

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Religion and the Feingold Program

Steering clear of additives in your church or synagogue

Feingold members represent many different faiths and philosophies, but all face a similar challenge when it comes to staying on the Program while they participate in religious activities.

Most religions observe a least one ritual which involves food. Wine, grape juice and bread are often used, and wine is the most likely to cause a problem.

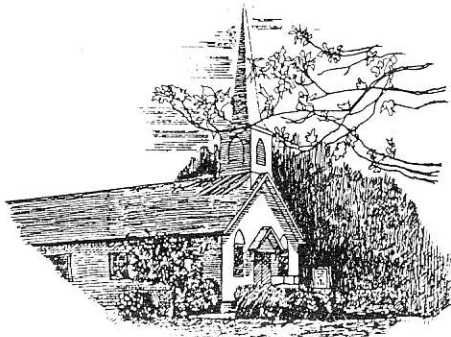
In addition to being a natural salicylate, wine may contain sulfiting ingredients (a problem for asthmatics), and countless other additives, including synthetic dyes. Since alcoholic beverages have little or no labeling it is very difficult to determine the ingredients.

Grape juice is more likely to be free of additives, but it would still be a problem for the member who is very salicylate-sensitive.

Communion wafers and matzos are traditionally made of just wheat flour and water, and when a loaf of bread is used, even if it contains BHA, BHT or TBHQ, the small amount consumed is unlikely to bother most Feingold members. In the case of an extreme sensitivity or allergy, it would be best to speak with your clergyman about refraining from participation.

Nicki Heilesen, president of the Feingold Association of Utah, says that the Mormon sacrament uses ordinary bread and water, and — just to be on the safe side — a Feingold member generally contributes the bread.

Like some Mormon families, Nicki stores a year's supply of food in her home. She finds it isn't hard to avoid preservatives by sticking with basic



grains (which are packed air-tight) and with canned foods.

FAUS President, Barbara Keele, found the drinks served in the Methodist church vacation Bible school to be a problem. The easiest answer is simply to supply the drinks for her child's class during that week. Minute Maid Fruit Punch (stage II) is popular with the children, and is available in a frozen concentrate.

Drinks are something Trish Frederick *always* brings along when the

family attends social events at their Catholic church. "When we were new to the diet and had to be more careful, I would sometimes feed Dawn ahead of time, and then bring a dessert she could safely eat."

Picnics are easy since there are always hamburgers and generally fresh fruit. Trish likes to bring a watermelon to share with the other families. Then, when she bakes for a bazaar or bake sale, her cookies have a card stating they are made with all natural ingredients and are "Feingold safe."

Judy Schneider notes that the wife in a conservative or orthodox Jewish family expects to spend a considerable amount of time preparing food, particularly for the traditional Friday night meal. Since this generally means cooking from scratch, it isn't hard to be certain the ingredients are free of unwanted additives.

All packaged food brought into the "kosher" home must have a designation certifying that it has been prepared in compliance with the religion's dietary guidelines.

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"Sick Building" Syndrome

Newly decorated, energy-efficient offices give the appearance of an ideal working environment. But many of these new and remodeled offices cause health problems, according to the World Health Organization.

Exposure to synthetic fibers and chemical gasses is believed to cause millions of lost workdays each year, as employees experience headaches, irritated eyes, ears and throat, dizziness, nausea and breathing difficulties.

The modern office contains a wide array of chemicals in the form of photocopiers, carbonless forms, particle board, new carpeting and glues, formaldehyde released from room partitions, asbestos fibers released from insulation, not to mention perfumes and cigarette smoke.

Poor ventilation holds in these contaminants, and the ventilating system in need of cleaning is a breeding ground for microscopic fungi and bacteria.

The problem of "sick buildings" came to public attention with the revelation that these problems exist in the headquarters office of the Environmental Protection Agency in Washington, DC.

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.

Healthier Buildings and Homes

A few years ago *Pure Facts* reviewed the book *Nontoxic and Natural* by Debra Lynn Dadd. This is a sourcebook of brand name products for the chemically-sensitive individual who seeks alternative products to use in their everyday life. The book has been very helpful for the Feingold member whose greater sensitivity requires they go beyond the basic program.

