

# Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August, 1990

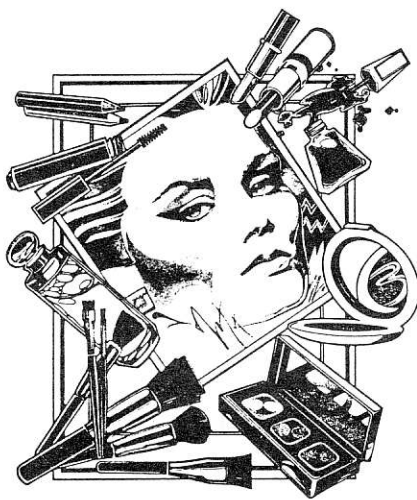
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## Cosmetics

We've come a long way since women ate Arsenic Complexion Wafers to poison the hemoglobin in their blood, and thus give themselves a fragile pallor...or have we?

**F**eingold members are often frustrated by what they perceive to be the FDA's (Food and Drug Administration) reluctance to adequately regulate food additives. But the situation with cosmetics is far worse. "Because cosmetics are not classified as drugs," explained dermatologist Dr. Kenneth Arndt, "no regulatory agency formally tests and certifies products prior to release on the market. Only in the event that a product creates a problem after distribution will it come under scrutiny for possible removal from sale."<sup>1</sup>

Although the cosmetic companies conduct their own tests, critics contend that a \$17 billion a year industry should not be self-regulating. Congressman



Ron Wyden of Oregon compared FDA's authority over the industry to "a toothless pit bull guarding a multimillion-dollar mansion."<sup>2</sup>

Even if cosmetics were required to undergo testing, it would be very difficult to know what type of test to devise. Several thousand chemicals are used in cosmetics, in many combinations. And each person is likely to have his or her own unique sensitivities.

Feingold Foodlists contain some cosmetics and other non-food products; we can offer broad guidelines, but members must ultimately depend on trial and error to find the brands they can tolerate.

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## How the Feingold Program Fits In

Beatrice Trum Hunter, author, food additive expert, and member of the FAUS Advisory Committee, addressed delegates and guests at our recent Conference. In her address, Mrs. Hunter described the background of the consumer movement.

**T**he Feingold Association is really an outgrowth of much that has happened before in the whole history of consumerism. The problem of the food colors and flavors is certainly associated with the whole history of what's happened to food, not only in this country, but in the Western world. The Association is also concerned with food processing which is even older than the use of many of the food additives which have crept in.

The refining of grains and sugar, which happened in the last century, and its impact on health, is also tied in with

the Feingold movement. So, too, are the connections with allergies, caffeineism and its effect on the central nervous system of children and adults, as well as environmental problems of lead poisoning and other heavy metals. We are increasingly becoming aware that radiation can produce adverse effects at much lower levels than had ever been recognized earlier.

Most recently, the trace elements have become of great interest to people working in that area. Many children are zinc deficient — even children from middle class families. And zinc deficiencies — which are tied in with

food refining — can produce learning problems. Boron is another element that is needed in very low amounts, but it's been found that an insufficiency of boron can produce learning disabilities. So here's a whole area that is of great interest to people who are concerned with what is happening to children — their learning ability and behavioral problems.

I think there's an increasing concern about water, air, and not only environmental pollution outside the home, but also indoor pollution and its effect on biological systems. So the whole

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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.

## "Fragrance-free"

When a cosmetic advertises it is "Hypoallergenic," "Natural," and "Allergy-tested" it is certainly worth investigating, but such terms are no guarantee. Generally they mean that the produce is fragrance-free.<sup>3</sup> But here's another problem. Even "fragrance-free" and "unscented" doesn't have to mean what it says. Since some of the chemicals used in cosmetics smell bad, small amounts of "masking fragrances" are added to disguise the odor. For example, castor oil is generally used in lipstick; and since it is found right under your nose, perfume is blended in.

