

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Schools in Crisis

Aggression, throwing books and desks, cursing and kicking teachers, threatening them with pens and stealing their wallets — is this the high school “blackboard jungle”? No, it describes children as young as five in Ontario elementary schools.

In a series of articles published in the *Toronto Star*, journalist Louise Brown described the efforts of educators in the province to deal with very young, uncontrolled students.

Some schools have special “behavior classes” for children who are considered a threat to others. The class size is kept small — no more than eight children — with a specially trained teacher and aide. The *Star* reports that 6,000 children in Ontario have had to be placed in such classes. This represents a drastic increase of 50 percent since 1982.

Educators are calling it a “toxic situation, a behavior crisis” in the schools.

The ministry of education has initiated a two-year research project to try to determine the causes.

The Toronto Board of Education is planning a report, as is the North York Board of Education, which calls for more classes with more professionals to

deal with these out-of-control children.

The Federation of Women Teachers Associations of Ontario has organized a buddy system to try and stop new teachers from quitting in their first year.

The colleges are being faulted for failing to prepare their graduates to teach in such an environment.

Editorial Note:

Puzzled professionals look at the problems besetting elementary schools — not just in Ontario, but throughout North America. Where do they assign the blame? As always, the culprits are: parents, poor families, rich families, TV, and society in general.

Nobody wonders about what these children have eaten for breakfast, and if indeed they have eaten at all. No thoughts of what is served in the cafeteria, or what their parents will eat for their lunch and how this might affect the way they treat their child.

In addition, who would consider that a parent drinking too much wine, beer or whiskey may be ingesting more than just alcohol? They also get a big dose of synthetic additives, and what kind of brew results from combining petrochemicals and alcohol?

Parents and teachers in a small school in St. Louis noticed a connection between diet and behavior. Meanwhile, researchers in Alberta recorded the effect of synthetic food additives on hyperactive pre-school children. (Kaplan and associates) And to the east, in the province of Ontario, distressed teachers and principals puzzled over the unexplained behavior of more and more children.

Dr. Feingold addressed the issue of delinquent behavior many years ago. Feingold parents have found a vital piece of the puzzle. How bad must it get before those who search for solutions will listen?

Ingredient labels showing sodium, fat, fiber, calories, etc., may be helpful for some consumers, but it looks like the chemically sensitive person will still be unable to find the information he needs.

The Food and Drug Administration has been at work on labeling revisions, and recently the US Department of Agriculture (USDA) has announced some changes.

There are many substances added to frozen and cured meats, which have been permitted to be listed simply as “flavors,” “natural flavorings,” or “spices.”

Will Uncle Sam Tell All?



It's becoming fashionable to let the consumer know what is in the food he is eating.

The new regulations will require that the actual ingredients be listed. This will be helpful to people who must avoid certain foods for health or religious reasons, and will assist those on low sodium diets.

“Nevertheless, it will not require processors to sub-list the contents of ingredients such as hydrolyzed vegetable protein, which contains monosodium glutamate,” according to the *Washington Post*. “A USDA spokesman said that people who are allergic to MSG probably know what products to avoid.”

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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.

Problems with MSG

Unfortunately, it is very difficult to avoid hidden MSG, and those who learn of their sensitivity often learn the hard way.

A non-profit organization has recently been formed for the purpose of helping people avoid MSG, an additive which is hidden in many processed foods.

Dr. and Mrs. George Schwartz formed the support group as a result of their own severe reactions to the additive. Dr. Schwartz, an emergency room physician who specializes in food poisoning, believes that many health problems are related to the excessive use of MSG. He has noted that symptoms now being seen in Alzheimer's patients are similar to the neurological effects monosodium glutamate has on sensitive people. The response they have received from MSG sufferers has been overwhelming.

Monosodium glutamate has long been used in Oriental dishes, Dr. Schwartz explained, but until recently, it was an extremely expensive condiment, used sparingly and reserved for the wealthy. Today, MSG is mass produced, very inexpensive, and widely used in foods of all types.

Accent, which is pure monosodium glutamate, is advertised as a natural ingredient capable of transforming ordinary food into gourmet fare.

Dr. Schwartz provides detailed information on this additive in his book, *In Bad Taste*. It is available from the support group, named National Organization Mobilized to Stop Glutamate (NO-MSG), P.O. Box 367, Santa Fe, NM 87504 (505) 982-9373.



Feingold Families Wary of MSG

The Yunker family began using the Feingold Program to help their youngest child, but they have found she is not the only one who needs to watch her diet. Seventeen year old Shannon is extremely sensitive to MSG.

