tomato sauce recipes
Consumers win victory on red dye
Blue dye No. 2 approved

March 1988

MSG and the Feingold Program
Psychotic episode from MSG
Soups without MSG
Walnut Acres mail order foods
Hearty fish chowder
Tips from a working mother

April 1988

"Allergy" vs "sensitivity"
Additives, hives, angio-edema
Which food additives cause the most problems?
Ritalin and drug abuse
The combined effects of chemicals
School and the chemically-sensitive child

May 1988

Can sugar cause hyperactivity?
The guilty mother
Dealing with birthday parties
"Orange Julia" recipe
Sugar and advertising

June 1988

Feingolders eat at McDonald's
Ritalin, Dexedrine studies falsified
Vaseline, Ivory liquid detergent
Ordering a foodlist for your trip

July/August 1988

When your child must go to the hospital
Hyperactivity/physical symptoms
Toxic substances in art materials
Dyes as "inactive ingredients"

September 1988

Should you tell your child's teacher?
School year calendar
Wine coolers
College for the LD student
Feingold bakery cakes

Naturally-colored frosting

Post cereals update

October, 1988

Diet/behavior gains professional recognition

Why the government doesn't ban harmful additives: Food dyes and the law

Tegretol, seizures and dye

Hain margarine approved

November 1988

Special issue on grandparents

Helping a child with reading problems

Ritalin abuse increases

Two quick cake recipes

Tribute to Ruth Desmond

Copies of these issues are available from the FAUS office. Please include your name and full address, plus 50 cents for each newsletter requested. Mail it to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.



Dear FAUS

"Thank you for your research on diet and hyperactive children. I had been blaming myself for my 3 year old daughter's aggressive, noncompliant behavior. She ruined Thanksgiving at my parents and since then I have begun using the diet on my own. Please send me information on permissible foods in my area.

"Tonight we had another family get-together and she only aggressed toward her younger cousin once, and has not attempted to harm her baby brother at all today (a constant fight for the last month).

"My nephew has been on the diet for five years — since he was 5 years old. (My sister had been told he would never be able to attend regular classes at school because of his behavior.) He has been in classes for exceptionally intelligent children and was reading on 4th grade level at the end of 1st grade. He also excels at all sports."

Crib Death Linked to Sleep Apnea

Sleep disturbances are of interest to the Feingold Association because a small number of adult members have reported that symptoms have improved or been eliminated by following the Feingold Program.

Sleep apnea syndrome is a condition where the sleeper snores loudly, sometimes gasping for breath. Breathing ceases for at least ten seconds, and often longer and these episodes are repeated many times throughout the night. It is believed to affect several million Americans, most of them men.

According to the Food & Drug Administration (FDA), "The loudest snores come from those who experience seriously disturbed breathing during sleep. Some victims may not breathe at all for three-quarters of their time asleep. Breathing pauses have been recorded for as long as three minutes. Four minutes without oxygen can result in irreversible brain damage. Alcohol, sleeping pills, and tranquilizers can make sleep apnea worse."

The FDA further notes, "Autopsies suggest that sudden infant death syndrome (SIDS) may be caused by repeated periods of inadequate oxygen intake brought on by respiratory abnormalities such as sleep apnea, though other factors may also be involved."

Additional support for the connection between adult sleep apnea and SIDS was recently published in *Pediatrics* magazine.

The work of a Norwegian physician, Torleiv O. Rognum, indicates that these babies die as a result of lack of oxygen. The researchers found that the bodies of infants who had died of SIDS contained large amounts of a chemical called hypoxanthine. Earlier work shows that the body's production of this substance rises when it is deprived of oxygen for long periods of time.

SIDS is responsible for the death of between one and two of every 1,000 infants before their first birthday.

Pure Facts is published ten times a year and is provided to members of the Feingold Association. It is also available through subscription. Rates are: \$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.