## Lipstick — Real Lipstick!

Of all the types of cosmetics in use, a suitable lipstick has been the most difficult for the Feingold member to locate. We recently researched two lipstick brands. Both manufacturers have filled out our inquiry forms, and declared them to be free of the prohibited additives, so we invite members to cautiously test them.

Real Purity lipsticks, manufactured by Real Purity Cosmetics, 6825 Carpenter Road, Ypsilanti, MI 48197 (313) 572-9066, are available through distributors or through their main office.

Paul Penders Company, Inc. 1340 Commerce Street, Petaluma, CA 94954 (707) 763-5828 sells their lipsticks through health food stores and distributors. Note: the Paul Penders lipsticks acceptable for Feingold members are only those products found in the **new blue packaging**.

Real Purity and Paul Penders lipsticks are available in the traditional tube. Ida Grae's Natural Color Cosmetics has a Feingold-acceptable lip gloss in a little jar. It is available from N.E.E.D.S., 527 Charles Avenue, 12-A, Syracuse, NY 13209 (800) 634-1380.

There are some very practical reasons for using lipstick; it does more than enhance appearance. Unlike other parts of the body, lips do not have a protective outer layer of dead cells to help retain moisture. They contain no glands to supply oil, and have little melanin — the substance that gives skin its color. Lips appear to be reddish because the tissue is so thin it is possible to see the underlying blood vessels.

Most Feingold members are able to tolerate Vaseline, despite the fact that it is petroleum jelly, and petroleum is a notorious offender for the chemically-sensitive person.

Consumers aren't the only victims of the powerful chemicals used in cosmetics. Professionals who work with these compounds on a daily basis can experience severe reactions, and the professional may have even less information to go on than the consumer. Retail products must carry an ingredient label, but those which are sold to beauticians are not required to contain any ingredient listing.

Women no longer eat arsenic, and rouge no longer contains lead and mercury, but modern abuses can be found. The publication *Emergency Medicine* reported that a child was poisoned from drinking Super Nail Glue Off, a solvent for removing artificial nails. The manufacturer added purple dye and grape scent, along with the toxic chemical acetonitrile. To a child, it looks and smells like grape soda.

## Feingold survival skills at the cosmetic counter.

Actually, the Feingolder is well advised to steer clear of the cosmetic section of most stores, as it's generally located beside the perfume counter. They are not easy to avoid since stores love to place their perfumes at the main entrance.

When you shop for cosmetics, or anything that is applied to the skin, remember that much of what goes on your skin will be absorbed into your body. Avoid scents of all types if at all possible — even ones that smell good — or test them out if you're brave.

Stay away from anything listing "FD&C No. \_\_\_" or "lakes". This means they contain the synthetic dyes we want to avoid. Fortunately, the FDA won't permit these petroleum-based dyes to be added to cosmetics intended for use near the eyes. So if you find eye shadow in shades of pink, you may be able to use that as a blusher. Mascara, eye liner and eyebrow pencil should also be well tolerated.

Some of the unfamiliar ingredients on cosmetic labels are actually "uncertified" colors, and likely to be tolerated by Feingolders. These include: iron oxides, titanium dioxide, manganese violet, and ultramarine blue bismuth oxychloride.

As you test out products, please keep in mind that it is possible to have a reaction to a product you have successfully used in the past. Sometimes this happens with sunscreens, and the redness which is actually an allergic reaction can appear to be a sunburn...at which point the sunbather slathers on

more of the sunscreen!

Some promising sunscreen products to look for include: Arizona Sun, Royal Hawaiian Paba products, Freeman Aloe Vera Suncare, and Hawaiian Tropic. If you would like FAUS to conduct product research on these or other brands, write the full name of the product and its ingredients on an index card. Call the research librarian at your public library and ask him or her to check out Thomas' Grocery Register to obtain the complete address of the manufacturer. Include this on the index card. Send as many cards as you wish to: Barbara Ballmer, Chairperson, FAUS Product Information Committee (PIC), 910 Del Dios Highway, #110, Escondido, CA 92029. (Be sure to include #110, or your letter will not be delivered.)