Her mother describes Shannon as a cheerful, energetic person, but if MSG is in her food, she will become ill before the meal is over. The symptoms include exhaustion, muscle aches, nausea, and pain in her ears and jaw. The symptoms generally begin to diminish in an hour.

The types of food Shannon must be most careful with are: Chinese foods, flavored chips and soups.

Another member reported a severe reaction to the additive. Dianne knew she was highly sensitive to MSG, so her favorite Chinese restaurant was careful not to use it in her food. But while she was eating dinner one time, Dianne passed out. The distressed manager uncovered the cause: his chef had switched brands of soy sauce, and the new brand contained MSG.

Asthma

Asthma is another reaction which has been attributed to MSG ingestion. *The Journal of Allergy and Clinical Immunology* reported that 30% of asthmatics in one study developed symptoms after consuming the additive.

Playing Hide 'N Seek

MSG can be found in many places. "Hydrolyzed vegetable protein" it can contain up to 20% monosodium glutamate. Other names for the additive include "flavor enhancer," and "natural flavoring."

Although it is most often added to soups, gravies, and meatless dishes MSG is sometimes added to pizza sauce, snack foods, and cooking wine.

The End of School Fiasco

Feingold parents are advised to plan for that final junk food bash which so often accompanies the end of school.

We received an interesting letter from the other perspective. This was written by a teacher who had recently learned of our work.

It was the last week of school a number of years ago. Teachers, parents, students and some pre-schoolers were all waiting for a bus to take us to a neighboring park for the school picnic. A downpour of rain forced a change in plans. There was no way we could go to the park for the picnic, so the busses were sent back and we made plans for the "picnic" in the school building.

Since our school is small we decided to let the students sort of "do as you please" for most of the morning. We could hardly believe how well behaved the children were in spite of the fact that they had to stay on the grounds — and inside the building. They were free to roam around or play games in any of the

rooms, listen to music, whatever they wished. We had absolutely NO problems and the fact was remarked on by all of us who were in charge. Even the parents were surprised.

The truck which was to have brought the soda for the picnic arrived late. The driver had been lost so the children had nothing to drink except orange juice for lunch. Since it was getting late in the afternoon we decided to let the children drink all the soda they wanted (since it was already paid for). Drink they did!

Within ten minutes our well behaved children turned into speed demons! They would not — or could not — sit still to play games or do anything that they had done all morning. Parents and teachers alike (and even some of the children) could not believe what they were seeing. Needless to say, we were all happy when the busses came to take the children home.

There seemed to be only one answer to the problem — it had to be all the soda they drank. All of the teachers and some of the parents had attended a talk about a month before concerning the conduct of children and food additives; at the time of the talk most of them did not agree with what was said. Many times I have wished that I had a tape recorder so that I could have taped the comments of the parents on the hyperactivity of the children after they had consumed all that soda.

After forty-six years of teaching and administering elementary schools I am no longer an active teacher. I wish there would be some way to get parents to really listen when experts talk on WHY some children really do behave as they do.

*Sister Paula Lynch, ASC
St. Louis, MO*

Spring Cleaning

Feingold members who are particularly sensitive may want to avoid typical commercial cleaners, especially those with chlorine bleaches. Here are some suggestions for cleaning your home with products likely to be well tolerated by allergic or sensitive individuals.

BATHROOMS

Borax is a good all purpose cleaner for bathrooms. Sprinkle some on a damp sponge to clean tubs, sinks and showers. It acts as a scouring powder, but is not abrasive. (See notes below.)

Vinegar and water will also help get rid of soap film in the tub or shower.

Clean the toilet bowl by sprinkling in borax. Scrub it with a toilet bowl brush and let the borax mixture stay in the toilet for 30 minutes or more.

Bon Ami scouring powder is an old fashioned product well tolerated by sensitive people.

CHROME

Pour some white vinegar onto a soft cloth and use it to polish chrome.

COFFEE & TEA STAINS

Sprinkle baking soda on a damp sponge and use it to clean stains in coffee or tea cups.

DISHWASHERS

Try replacing the detergent used in your automatic dishwasher with sodium hexametaphosphate.

For hand washing your dishes, add a few tablespoons of sodium hexametaphosphate to your dishpan and cut back on the amount of liquid detergent you use.

DRAINS

Try a rubber plunger and see if the suction created by it will dislodge the block.

Plumbers use a long, flexible tool called a "snake" to push out the blocking material.

Put about 1/4 cup of baking soda into the drain and pour 1/2 cup of white vinegar over it. Place a well-fitting stopper over the drain to close it off. After one minute, run hot water down the drain.

