

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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## Suddenly, It's Summer!

Heading for the mountains, the beach, the park, or just the backyard? You can take the Feingold Program with you.

**B**e sure you have a sturdy cooler on hand, and possibly an insulated lunch bag. You can keep a box in the car with supplies such as: drinking straws, plastic utensils, paper plates and napkins. A sealed plastic bag containing a damp washcloth is handy too.

Some members travel with their own natural feast; others take only some hard-to-find things. How much food to take along depends on many factors, particularly your degree of sensitivity and the length of time you've been on the Program.

If you're new to the diet, it's a good idea to pack those things you may have trouble finding away from home. When you buy products like mayonnaise and salad dressing in small sizes, you won't need to refrigerate them until they are opened; and you'll probably use them up before you get back home. "Veterans", on the other hand, can often eat just about anywhere by choosing carefully.

"Take along enough unbreakable bowls and disposable spoons for everyone in your family," suggests Nicki Heilesen, "for a breakfast of cold cereal in your room. If you'll be traveling to Canada or Mexico where you won't see many familiar brands, pack enough cereal for your Feingolder. Add fruit (canned or fresh) and bread or homemade muffins to complete the meal.

"If you feel it's necessary to warm things up, take along an old electric popcorn popper or electric skillet. You can manage without a kitchenette. But having one — at least part of the time — is wonderful; if it saves restaurant bills, it's worth the extra cost."

When dining out, order a la carte. A baked potato is fine (use the butter and sour cream from your cooler). The restaurant's salad can be topped with your own dressing. Ask that the meat and vegetables be prepared without any marinade, seasonings, sauces or spices." Don't be shy about requesting this from the waiter or waitress; in our diet conscious society, special orders are not unusual. If you feel more comfortable, say that your family member has "allergies".



The extremely sensitive person may want to consider bringing along their own small microwave oven; the new compact versions will travel easily.

"Good luck to you," Nicki writes. "Traveling with a Feingolder does present challenges to your family and especially to Mom, who usually makes the food preparations. But the extra effort and planning make the trip more enjoyable for everyone. If you have ever traveled with an uncontrolled hyperactive child, then you know what I mean."

## Hotel Room Meals: The French Student Special

"A tried and true method of controlling your diet (and aiding your pocket-book) when away from home," notes Karen Garnett, "is to enjoy a little bread and cheese in your room, as students in Paris have done for centuries.

"Just as you keep a toiletry bag in your suitcase, also keep a mini-kitchen: a knife, small cutting board/plate, can opener, small salt & pepper, and utensils. When you arrive at your destination, instead of looking for restaurants, find a small grocery or deli and pick up items you know to be acceptable for your diet.

"With a little finesse, you can even turn your simple meal into a social gathering by inviting others to join you for bread, cheese, fruit and beverage in your room or in that inviting park across the way."

from "The Feingolder About Town", available through the Feingold Association of the Bay Area, P.O. Box 596, San Carlos, CA 94070, \$4.50.

## Residences

Travelers to Italy, Sweden and Belgium can consider the option of staying in residences. These are attractive hotel rooms/suites with either a private or communal cooking facilities.

Your travel agent may be able to supply information, and you can contact: Italian Tourist Office, 30 Fifth Avenue, New York, NY 10111 or the Belgium Tourist Office, 745 Fifth Avenue, New York, NY 10151 (212) 758-8130.

In the United States similar accommodations are provided by: Residence Inns (phone 800-331-3131) and Embassy Suites (phone 800-362-2779).

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.

## Thanks to Woman's World!

The article on the Feingold Program in the special Mother's Day issue of *Woman's World* has brought a flood of mail and phone inquiries.

**M**arie Koch described her son before they learned about the Feingold Program: "Eric was asked to leave a day care center when he was 18 months old for pushing over a grandfather clock."

Behavior, health and learning problems plagued Eric, and even the best parenting didn't help until toxic chemicals were removed from his diet. Feingold volunteers are grateful to Eric, Marie, Richard and Jeanie Koch for sharing their story with millions of families. (As this issue goes to press, it seems like *all* of them have contacted FAUS for more information!)

We are also grateful to writer Jane Delynn and the editors of *Woman's World* for enabling us to reach out to so many families in this May 9 issue.