## Especially for Teens and Pre-teens

We would like to hear from members whose teens are successfully using personal care products, especially skin lotions, hair sprays and gels. Con Air hair spray pump — with the green top — and Aubrey Organics products are being used by some of our sensitive teens and pre-teens.

Neutrogena has several skin care products which are free of fragrance, colors, and the anti-oxidants BHA and BHT. Company spokesperson, Linda Allen Schoen, told *Pure Facts* that consumers should have no difficulty finding ingredient information on the labels.

Products worth investigating are Neutrogena: Moisture, Norwegian Formula Hand Cream, Night Cream, Acne Mask, Antiseptic Cleanser for Acne Prone Skin, Cleansing Wash, and soap in gold colored cartons.

Neutrogena products are marketed throughout the United States, mostly in drug stores, but also in some department and discount stores. The company will assist you in finding suitable products and will provide samples upon request. (Send the exact name of the product you are interested in testing.) Some retailers sell trial size items.

*Interested members can request a copy of their pamphlet, called "Neutrogena Inside Information". Write to: Neutrogena Skin Care Institute, 5760 West 96th Street, Los Angeles, CA 90045, or call (213) 642-1150.*

### Footnotes:

1. Harvard Medical School Health Letter, 12/86
2. The Human Ecologist, Fall, 1989
3. FDA Consumer, 11/86



chemical environment that has mushroomed in the last few decades has had an impact on what we are interested in in terms of the hyperkinetic child.

People are becoming more aware of the problems posed by such things as: the dangers of inhaling cigarette smoke, radon within the home, formaldehyde, foam rubber; these are things that formerly had not been heard about by many people, and yet may have quite an impact on health. The same is true with outdoor pollution, industrial pollution, and occupational problems. It's interesting that many of the physicians who have traditionally been in occupational medicine are women. Women

have played a key role in environmental health. And then we focus more on what's been happening in the school: the use of volatiles—art supplies that may be producing problems with children. So you can see that there is an interconnection.

## Two books stand out in the impact they had on the processing of food.

*The Jungle*, written at the turn of the century, was intended to make people aware of the terrible conditions for workers in the meat packing houses. But what surprised the author, Upton Sinclair, was that the interest it

generated was not for the working conditions, but for the the meat supply itself. As a result of the uproar, Congress, in 1906 passed the Pure Food and Drug Act.

The next important landmark was the publication in 1933 of the best seller, "*100,000,000 Guinea Pigs*." Referring to the number of people in the United States at that time, it was the story of what was happening to the food supply, to drugs and cosmetics. The laws were on the books but were not being heeded. People were being blinded from eyelash dye, losing their hair from hair dye, losing their fingernails from formaldehyde used to apply false fingernails. Food additives were being used in greater numbers. Lead arsenate sprays were used in apple orchards in the 20s and 30s. It is still in the soil around the trees, and still available for farmers to use.

When "*100,000,000 Guinea Pigs*" came out there were about 300 additives in the food supply; now we have more than 3,000, plus about 10,000 indirect additives.

**By 1938 the Federal Food and Drug laws were amended and tightened. But the word "pure" was dropped from the Pure Food, Drug and Cosmetic Act. I think the dropping of the word "pure" is symbolic.**

During the 1950's Congress conducted hearings and became aware that they needed to tighten legislation controlling food, drugs and cosmetics. Congressman Delaney was particularly upset over the use of cancer causing substances. The amendment, now known as the "Delaney Clause," prohibits the use of cancer-causing additives in food, but this law has been continually circumvented by industry. Today there are many carcinogens in foods, as well as substances that can produce birth defects, various health and behavior problems.

The thalidomide case also broke in those years, and it had an impact on the Food, Drug & Cosmetics Act. At that

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## Danny

"I know God hates me and wants me to be in Hell forever."

Some nights, as I went to tuck in our middle child, Danny would tell me this, then turn his head to the wall and cry himself to sleep.

No amount of love and reasoning could persuade him that he was a worthwhile little boy; but Danny's perception of himself wasn't without cause.