Put 1/2 cup baking soda and 1/2 cup



salt into the drain, then turn on the hot water to flush it away.

FURNITURE POLISH

Use plain mineral oil and a soft cloth. Olive oil will also work on wood surfaces.

LAUNDRY BLEACH

Sodium hexametaphosphate removes the dingy appearance from clothes by softening the water.

MOLD AND MILDEW

Mix borax and water in a spray bottle; spray it on and wipe off.

Or try a mixture of vinegar and water and use in the same way.

Use your hair dryer to heat a small area where mold is growing. When the mold has dried and become a powder, you should be able to brush it off.

OVENS

Coat spilled food with salt as soon as possible. After the oven cools, scrape off the spill.

REFRIGERATORS

Baking soda can be used either diluted in water, or directly out of the box as a scouring agent.

Then there's always the opened box of baking soda to absorb odors.

RUGS, CARPETING

Test the carpeting with a paste made up of borax and a small amount of water to be sure it is color- fast.

Then, dissolve 1/2 cup borax in a pint of warm water. Sponge the solution on the stain. Leave it for about 30 minutes; then shampoo the borax mixture out. Allow the carpeting to dry; vacuum it.

If you have soda water handy, immediately pour some on the spill. Soak up the liquid with paper towels.

Rub baking soda into a grease stain, then vacuum/wash it out.

STAINLESS STEEL PANS AND CUTLERY

Place 2 teaspoons baking soda in a pot of boiling water. Add stainless steel cutlery and let it soak for 10 minutes. Rinse and dry.

Pour baking soda on food which has burned in a stainless steel pot. Leave it overnight.

WINDOWS, MIRRORS

Mix equal amounts of water and vinegar in a spray bottle.

Notes:

Borax is a poisonous substance if ingested, so keep it out of the reach of children. 20 Mule Team Borax should be available with the laundry products in your supermarket.

Sodium hexametaphosphate may be difficult to locate; inquire at hardware or health food stores.

Or check your phone book for the name of a chemical supply company in your area.

Detailed information on household items of all types is found in: *The Non-toxic Home*, by Debra Lynn Dadd. It is available from: The Earthwise Consumer, P.O. Box 1506, Mill Valley, CA 94942 [\$9.95]

New Developments:

Hot Stuff

Isothermics, Inc. is the name of a California firm which has discovered a technique for ridding homes of bugs — without the use of toxic chemicals.

The building is first wrapped in vinyl tarpaulins, and then heat is pumped in, reaching 140 degrees. Insects are unable to tolerate the heat, and everything from termites to ants to cockroaches succumb in two to six hours. (Traditional pesticides take about 24 hours.)

The technique, called Thermal Pest Eradication, appears to have other advantages. The cost (\$800 to \$1,500) is comparable to chemical methods, but the likelihood of reinfestation, which typically occurs in about one home in four, doesn't seem to be a problem with the heat application.

Don't Knock the Melons

The U.S. Department of Agriculture may have found a better way of determining when a melon is ripe.

They measure the sugar content of a melon by shining an infrared light on the fruit and measuring the amount which passes through it. A melon with 12% to 14% sugar is considered ideal.

Barbecue

Some Feingold members have noted that they react to foods which have been grilled on an outdoor barbecue, and reactions are worse when the lid is down and the food absorbs more smoke.

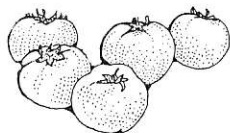
As a precaution for chemically sensitive members, the association has suggested that lighter fluid be avoided. One alternative is an electric fire starter.

Recent information on problems associated with barbecue cooking may offer some clues for Feingold members.

Los Angeles is a mecca for barbecue enthusiasts, and accounts for 5 percent of all the charcoal lighter fluid sold in the U.S. It is also notorious for its chronic brown cloud of smog which blankets the area. Southern California's South Coast Air Quality Management District is attempting to ban the sale of lighter fluid because of the toxic vapors given off when the fluid is used.

Such efforts are being vigorously resisted by the lighter fluid interests (worth \$117 million per year) and the entire barbecue industry (\$6.2 billion in annual sales).

Search for a Good Tomato



Feingold families on stage I are usually eager to reintroduce tomatoes. But what is generally sold in supermarket produce sections are a far cry from what we want to add to our sandwiches and salads.

Most tomatoes are picked when they are still green, and then ripened with ethylene gas. The result is the familiar pale, hard, tasteless globes.

But scientists at Cornell University are working with a Brazilian tomato which can be picked when it is ripe and remain fresh for several weeks. It seems this particular variety contains high levels of naturally occurring chemicals called polyamines, which slow down the ripening process.