Calls and letters have come from parents, grandparents, counselors, and even from a minister in Louisiana who requested information to distribute to the mothers in his congregation.

"This child could be the twin of mine," one caller left a message on our answering tape, "only he's getting better and my son isn't."

Another caller said her mother noted that "I could have written the story about my little boy."

The following are comments from letters we received:

"I have a two year old son that has been unbearable to live with since birth. He's bullyish, he never walks, always runs and constantly has ear infections and sinus problems.

"I send him to his room constantly and he continues to do the same behavior. He literally bounces off the walls from the time he wakes till he just passes out.

"His sister even wants to get away from him for some quiet time. I feel like I'm losing it. I go to bed at 11 pm and at 1 or 2 am my son is up and in my bed screaming and crying on and off; then he's up at 6 am.

"...I'd give anything for some non-bullying, non-bouncing, non-screaming time in the course of a 24 hour day."

"PLEASE HELP! I am the mother of three small boys, ages four, two and five months....They are all very intelligent little boys, yet one French fry with

Yellow No. 5 sends them bouncing off the walls and flying from the sofa.

"Most people don't take their allergies seriously. They say boys will be boys. But I see a four year old drawing dinosaurs and signing his name. Then he stops for a snack. Minutes later he doesn't even know what the alphabet is let alone be able to sign his name. His dinosaurs become a large squiggle line."



One writer reported that her husband of 6 months brought home the issue of *Woman's World* and asked her to please read it. She read it with her 9 year old son, and the following day, "he could hardly find anything to pack for his lunch, for everything in the house had preservatives, artificial color and flavoring. He is excited to find help. Please address the correspondence [to my son]."

"My son is 4 years old and he is out of control. The doctors say that he is not hyperactive but he is overactive. They want me to put him on drugs.

"I don't believe that this is the answer to my son's problems. At times he is the most loving, responsive of children you'd ever see. But some days he's just completely crazy."

"I have a 11 year old daughter who's on Ritalin....I've cried many times over the decision but she gets B's and C's now so I feel it's worth the chance of side effects.

"After reading the article I realize there really is a way without the drug."

"My husband and I [know] that certain foods change David's behavior. He has always been a difficult child to look after and at 4 years old the problems are becoming worse. He can be so defiant and destructive and many children are frightened of him because of his violent tendencies.

"There are times when no matter how often we discipline him he still cannot control his behavior.

"Many times I've almost lost good friends through his destructive nature with other children."

"My son was diagnosed as having A.D.D. We have since tried various methods of helping him to control his impulsive behavior. Ritalin and Cylert were 2 drugs he was not able to stay on. They made him bounce off the walls and lose sleep."

"...every word in the article was describing our Tony to a T!!

"We have been taking Tony to a psychologist for 14 months....I asked my pediatrician about the Feingold Diet and he discouraged me. My psychologist was not much better in her attitude about the Diet. However after having tried them for over a year, I'm getting just desperate for answers and help."

"Thank God for the article. I didn't realize there was anything I could do like this.

"I am a single mom and have a son. He will be 8 and I'm going crazy with the boy. Everything in the article sounds just like him.

"Everybody has had it with him and I feel sorry for him. Sometimes he tries so hard he gets frustrated and upset."

"People keep telling me it is my fault....For awhile my husband would pick him up at the day care. I was too ashamed. People look at us in the public like it is all my fault."

"What I don't understand is that if there is a proven and substantiated link between food additives, etc. and behavior problems in some children, why is it that the first thing that the "experts" try are drugs?"

## Product Alert!

Several products appearing on Feingold Foodlists have recently been changed, and should be deleted.

**Kool Aid Coolers** (boxed drinks) have adopted new packaging and now contain artificial colors.

Feingold families applauded when the mammoth General Foods brought out this product, which is diluted, sweetened fruit juice. Since the beverage is consumed while it is inside the box, there is no reason to use synthetic dyes.

You can respond to the company's change in policy by calling 1-800 431-1002 between 9:00 and 4:00 EST or by writing to:

Douglas A. Smith  
Group Vice President, Beverages  
General Foods  
250 North Street  
White Plains, NY 10625

Thanks to the New York mother who first discovered the change. Her son drank a grape Kooler and afterwards he suffered from sleeplessness and nightmares. The moral of the story, she knows, is to always be suspicious of changes in the label.