His behavior was one of great extremes. Charming, and friendly, attracting people one minute, he could abruptly turn into an angry, violent aggressor. From the day he was born there had never been a middle ground, and as he got older it became harder and harder for the other children to forgive his destructive outbursts.

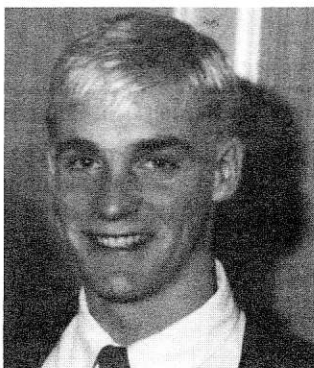
Our family suffered terribly, and I found myself crying most of the time. But nobody suffered more than Danny, and he began to think about how he would end his life. One day, when he was 7 years old I found a note that had the word "open" crayoned on the outside. Inside he had written, "Dear Mom, I am going to kill myself."

Of course we had been everywhere, consulted with specialists, and tried everything we knew to do. But nothing helped until we learned of the Feingold program 13 years ago, and removed the toxic chemicals from Danny's diet.

The change in our son was abrupt and dramatic. Dan was not a Feingolder who needed to watch for allergies, to obtain remedial help, or catch up on social skills. His response to the Program was complete; and having been a diet assistant for many years, I know what a blessing this is.



This photo of Danny at age 2 1/2 was chosen as the Feingold Association's "most beautiful baby." It was taken during one of his charming interludes which came and went for no reason we could understand at the time.



Today, our beautiful baby has become a terrific young man. Dan graduated from Chaminade, a highly competitive high school, as a member of the National Honor Society. He is now a junior at Villanova University.

*Eileen Breen*

Hunter, from page 3

time, a manufacturer did not have to prove safety and usefulness prior to marketing; the burden of proof was on the government. Products could be put on the market, and then once they showed damaging effects the government had to prove they were dangerous before they could be withdrawn. The same was true for pesticides.

The new legislation required that drugs be shown to be safe *before* they could be put on the marketplace, but this is not always true with the food additives. They still slip onto the market, as is the case with aspartame (NutraSweet), which is not safe. And it's very difficult to get them out once they have been in the market.

By 1960 a special amendment was added to the Food, Drug and Cosmetic Act: the Color Additive Amendment. Food manufacturers were then told to prove the colors are safe or they would have to be taken out. They have had one extension after another, and as you know, most of these colors are still in the food supply 30 years later. So you can see how slowly these things move, but the Feingold Association is certainly a part of this movement to get the artificial colors out of the food supply.

**And every one of [the artificial colors] will go because there's not one of them that's not been shown to be damaging.**

In the 1980's the increased use of processed foods and convenience foods has resulted in increased use of food additives. But also in the 80's, there was a great awareness on the part of the public that some of these additives are "doing them in." More than two dozen deaths have been caused by sulfiting agents. Sulfites have always been used, but have been used increasingly because of the growth of the salad bars. Another positive sign is that the FDA now insists tartrazine (Yellow dye No. 5) be labeled specifically because there are so many people sensitive to it. There's a great recognition now that many people react to MSG & HVP. Fiber, cholesterol, and other issues have made people much more aware of what's going on.

**In the 1990's genetic engineering will have an enormous impact. It is another part of the revolution of the food supply.**

False advertising has been with us since deregulation and once the imp is out of the bottle it's hard to put him back in.

The newer types of packaging are producing many problems of microbial contamination of food and we're going to have many potential situations of outbreaks. Industry is pushing for long shelf life with the proposal to radiate food. This is going to develop more and more in the 90's, and we have to be careful.