A second book by Ms. Dadd adds more valuable information. It is titled, *The Nontoxic Home*, and covers a wide selection of items found in a home, including: clothing, bedding, laundry products, tap water, non-prescription drugs, houseplants, cleaning products, cosmetics, cookware, furnishings.

Her most recent book, co-authored by Clint Good, is called *Healthful Houses*. This is the book for the chemically-sensitive individual who is shopping for a home, building his own, or remodeling a present one. It also offers helpful information for home maintenance. Brand name products are given, including the least toxic house paints; even the problem of radon is addressed.

Nontoxic and Natural and *The Nontoxic Home* are \$9.95 each; *Healthful Houses* is \$19.95. For more information you may contact: "Everything Natural", P.O. Box 1506, Mill Valley, CA 94942.

Additional resources: *Your Home, Your Health and Well Being*, by David Rousseau, William J. Rea, M.D., and Jean Enwright, published by Hartley & Marks, Inc., P.O. Box 147, Point Roberts, WA 98281

The Healthy House: How to Buy One, How to Build One and How to Cure a Sick One, by John Bower is due to be published this spring.

The Human Ecologist, magazine of the Human Ecology Action League (HEAL), P.O. Box 66637, Chicago, IL 60666.

HEAL

The Human Ecology Action League is a nonprofit organization helping people of all ages who suffer from environmental illness (EI). Adverse reactions of all kinds can be caused by factors in: air, water, food, drugs or in one's habitat.

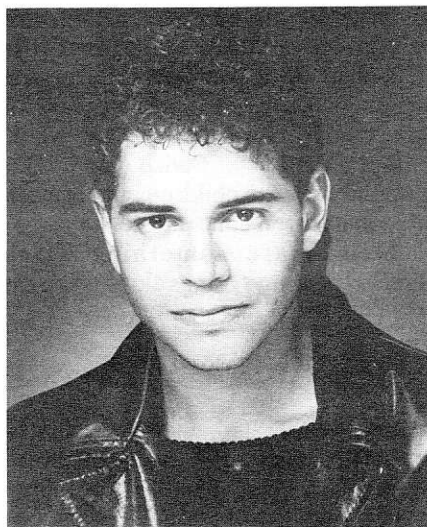
The Feingold Diet Goes Hollywood

The talented young man who plays Jackson Foley on the new CBS show, "Almost Grown", is Raffi DiBlasio, age 10.

By the time he was 4 years old Raffi had decided he wanted to be an actor. His talent and good looks made such ambition a real possibility, and living in the Hollywood area made it even more attainable. But as much as he had going for him, acting was difficult for Raffi because he was hyperactive.

In addition to talent and looks, an actor must have patience while scenes are rehearsed, shot, and then done all over again. Lines have to be learned quickly, so the ability to concentrate is a must.

Fortunately for Raffi, his personal manager is Carole Schorr, a woman who is very knowledgeable about the Feingold Program. Carole and her friend, Tanya Small, began the Feingold Association of Southern California shortly after the publication of *Why Your Child is Hyperactive*.



Paul Schorr

The Feingold Program enabled Carole's son, Paul, to turn his life around. Three years of Ritalin therapy had not helped; in fact the drug prevented him from growing during that time. Paul had severe problems in school and hated life. Now, eleven years later, he has a successful career as an actor/screen writer, and is involved with the production of one of his scripts. The title of the film will be "Good Friends."



Raffi DiBlasio

Raffi's story is another success. It's been 3 1/2 years since he began the Feingold Program, and everyone who knows him is aware of the change it has made in his life. "The diet calms me down," Raffi explained, "My friend Toby (a secretary at his school) said 'You're so much more mature, so much more calm. It's a pleasure to be with you now.'"

As long as he is on his diet, Raffi finds it's easy to perform. Not only is he able to concentrate on his work now and memorize his lines quickly, but he has seen other benefits as well. "I feel great," he noted, "I'm so much better at football...no, I'm better at all sports. I used to have some friends, but now I have tons of friends!"

Raffi did confide, "I do miss my M&M's sometimes", but Carole was glad to learn that he can substitute a natural version of the popular candy. It's called "Natural Wonders" and is available at many health food stores.

Raffi would like to hear from Feingold families. Tune in "Almost Grown" on Monday nights and watch for the talented youngster with the sparkling eyes. You can write to Raffi, in care of: "Almost Grown," c/o MCA, Inc., Universal City Studios, 100 Universal City Plaza, Universal City, CA 91608.