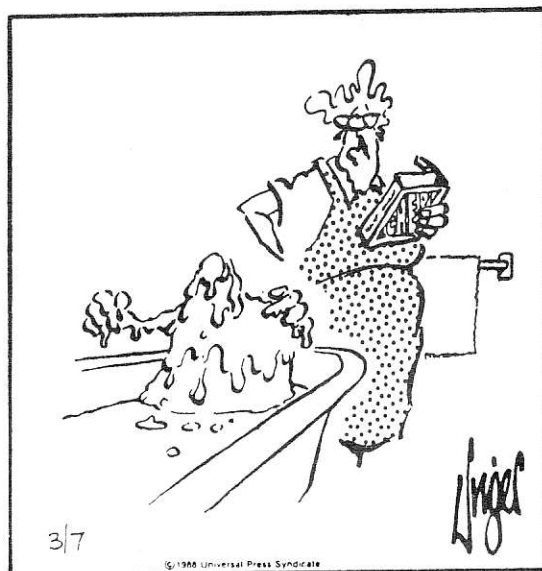
The label of several **Austin cracker snacks** has changed only slightly. Instead of saying "Natural", it now says "No Cholesterol". But there has been a big change in the ingredients. At least three of the varieties now contain the synthetic dye **Yellow No. 6**.

Delete: **Austin Toasty Crackers** with Creamy Peanut Butter and Cheddar Cheese Smackers. And be sure to read the ingredient labels on the other Austin products available in your area.

**Yoplait** now makes a line of "Light" yogurts. These are sweetened with aspartame ("Nutrasweet").

The Feingold Association recommends members avoid the use of aspartame.

## HERMAN



"You know I don't keep bath crystals in the kitchen. This is Jell-O powder!"

HERMAN © 1988 Universal Press Syndicate. Reprinted with permission. All rights reserved.

Delete: **Carnation "Natural" Non Fat Dry Milk**. PIC Chairman Barbara Ballmer reports it now contains BHA and BHT in the added vitamins.

Check your foodlist to be sure it does not contain Sorbee Gummy Bears; they now contain synthetic dye. A natural gummy bear is available to those on Stage II of the Program. The product, **Yummy Bears**, by Granny Smith, is available through health food stores.

## Mr. Bubble Goes Down the Drain

Many Feingold children have used **Mr. Bubble** bubble bath (in the box — not the liquid). But the company now adds the synthetic dye, Red No. 28. It is not allowed to be used in foods, but may be added to non-food items. Sensitive children can react to dye which is absorbed through the skin. Fragrances, which are often added to soaps, should also be avoided.

Bathtime can be fun with foam instead of bubbles. Give your child a plastic cup filled with white shaving foam and see creativity unfold. (Be sure the remainder of the can is well out of reach or you may get more creativity that you bargained for.)

## Swimming

Waterol Ltd. has developed an electronic water purification system which eliminates the requirement of chlorine or bromine in a swimming pool or spa.

An ion chamber is installed at the water line. It contains copper/silver electrodes which carry a safe, low voltage electrical current. Copper and silver ions enter the water stream where they attack and kill algae and bacteria. Copper is used because it is safe for human beings. (As a matter of fact, children require 1 mg per day for normal growth.) Ionization is a natural

process. A sanitation residual can be measured with a test kit to ensure your water is safely disinfected.

For further information contact: Waterol Ltd., P.O. Box 17, Meadowvale, Ontario L0J 1K0 Canada.

From Allergy Quarterly, the magazine of the Allergy Information Association

According to chemist Dr. David Worley of Auburn University, swimmers who are bothered by chlorine may do better with a new product called **ABC**. It kills microbes in the water without the side effects of chlorine.

## The Sandbox Set

Fine white sand can contain a form of cancer-causing asbestos, according to pathologist Jerrold Abraham, M.D., of Syracuse University. The substance, called tremolite, may be found in play sand.

To test for tremolite, place a spoonful of sand in a jar of water and shake it. Allow the mixture to stand for a minute, then check the water. If it is cloudy, this indicates the presence of tremolite.



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.