**Substitute foods — there are new substitute fats and sweeteners galore so that the food supply is being constantly manipulated and changed.**

Aluminum — it used to be considered nontoxic and inert (about 90% of the Earth's crust is aluminum). But we are now beginning to see that crops are taking up a great deal of aluminum, and aluminum competes with phosphorus. So many of the edible crops are very high in aluminum. What is happening is the acid rain is unlocking the inert aluminum from the soil, and it is now being taken up by crops and by water. So we're getting much more aluminum into our bodies, and it's not going out, it's competing with the phosphorus. People who used to think of it as nontoxic have now pushed it over to a list of questionable toxicity. Aluminum is one of the suspected substances for not only alzheimer's disease, but for many senile dementias. Whether it's a cause or effect is not known, but the tangles in the brain show very high levels of aluminum at autopsy. Many toiletries have aluminum. The antacid gels have it, and it is used in the food



by Clay Bennett, St. Petersburg Times / reprinted with permission

supply in baking powder and anti-caking agents. So there's a lot of aluminum in the food supply in addition to being in the food itself. It's probably wise to limit your exposure to aluminum as much as possible.

**Consumers can bring about change in the food supply through boycott and publicity.**

If the food processors are pressed, they can always find alternatives. Many, for example, don't use the antioxidants anymore (BHA, BHT, TBHQ). They use different types of packaging or vitamin E or C. When the sulfiting agents came under scrutiny it was not very long before there was a mixture that became available for the restaurants to use in their salad bars; it's citric acid and ascorbic acid and erythrobate.



## What Can We Do With Vinegar?

You may not love the smell, but versatile vinegar has a lot to offer the chemically sensitive person.

**H**einz U.S.A. has developed three little booklets of particular interest to Feingold members.

If pickles are a family favorite, but you must avoid cucumbers, consider the many non-salicylate vegetables and fruits which can be spiced/pickled. *Heinz Guide to Successful Pickling* contains recipes for: onions, zucchini, watermelon rind, beets, celery, green beans, cantaloupe, pears, pumpkin, cabbage, artichokes, eggs, corn, carrots, and mushrooms.

Detailed instructions are provided on how to pickle foods, including the correct equipment and procedures.

Here is a sample recipe using zucchini in place of cucumbers.

### Zucchini Pickles

4 cups Heinz Distilled White Vinegar  
2 cups granulated sugar  
1/4 cup pickling salt  
2 teaspoons celery seed  
2 teaspoons ground turmeric  
1 teaspoon dry mustard  
5 pounds 5 to 6 inch zucchini, unpeeled, cut into 1/4 inch slices  
1 quart thinly sliced onions (4-5 medium)

Combine first 6 ingredients in saucepan; bring to boil. Pour over zucchini and onions and let stand 1 hour; stir occasionally. In saucepot, bring mixture to a boil, then simmer 3 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 6-7 pints.

*Note:* Never double or triple a pickling recipe. The ratio of ingredients to vinegar may be altered which will affect flavor and texture, and may even cause spoilage.

### "A Whole Houseful of Uses for Heinz Vinegar - Naturally"

This book takes you all through the house, and outside as well, to provide ways vinegar can make life easier. Some of the ways to use vinegar include:

Freshen up wilted vegetables by soaking them in one quart of cold water and a tablespoon of vinegar.

Add two tablespoons of white vinegar per quart of water before boiling eggs to help prevent cracking. This will also make the shells peel off more easily.

To make rice fluffier and less sticky, add a teaspoon of vinegar to the boiling water.

Soak the insides of food-stained pots and pans in full strength vinegar for 30 minutes, then rinse in hot, soapy water.

A cup of white vinegar, placed on the bottom rack in your dishwasher will help remove soapy film from glassware and from the inner workings of the dishwasher.

Soap film on tub, tile, and chrome will also succumb to a vinegar cleaning. And you can use it as a non-toxic toilet bowl cleaner. Pour in one cup full, and allow it to stand for at least 5 minutes.

In the laundry, Heinz USA recommends vinegar to remove tough wine or cola stains, get diapers super-clean, and as a fabric softener.

Marks from altered hemlines and starchy buildup on your iron will yield to a vinegar treatment. So will scorch marks and underarm stains.

Vinegar can be used to remove pet stains, to keep cut flowers fresh, and make windows sparkle.