Genetic engineering could produce tomatoes which look like those seed catalog beauties, and hopefully taste as good as they look.



Surprisingly, the lighter fumes are considered to be a greater threat to the environment than the smoke generated by the grills.

The Feingold Association was recently contacted by a company which markets kiln dried mesquite wood for barbecues. Each package contains a non-toxic starter packet, so lighter fluid is not needed.

According to a representative of the company, charcoal briquets may con-

New, But not Better

There are various ways of keeping cut fruit from turning brown when it is exposed to the air. Lemon juice in a small amount of water works well, as do many other juices.

Sulfiting agents, once widely used in salad bars, lost favor when it was discovered that they could trigger severe asthmatic attacks.

The Agricultural Research Service lab, located in Albany, California, has developed two compounds which would extend the shelf-life of cut fruit — possibly for as long as 15 days.

The first is a tasteless, invisible coating made from milk. (This could be a problem for those highly allergic to milk.) The other is made from pectin, but since it is not tasteless, the chemists suggest adding [synthetic] flavoring. The problem for Feingolders: how do you put an ingredient label on a sliced banana?

Talking Turkey

Shady Brook Farms fresh ground turkey lists "natural flavoring" on the label. *Pure Facts* called the company to find out if the "natural flavoring" was really MSG. No, it's rosemary. Why not just list "rosemary" on the label?

Product Alert!

Thanks to our member who informed us that **Ortega Taco Shells** now contain TBHQ in the packaging materials. Please cross it off your Foodlist.

The Nabisco Company, which owns Ortega products, told *Pure Facts* that the change was made at the end of 1989 and that the new labels are now showing up in stores.

tain many impurities, including coal dust; this may be connected to the reactions members have reported.

Sold under the name "Buffalo Chips," the company claims its product to be competitively priced with ordinary charcoal. It can be ordered from P.O. Box 576, Rye, CO 81069; (719) 489-2100. In the case of non-food items such as this, members are advised to test them out for individual sensitivities. We would be grateful for any feedback you have on barbecue products.

Roy Rogers says "Happy Trails" and Rides Off into the Sunset

The sale of the Roy Rogers chain of restaurants is sad news for Feingold members. There are many items on their menu which are considered to be suitable for us. (See the July/August 1989 issue of *Pure Facts* for details on fast food selections.)

The Marriott Corporation is selling the entire Roy Rogers franchise to Hardee's Food Systems, who has told *Pure Facts* that all of the restaurants will be converted to Hardee's.

Unfortunately there are so few selections available from the Hardee's menu which are suitable for Feingold members, we cannot include the chain in our listing of acceptable fast food restaurants.

Members who want to encourage Hardee's to carry foods free of the prohibited additives can write to: Linda Gould, Manager of Research and Development, Hardee's Food Systems Inc., 1233 Hardee's Blvd., P.O. Box 1619, Rocky Mount, NC 27802.

Planning Your Vacation

There are many ways to find suitable foods when you are on vacation. The main factor is your degree of sensitivity, which often depends on how long you've been on the Feingold Program. "Veterans" can look over a menu and get a pretty good idea of which dishes would be well tolerated. The brand new member, or the highly sensitive individual, on the other hand, may need to bring many of the foods he will be eating.

Here are some suggestions to help make your summer vacation reaction-free.

Supermarkets provide most of our food anyway. Some creative shopping will turn up many possibilities for a vacation lunch or dinner. Check out the produce section, salad bar, deli and refrigerated foods. And see how many products are available in small size containers (mayonnaise, tuna, peanut butter, etc.). Select your favorite type of bread, roll, croissant or bagel; pick up some drinks, paper plates if needed, and lunch is ready.

Fast food restaurants are not off limits for Feingold families. Check out the fast food pamphlet in the July/August issue of *Pure Facts*, or contact the association for another copy.

Even the **convenience food shops** you see everywhere may have natural fruit juices, ice cream, dairy products and fruit bars. Their staples will cost more than they do in supermarkets, but it's still an economical way to eat out. Take your portable picnic to a local park or spread the blanket out at an elementary school playground and let the kids enjoy the swings.

Ethnic restaurants are often good choices for Feingold members. Chinese restaurants are plentiful, and many will prepare food free of MSG when you request it. (Foods such as soup and eggroll generally already contain MSG.)

Life before the Feingold Program?