## Chemical Sensitivity in the Workplace

The fall issue of *"Worklife"*, a publication of The President's Committee on Employment of People with Disabilities, features an article on chemical sensitivity and the workplace. "The Environmental Issue: It Must Be Addressed", by Mary Lamielle, promotes employer awareness of chemical sensitivity disorders. It recommends workplace accommodations and work-at-home options to meet the medical imperatives of those disabled by environmental illness.

## Food Shopping

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.

Foodlists are available for the following areas:

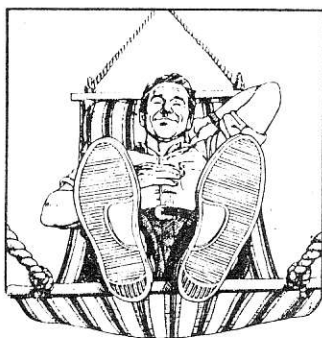
1. Northeast (New York & New England)
2. Pennsylvania/New Jersey
3. Mid-Atlantic (Maryland, DC, Virginia)
4. Southeastern states
5. Midwestern states
6. Southwestern states
7. Utah
8. Southern California (includes Arizona, southern Nevada, Hawaii & Guam)
9. Northern California (includes northern Nevada)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

These Foodlists are offered to members at cost (\$3.00) payable to FAUS. Write to: Travel Aid, 12708 Norwood Lane, Fort Washington, MD 20744. Please contact us as early as possible.

The President's Committee has been supportive of the needs of the chemically sensitive. Committee Chairman Harold Russell commented that "in employment we are finding people who are chemically sensitive to be not only misunderstood but also not even recognized. We must learn more about the medical condition. We, professionals and employers alike, must learn to be sensitive to the needs of these individuals."

Copies of the fall issue of *"Worklife"* are free from The President's Committee on Employment of People With Disabilities, Suite 636, 1111 20th Street N.W., Washington DC 20036.

*This information is from the Human Ecologist, the publication of the Human Ecology Action League.*



## 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

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For more information, contact the Feingold Association, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS..

*The following information is supplied by the Food and Drug Administration. While the Feingold Program does not prohibit sulfiting agents, the Association is concerned about the potential for serious reactions when safe alternatives, as citric acid, are available.*

## Sulfites Proposed as Safe

FDA has proposed that sulfites in many canned, frozen, dehydrated, and other commercially prepared foods be generally recognized as safe (GRAS) within certain levels and that manufacturers must declare on food labels levels of sulfites greater than 10 parts per million.

The term sulfites refers to six sulfur-based chemicals that have been used for many years as preservatives, as antioxidants to prevent discoloration, and as a disinfection agent for food containers, among other uses. Following a proposal in 1982 to reaffirm all uses of sulfites as GRAS, the agency received 1,800 comments from consumers, scientists, and the medical community alerting FDA that sulfites could cause allergic reactions in some people.

A panel of scientific experts determined that a small minority of people are sulfite-sensitive and may suffer adverse reactions ranging from hives, nausea and diarrhea to shortness of breath and even death.

FDA decided in 1986 to ban the use of sulfites on fresh fruits and vegetables, particularly those served at salad bars, and in 1987 proposed banning their use on fresh, pre-cut potatoes and processed potato products that are served or sold unpackaged or unlabeled to consumers. These unlabeled food items, FDA decided, could present a risk for those sensitive to sulfites.

The new proposal, published in the Dec. 19, 1988 *Federal Register*, would establish limits on sulfite levels and require that stores selling products such as dried fruit and shrimp in bulk would have to use counter signs, cards, or other displays stating that the bulk products have been treated with sulfites.

## Moving?

Please send us your new address so you can continue to receive all of your issues of *Pure Facts*. Because newsletters are sent via bulk mail, the post office will not forward your copy.

## Organic Agriculture

A National Conference on Organic/Sustainable Agriculture was held in Washington, DC in March. (See *Pure Facts*, February, 1989.)

One of the conference sponsors, Center for Science in the Public Interest (CSPI) has printed a report on the subject. It is titled, "*Organic Agriculture: What the States are Doing*" and can be ordered from CSPI. Send \$3 to: **Organic Report**, 1501 16th Street, N.W., Washington DC 20036.

Another resource from CSPI is a list of retail mail-order sources for hormone-free beef. To obtain a copy, send a long, stamped, self-addressed envelope to: **Hormone-Free Beef List** at the above address.