Editorial comment

"Good Nutrition" Can be Hard to Swallow

March is a busy month. Not only does it contain St. Patrick's Day, but Easter falls on the 26th this year.

March is also designated as National Nutrition month — an interesting contrast to the holidays which bring us green beer and jelly beans.

The very term "nutrition" suffers from an identity crisis. This month schools will remind students about good eating habits while at the same time many provide lunches high in salt, sugar, fats, and synthetic additives.

While they try to heal us, hospitals serve us Jell-O.

"Our children generally know more about nutrition than most adults," notes Colleen Smethers, R.N. of the Feingold Association of Southern California. "We all have stories to tell about how our young Feingolders have not-so-diplomatically turned down goodies or drinks offered by well-intentioned people."

"Do you remember the pre-diet time," she continues, "when you believed if the food manufacturers produced it and the F.D.A. approved it, then it must be O.K.? Otherwise, it would not be allowed to be sold. (Oh how naive we were then!)"

The federal government's approach to nutrition is a crazy quilt of good intentions and confusing regulations. A typical example is the term "natural flavoring."

"How often have you seen the term 'natural flavoring' on a label and assumed it was O.K.?" asks Irma Kennedy, of the Feingold Association of the Northeast.

For the member who is sensitive to salicylates the word "natural" just doesn't provide enough information.

For example, if a product lists "spices, seasoning or flavorings" the substances can include peppers. Essential oils, oleoresins or natural extracts can mean any of 160 possible choices, some of which are salicylates.

Natural flavorings can also include the bark, pits, and leaves of salicylate fruits.



"Natural flavor" can also mean monosodium glutamate, or it can refer to hydrolyzed vegetable protein (HVP) which can contain naturally occurring MSG.

Even the term "artificial" is unclear. If a product contains artificial flavoring, you can be sure it is not acceptable on the Feingold Program. But foods with "artificial colors" are not always prohibited.

Consumer's Rights

Someone who obviously understands this dilemma has come up with a "Consumers' Bill of Rights" which lists:

Right to Choice — the right to make an intelligent choice among products and services.

Right to Information — the right to accurate information on which to make a free choice.

Right to Safety — the right to expect the health and safety of the buyer are taken into account by those seeking patronage.

Right to be Heard — the right to register dissatisfaction and have a complaint heard and weighed when a buyer's interests are badly served.

Right to Consumer Education — the right to consumer education, without which consumers cannot gain the full benefit of the other four rights — will help all consumers to maximize their resources, become more effective in the marketplace and to achieve the greatest personal satisfaction.

Washington contains several consumer advocacy organizations which deal with issues like these, but this bill of rights for consumers did not come from them. It was issued by the Office of Special Adviser to the President for Consumer Affairs and published by the Food and Drug Administration!

Nutrition deserves to be treated seriously — especially during National Nutrition Month.

PIC Notes:

Pamela Irwin, Consumer Affairs representative for Thompson Kitchens Inc. (Pritikin Foods Division) has written to the FAUS Product Information Committee and says that the company adds HVP to their Pritikin soups, and they do not add MSG.

There are many natural brands of yogurt, but not Sealtest "Light n' Live-ly" blueberry or red raspberry, which list "artificial color." A representative of Kraft Dairy Division told *Pure Facts* that the blueberry flavor contains **Blue dye No. 1** and the raspberry is colored with **Red 40**.

Artificial color can refer to the addition of acceptable additives such as annatto, tumeric, or grape skin extract. But it can also be used to refer to synthetic dyes.

The same is true for the use of the term "color added". It can be either a natural or synthetic additive, and the consumer has no way of determining this from the label. (The exception is that any product which contains FD&C Yellow No. 5 must list the dye by name.)

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.

Religion, from page 1

The word "kosher" means "clean", but it does not necessarily mean the food is free of unwanted additives. Unfortunately, kosher hot dogs and lunchmeats usually contain nitrites. (Nitrites are not excluded from the Feingold Program, but many members prefer to avoid them.)

It is not difficult to cook food at home which is both kosher and Feingold-acceptable. But preparing all of the food for your child's bar mitzvah, using the kitchen in the synagogue, is a different story. Brenda Myer suggests you start making plans far in advance. By the time she reached her third bar mitzvah, Brenda says it got a lot easier.