Grin and Bear It by Rick Yager

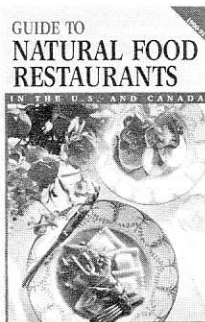


"This reminds me...I need to call the sitter and see how the children are behaving."

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Special Menu Tours provides vacations with food specially prepared for Feingold members. For more information, contact Linda Bryan at (717) 253-0385.

Health food stores often have juice/sandwich bars, and even the pickiest of children may find whole wheat bread tastes pretty good when he's very hungry, and that's all there is. In fact, vacation time is a good time to break out of routines and you may find you can sneak some healthier foods into your child's diet.



The editors of *Vegetarian Times* have put together a very handy **Guide to Natural Food Restaurants in the U.S. and Canada**. It includes a wide selection of ethnic restaurants.

The cost is \$9.95 plus \$1.00 postage. Mail your request to: Book Publishing Company, P.O. Box 99, Summertown, TN 38483.

And don't forget to order a **Foodlist** for the area you will be visiting. See last month's *Pure Facts* for details.

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.

The Over-protective Mother Strikes Back

People who don't know our family very well are fond of offering advice. "You do too much for him. He's too dependent. His immaturity is the result of your parenting."

I used to feel defensive about comments like these, but I have come to take them as a compliment. What they say is: "Your child is a bit immature, but he's a normal boy and capable of functioning like other kids."

Ten years ago nobody would have called our son "normal." Those who know us well remember the agony we went through. Our Feingold colleagues know where children like this generally end up - heavily medicated, and often institutionalized.

My husband and I had to ignore many "experts" as we struggled to identify and find treatment for layer after layer of physical, cognitive and behavioral deficits.



Now he's working at a part-time job, completing high school (normal classes with a B average), and applying to colleges. We're a lot more visible than most parents. We offer more advice and support. We've learned to anticipate those things which don't faze other teenagers but will be worrisome for him. His college will be closer to home than his peer's and he will spend more weekends with us. It will take him longer to leave the nest...but so what? In the span of a lifetime, what difference do a few years make?

This over-protective mother has trouble suppressing a smile when she hears about the slight problems of immaturity in her normal son.

Non-toxic Gardening

Two resources for organic gardening are: Gardens Alive!, Natural Gardening Research Center, Hwy 48, P.O. Box 149, Sunman, IN 47041

Gardener's Supply, 128 Intervale Rd., Burlington VT 05401 phone (802) 863-1700.

Conference Call

I am writing this article because I really feel that every Feingold member should consider attending Conference. Although it doesn't always fit into your budget or your busy schedule every person's attendance is important to the success of the Association.

At Conference you not only get a chance to learn important skills and information you need as a parent or a volunteer, but you help decide policy and goals for the association. In addition, you meet other Feingolders, get a chance to share experiences and come away feeling "renewed."

As a Feingold parent or volunteer we all work very hard and we deserve to treat ourselves to this very special experience. If fund-raising is a problem I'll be happy to brainstorm a way to make it affordable.

I hope to see you all there!

Judy Schneider
(718) 356-5581

Note: For information on attending Conference refer to the April, 1990 issue of *Pure Facts*, or contact Leslie Fowler, 12 Broadridge Lane, Luther-ville, MD 21093 (301) 252-8717

Happy Mother's Day!

Dear FAUS,

What a relief to find a book that I can relate to about my 7 year old boy. [Why Your Child is Hyperactive, by Dr. Feingold] The book explains him to a "T" and at this time I'm in the beginning stages of trying the diet.

Is there any more information or menus, etc. that I can obtain?

A mother in need. Thanks.

B. H., Sequim, WA

Take Time to say "Thanks"

Food companies receive lots of complaints, but like all of us, they need a positive feedback as well.

One member told of writing to Bob's Candies to thank them for making it possible for an 8 year old to enjoy Christmas candy.

She received a lovely note in response, saying that her letter had been framed and was displayed where the employees could see it and feel good about their part.

She plans to write to the Palmer chocolate company after Easter, to say thanks for making it possible for her son to have Easter treats.

If you have trouble finding the address of a food manufacturer, call your public library and ask the Reference Librarian for help.

Going to Camp

Dear FAUS; My son will be going to a month-long summer camp. Please let me know how I can have the Feingold Diet information packet sent to his camp's dietitian.

FAUS will send a professional packet to your child's camp, including a copy of our Foodlist. Please send the dietitian's name, if you have it, and the full address of the camp (street address, if possible), along with a \$5 donation to help us cover costs. Mail your request to the FAUS office: P.O. Box 6550, Alexandria, VA 22306.

Pure Facts

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