Guess what is recommended to sooth sunburn, kill weeds, remove bumper stickers, dissolve corrosion, discourage ants, and prevent ice from forming on your windshield?

The last part of the book contains recipes with more ways to use vinegar.

### "A Salad Tour of the United States"

This book features salads using food specialties of the various sections of the United States.

The recipes can easily be modified to fit either Stage I or II of the Feingold Program. Those who enjoyed the authentic Maryland Crab Cakes at our recent conference may want to try Charm City Salad from Baltimore. It is based on fresh lump crabmeat.

### Why Heinz?

Feingold recipes often specify Heinz vinegar by brand name. In the past, members have had reactions to some brands of distilled vinegar, and we suspect the reason is that vinegar may be manufactured from petroleum. Like many products, the label does not have to tell you this. Heinz advertises that its distilled vinegar is derived from corn, and it appears to be well tolerated by our members.

You can order single copies of these booklets by contacting: Heinz U.S.A., P.O. Box 57, Pittsburgh, PA 15203. (412) 237-5740. The copies are free, but the company would appreciate your sending a mailing label with your name and address.

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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.

## FAUS Elects Officers, Board of Directors

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**Product Information** - Barbara  
Ballmer, Escondido, CA

**Publicity** - Jeanne Shield,  
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**Trademark/Copyright** - Tanya  
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**Goals** - Elaine Pohlmann,  
Jetmore, KS

**Reaction Review** - Irma Kennedy  
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**Scholarship & Endowment** - Kathy  
Leinen, Rialto, CA

**Travel Aid** - Gail Wachsmuth,  
Fort Washington, MD

## Footnotes on Cosmetics

• Because chemicals can penetrate the skin, sensitive members need to be aware that products which are applied to the skin may contain such things as benzoic acid, BHA and salicylic acid, as well as synthetic dyes.

• Health writer, Ruth Winter, notes that there is a 500 to 1,000 percent spread between the cosmetic manufacturer's cost for the raw ingredients, and the retail sale price for his product. (This would not apply to cosmetics colored with the far more expensive natural dyes.) In some cases, special ingredients in a cosmetic are actually waste products of other industries.

• Fragrances can be derived from hundreds of natural and synthetic sources, but the manufacturer is not required to disclose the sources. Cosmetics need only list "perfume" or "fragrance."

• Even a fragrance derived from natural sources can trigger a reaction; like all cosmetics, these need to be individually tested.

### Additional reading:

*A Consumer's Dictionary of Cosmetic Ingredients*, by Ruth Winter, Crown Publishers Inc. N.Y.

*Being Beautiful*, available from Center for Study of Responsive Law, P.O. Box 19367, Washington, DC 20036. \$10. (Make checks payable to "Being Beautiful".)

*Save Your Money, Save Your Face: What Every Cosmetics Buyer Needs to Know*, by Elaine Brumberg.



## 1990-1991 School Year Calendar

Once again, Feingold members in the United States are receiving their Feingold School Year Calendar.

The calendar is designed to do more than tell you what day it is! It contains information on food additives, acceptable products, and hints gathered from experienced members.



Teachers, relatives, and neighbors who come in contact with your child need to understand this program before they can provide the necessary support. The calendar is a mini-course in food additives and why we don't eat some of them. It can be a good way to enlist their cooperation. Extra copies are available for you to give to them.

(How about passing it on to the neighbor whose little one trampled your tulips this spring?)

If you joined the Association after the calendars were distributed, or if you live outside of the United States, you can still order one. Send your name and full address, along with a \$5 donation (U.S. funds) to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.

## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the materials provided to members of the Feingold Association. For further information, write to: Feingold Association of the United States, Inc., Post Office Box 6550, Alexandria, VA 22306. (703) 768-FAUS.

## "Start With Feingold!"

This will be the theme of the Feingold Association's 16th Annual Conference, to be held at the University of Michigan, in Ann Arbor, MI. So put a circle on your new Feingold School Year Calendar around the dates June 20 - 23, 1991.