Marjie Koons, whose husband is an Episcopal priest, is accustomed to supplying all of her children's food when there are social occasions at church since her youngsters are extremely allergic.

Jacqueline McDonald, Regional Director for the Southwest, finds that the Feingold Program fits in easily with their dietary preference for fresh, unprocessed foods. Like many Seventh Day Adventists, the McDonalds avoid meat. Their children are sensitive to grape juice, but can have cranberry-blueberry juice, which looks just like grape.

Families which do not eat meat, and substitute soy-based products made to resemble meat, should be wary of the additives they generally contain.

FAUS's Midwestern Regional Director, Gayle Cloud, has come up

with some innovative ideas for dealing with social events which include food. Since her mom lives nearby, and is also a member of the Church of God, they coordinate the dishes they bring to pot luck suppers. If one brings an entree, the other will fill in with salad or vegetable, etc. so they all can enjoy a full meal.

Gayle has introduced several other church families to the Feingold Program, so they often work together to provide foods all the children can enjoy.

These ideas may be helpful at any occasion where a meal will be served. Gayle told *Pure Facts* that the elementary school in their area has an annual Thanksgiving dinner for the children, and some of the foods served would not be O.K. for her boys.

She plans for the dinner well in advance. When the family has roast chicken or baked chicken breast, Gayle saves some slices and freezes them. Another meal will include mashed potatoes, and two servings of that go into the freezer. When the family has green beans for

dinner, she makes a little extra and puts aside some of them.

With very little extra effort, Gayle prepares two "TV dinners" with foods which look like the upcoming Thanksgiving dinner. (The cranberry sauce the children make at school is natural.)

The day of the big event, Gayle is one of the moms in the kitchen. She puts her boys' dinners into the school's microwave oven, heats them and slides them onto plates. Adam and Darin are served their food right away while their classmates must wait in line. "The other kids think that mine get royal treatment," said Gayle, noting that being on the Feingold Program has some unexpected pluses.

I Want to Help...

Here's How

Is your pastor or rabbi aware of your child's needs, or even aware of our organization? Since the clergy are often consulted about family problems, they are in an ideal position to let others in your congregation know about the help we can offer.

You can help your family, and many others as well, by providing information for those people in charge of religious activities. We will send a copy of this newsletter, plus information about the Feingold Program to anyone involved in your church or synagogue. Please provide us with a long, addressed, stamped envelope for each person. Mail the envelopes to: FAUS Feb PF, P.O. Box 6550, Alexandria, VA 22306.

Wouldn't it be nice if your youngster weren't the only child in his Sunday school class on the Feingold diet?



"Raspberries" to Nabisco



If you find grocery shopping to be a "headache", you may soon have even more reason to be apprehensive of the task.

The Nabisco company will be promoting its new cereal, raspberry flavored Fruit Wickets, with displays that include synthetic raspberry fragrance wafting out into the aisles. This is sure to provoke headaches, as well as various other reactions, in chemically-sensitive individuals.

The gimmick of using synthetic fragrances to entice customers is not new. The aroma of freshly made bread that comes from the bakery at the mall might be the real thing; or it could be from an atomizer, mounted above the store entrance, which periodically squirts out the scent. Even boxes used for blueberry muffins have been known to be treated with synthetic fragrances.

But up until now, the cereal aisle of the grocery store was a fairly harmless place to stroll with one's cart...just as long as you don't actually buy the fluorescent breakfast goodies.

Happily, not all stores will be participating; and it wouldn't hurt to let your local grocery manager know how you feel about being assaulted with an unwelcomed marketing device from the International Flavors and Fragrances Corporation.

If Nabisco sells a lot of raspberry flavored cereal as a result of this promotion, we may be seeing more hard sells (smells) like this in the future.

Pure Facts

Editor: Jane Hersey
Contributing Editors
Detroit: Karen Dorries
Fort Worth: Carolyn Allen
Los Angeles: Colleen Smethers
New York: Pat Palmer
San Francisco: Lynn Murphy
St. Paul: Sue Maldonado

Pure Facts is published ten times a year and is provided to members of the Feingold Association. For further information contact the Feingold Association of the U.S., P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS