

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Happy Halloween!

How can you make a major splash at the class Halloween party without orange cookies?

Try a Scary Night sheet cake. Use chocolate frosting to cover the cake, then add ghosts, gravestones, haunted houses or skeletons in white frosting. Coloring books are a good source of art ideas for decorated cakes. If pumpkins are a part of the scene, look for small plastic ones at a store which sells craft or cake decorating items. (Plan to get a lot of pumpkins to avoid fights over who gets to take them home.)

For cupcakes with a dramatic flair, try topping vanilla frosting with a black plastic spider or bat ring. (Oooh gross!)

Funny Faces

When it comes time to transform your young trick-or-treater into his or her chosen role, take a look at the possibilities available with acceptable cosmetics.



Make up which is designed to be used near the eyes is not permitted to contain petroleum-based dyes. This gives you a wide range of choices with black or brown eyebrow pencils, as well as all the shades of greens, blues, lavender, and even pinks which are available in eye liner or shadow.

If you've already ordered one of the natural lipsticks described in the July/August issue of *Pure Facts*, then rosy cheeks and clown's noses, as well as vampire blood, are at your disposal.

Make-up will be much easier to remove if you first put a layer of cold cream on your child's face.

Balloons

These are great alternatives for Feingold families to give on Halloween night. (Look for a pump to help you supplement lung power and to avoid ingesting the powder found inside them.) But be aware that uninflated balloons can be a hazard for children who put them in their mouth. The Consumer Product Safety Commission reports that inhaling an uninflated balloon or piece of a balloon is the leading cause of suffocation death in children.

If Your Child is Sick

When a family removes petroleum-based additives, and replaces most of their junk food with nourishing choices, they generally feel better. Colds or flu tend to be less common, and ear infections may disappear entirely.

But for those times when illness does strike, the Feingold family needs to know how to avoid the synthetic colors and flavors which are added to most pediatric medicines.

Our newly-revised Medication List now contains a section called "Planning for Your Child's Hospital Stay." It includes suggestions for obtaining suitable medication.

Does your family doctor have a copy of our Medication List in your child's



file? This is especially helpful when you need to have a prescription phoned to your pharmacy. We will provide these books for doctors,

nurses, dentists pharmacists, and other interested health care professionals. Contact your local association or FAUS.

Many pharmacist are distressed by the excessive Ritalin prescriptions they fill, and would welcome information about a "better way." Contact FAUS for extra copies of our information brochure and fliers, and ask your pharmacist to make them available to their customers.

Editor's note: Thanks to the member pharmacists, who are also Feingold parents, for their help in preparing this newsletter.

Special Issue on Medication

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.

Mark

We called our son "Scooter" when he was a baby because he rocked so hard in his crib that he would scoot it all the way across the room.

Mark had problems from the beginning. First it was colic, then he had speech problems, and later it was an inability to read or spell.

He was not at all like the typical "hyperactive" child I had learned about in nursing school. Mark was a quiet little boy who enjoyed listening to stories; in fact, he could sit for hours, drawing tiny little pictures.

It was clear that our son was bright, so why couldn't he learn?

The school thought maybe the problem was that my husband's job caused us to move so frequently. I didn't agree, but couldn't come up with an answer either. Our daughter, who was three years younger, didn't have these problems. Virtually every professional we encountered told us the same thing, which was, in effect: "Michelle is fine — what are you doing wrong with Mark?"

When he was 9 we were told that Mark would be placed in an "LD class." I asked for a copy of the results of their tests and was told he had not been tested. There was no way I was going to agree to any such placement without some solid information. Testing then showed Mark to be close to the 98th percentile in all subjects. I later found out the special class they recommended was a catch-all for students who didn't fit in elsewhere.

By the time Mark reached fifth grade things were getting desperate. "If Mark would progress any slower," I was told, "he'd be going backwards."

He had been moved along from grade to grade even though he wasn't able to keep up. In the earlier years it was less crucial, but now, since he couldn't read he couldn't learn, and this began to damage his usually sunny disposition. He wasn't happy with himself, and the other children began to exclude him.

The fifth grade teacher suggested Mark may be hyperactive. This prompted me to go to the library and do

some research on the problem. I recalled seeing Dr. Feingold on the Donahue show, and then found his book. After reading it I began to recognize that the other symptoms — what is now called "attention deficit disorder" — seemed to fit Mark.

With my new-found information, I attacked the cupboards with a vengeance. My husband was accustomed to taking my word on medical matters, so he didn't object to the change in our food.

I'm delighted to report that within three days, our ten year old was a very different child.



Mark Giza today

After we began the program he no longer had problems which we hadn't even identified as problems! He could come to the dinner table and sit down without spilling everything, could go to sleep without rocking, and stopped talking out in his sleep. He stopped incessantly teasing his sister, being argumentative, and could now turn off the TV without a confrontation.

Mark had become so unhappy with his life by the time he was ten years old, he welcomed a chance to change things. Michelle was just as eager to see some changes as well! The whole family cooperated, and never regretted giving up synthetic chemicals.

I soon received a letter from his teacher which says "Mark is a pleasure to have in class." After ten years of worry and searching, I can't describe the feelings this brought. Needless to say, I still have that letter.

His ability to pay attention improved quickly, while the reading and spelling skills improved more gradually.

We began the diet in November, and by the end of the school year Mark had brought his skills up to almost grade level!

He had no problems with reading or spelling after that, and sixth grade was a real success story.

I was surprised at the willpower Mark showed — he had a lot more than I think I would have had. There were some setbacks, though, like the time he wasn't feeling well and the school nurse gave him Pepto Bismol. He then became aggressive and ended up with detention. I called the nurse and told her I had specifically written on his health form (in red ink!) that Mark could not have any medication except Tylenol. She said yes, she read my instructions, but didn't see how a little [artificially colored] Pepto Bismol could hurt anyone!

Fortunately, most of the people we encountered cooperated with Mark's diet. The teachers kept cupcakes in the cafeteria freezer for unexpected parties, our doctors were great, and nobody objected when I volunteered to do the shopping for activities that involved food.

The only difficulties we encountered were in dealing with the grandparents.

My mother was willing to cooperate, but couldn't understand what the diet was all about. She hadn't had problems with us, and I reminded her that we ate from the garden and she made everything from scratch. Then it made sense to her.

My mother-in-law was a different story. She's a member of the "just a little bit won't hurt" school of thought, and would sneak treats to Mark without my knowledge. I told her that if she expected to see her grandson she wouldn't do that anymore. "Furthermore," I told her, "if you do it again I'll bring him back here and you can keep him for two days while he gets over his reaction." I have found you must put

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Mark, from page 2

your child's welfare first, even if it means someone's feelings get hurt. She never really understood, but she cooperated after that.

Mark's reactions varied, depending on what he had eaten. Synthetic dyes made him surly and short-tempered, but too many salicylates caused him to be talkative. I could tell the minute he walked in the door if he had eaten the wrong thing. One of the problems we faced was that he was not aware of when he was having a reaction. Only after the effects wore off could he look back and see that his behavior had been different. For the most part, though, he was very careful.

By the time he was a teenager, Mark was able to be more liberal about his diet, and didn't have trouble going out to eat with friends. He just was careful about what he ate.

Today, at age 22, Mark chooses to follow the Program. He has found that the dyes are the worst offenders for him, and that he doesn't have to be as concerned about avoiding artificial flavorings.

It's been 12 years since we first learned about the Feingold Program, and I've been an active advocate, both as a diet assistant, and in my work as a nurse. Moms who learn of the program when their children are toddlers are so fortunate; there's so much we had to go through.

Parents today are also fortunate there are so many choices. Back then we had so little information, I had to do a lot of food preparation. I worked part time in order to be able to make all the things our family wanted to eat. If this sounds like I feel sorry for myself, nothing could be further from the truth.

The day our ten year old told us, "I really like me the way I am now," I knew no amount of effort would have been too much.

Today we are rewarded with a delightful young man who has explored many options and decided to follow his dad's profession managing Pennsylvania's state parks.

Gayle Giza

When Medicine Does More Harm Than Good

Medication may trigger behavior, learning problems.

In February of this year the *New England Journal of Medicine* reported on a study of phenobarbital. For decades, this medication has been given to infants and children who were considered to be at risk for convulsions.

The two year study involved over 200 children from 8 months to 3 years of age. Not only did the medicine fail to reduce the number of seizures, but the children taking phenobarbital scored nearly 8 1/2 points lower on I.Q. tests than those who were not medicated. The children were tested again after they had been off the medicine for six months. The I.Q. score difference was not as great, but remained more than 5 points below the other children — a difference considered to be statistically important.

Earlier laboratory research had indicated that animals who were given phenobarbital when they were young had smaller brains and fewer nerve cells than the control animals.

One of the researchers, Dr. Jaqueline Farwell, a pediatric neurologist at the University of Washington, concluded that "the treatment is worse than the disease."

"Many parents whose children were on phenobarbital," she continued, "complained that the children were hyperactive [emphasis added] or irritable or moody or depressed. They would have disturbed sleep — either they would sleep all the time or they could not sleep."

Another of the study's authors, Dr. Deborah Hirtz, a pediatric neurologist at the National Institute of Neurological Diseases and Stroke noted that the lower test scores could "be related to behavior and attention spans."

Editor's Note: *Did anyone consider the effect of the artificial colors and flavors in liquid pediatric phenobarbital?*

Although the medicine's use may now be questionable, the Epilepsy Foundation of America cautions parents not to discontinue medications without the guidance of their physician. "Sudden withdrawal of anticonvulsant drugs such as phenobarbital can trigger seizures, including seizures that are harder than usual to control, or which occur in series," cautioned Dr. W. Edwin Dobson of the Foundation.

Hyperactivity and Risk of Manic Episodes

Phenylpropanolamine (PPA), an ingredient in the appetite suppressant Dexatrim and in many over-the-counter nasal decongestants has been implicated in the onset of manic psychosis (episodes of excessive, unrealistic enthusiasm), according to a paper published in the *Journal of Clinical Psychopharmacology* (8/89).

The researchers suggest that PPA may precipitate manic episodes in a person who was already genetically predisposed to manic-depressive illness. Childhood hyperactivity may be a precursor to manic-depressive disorder.

from the AMI-NV Newsletter, reprinted with permission

Medications in Canada

Feingold volunteers have long been aware that foods which appear to be identical in the United States and Canada, may actually contain different ingredients.



For this reason, the Foodlists in use in the U.S. cannot be relied upon for use by our Canadian members. It was unclear, however, if the same applied to medication distributed in both countries. Lois Gowans, President of the Feingold Association of Beamsville, Canada, recently shed light on this in a review of the book *Understanding Canadian Prescription Drugs*, by Dorothy L. Smith. The book is endorsed by the Canadian Pharmaceutical Association.

"I learned that prescription drugs available in Canada are frequently different from those available in the United States even though they may be manufactured by the same pharmaceutical company and sold under the same brand name. More than one-third of the medication instructions differed between the two countries. There are some Canadian medications that have exactly the same name as the American product but have different ingredients or different strengths...as a result the contraindications, warnings and side effects can vary between the two products."

Another "Dimension" to Candy and Other Foods

In the search to replace petroleum-based synthetic dyes, many alternatives have been explored.

Dimensional Foods, a young enterprise headquartered in Boston, has come up with a remarkable technology — edible holograms.

Dimensional Foods Executive Vice President, Neil Winneg, told *Pure Facts* he is hopeful this technology will enable food manufacturers to produce foods which appeal to children without the need for synthetic dyes.

Holographs, widely used on credit cards and novelties, produce a multi-colored image which appears to be three dimensional. They are made by focusing a laser beam on a light-sensitive emulsion.

In adapting this to edible products, Dimensional Foods creates a layer of microscopic ridges on the surface of the



food itself. When light strikes these ridges it is diffracted, producing vivid colors and moving images which seem to float within the food. The process does not add anything to the food, nor does it change the texture or taste.

Holography has already been tested on chocolate bars and can be used to produce a colorful design on white or clear lollypops.

Another solution offered is "Rainbow Sparkles." They are made by creating extremely tiny ridges in starch particles which can then be applied to the surface of cookies, cakes, or cereals. As light bounces off the ridges, the surface of the food glistens with bright multicolored flecks.

An exciting possibility for edible holography lies in the field of pharmacology. Synthetic colors are used to distinguish different medications and identify the various brands and strengths. Dimensional foods is currently working on ways to replace petroleum-based dyes by embossing compressed tablets with holographic images.

What do cranberries, oranges, garlic, onions and banana have in common?

Definitely not fruit salad.

All of them contain substance(s) which prevent certain bacteria from causing food to spoil. This could lead to a better alternative to some artificial preservatives.

Microbiologist Edward Richter hopes to determine which chemical or chemicals in bananas have this antibiotic effect; he feels it's too early to speculate on the possibility of preventing infections in humans.

Reading, Writing, Arithmetic, Lead and Asbestos

The Environmental Protection Agency (EPA) has published two documents dealing with some of the hidden hazards in schools.

"Lead in School Drinking Water" lists drinking water coolers with lead liners. Contact the EPA at 800-426-4791 for details.

"The ABC's of Asbestos" is a joint effort of the EPA, the National Education Association, and the National Parent Teacher Association. Contact US EPA OTS (TS799), Washington, DC 20460.

Those Fruity Little Things

Have you checked out the label of some of the gelatinous little "fruit snacks" only to find they are another name for junk? Center for Science in the Public Interest points out that an entire packet of Sunkist Fun Fruits contains the equivalent of just 1 1/2 grapes! For real fruit snacks (stage II), stop by your local health food store.

PIC Report

CoCoMo's plain candies have been added to our list of acceptable foods. They are chocolate candies sweetened with dates instead of sugar, and coated with naturally colored glaze. (CoCoMo's have the appearance of pastel M&M's.) Check at health food stores or contact American Natural Snacks (904) 825-2059.

Is your child doing "pretty well" on the Feingold Program?

The difference between pretty well and GREAT may be one or two things you're overlooking.

What brand of toothpaste are you using? Check the Foodlist if you're not sure your brand is ok. Just because it's white, that does not mean it will be tolerated. Many people believe that something like toothpaste or mouthwash won't affect a child since he spits it out; just as medicine placed under the tongue will be rapidly absorbed, synthetic colors or flavors will be rapidly absorbed as well.

Are you using vitamins or medicine which contain synthetic flavors or colorings? It doesn't take much to set off a sensitive child or adult. And a substance you ingest every day is especially likely to cause a reaction.

Did you remove salicylates during the early weeks of the program?

Many members ask, "Are salicylates really important?" The answer is Yes, Yes, Yes!

Little Chocolate Pumpkins

If you have found a source for natural chocolate candies from the Palmer Candy Company, you may be able to find Halloween candy as well. Some supermarkets, drug stores, and discount stores carry them.

Their little pumpkins are similar to the milk chocolate balls offered at Christmas and Easter, except that they have orange foil wrappers decorated with jack-o-lantern faces.

With other Palmer candies check to be sure they do not contain "vanillin" — synthetic vanilla.

Old Fashioned Ham, Sausage and Bacon

If salt cured, hickory smoked, old fashioned Kentucky ham — with or without red-eye gravy — is your kind of food, then you'll be glad to know about Scott Hams. (These are intensely-flavored meats, not your traditional deli sandwich fare.)

A small operation, intended to supplement their farm income, has grown into a business producing 10,000 hams annually. The Scotts ship hams, sausage, bacon, and a selection of country foods around the world.

None of the meats contain nitrites or MSG or are subjected to the typical insults of modern technology. An impressive collection of state fair awards attest to the success of June and Leslie Scott's old fashioned 9-12 month curing techniques.

For more information contact: Scott Hams, Rt. 4, Box 114, Greenville, KY 42345 (502) 338-3402.

Donna's Homemade Sausage

Check your Foodlist for acceptable brands of sausage, or try this easy mixture.

- 1 lb. ground turkey or pork
- 1/2 teaspoon sage
- 1 teaspoon salt

Mix well. Fry or broil in patties, or scramble for pizza topping.

Donna Curtis
Carthage, IL

Bacon for Breakfast?

Many people have given up on eating bacon, and for different reasons.

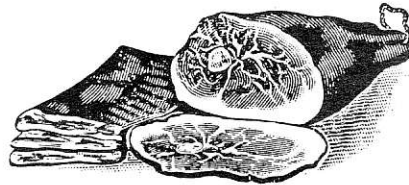
Feingolders are suspicious of yet another food additive, especially one like nitrites, whose initial purpose was to retain the color of meat, not to preserve it. But *Pure Facts* has recently learned that TBHQ and BHA may be added to the chemical curing agents sodium tripolyphosphate and sodium ascorbate, which can be used to replace nitrites. (Source: *Food Technology*, June, 1990)

Some people give up bacon because of its high fat and sodium content. According to *Consumer Reports*, bacon's 74% fat content is the same as cheddar cheese, and two slices of bacon contain

as much fat as one egg; what's more, bacon has twice as much unsaturated fat as saturated. Its salt content is high, but is about the same as a hot dog or a few slices of American cheese.

The issue of nitrites and their connection with cancer scares away others. But *Consumer Reports* notes: "If you don't want to live without bacon, you can reduce its nitrosamine content by cooking it in a microwave oven. Some studies have found that the lower cooking temperatures in the microwave result in no detectable nitrosamines in the bacon." (*Consumer Reports*, October 1989)

A Feingold breakfast could ideally contain microwave cooked, nitrite-free bacon — but not too much and not too often.



Americans spend nearly \$3 billion a year for bacon.

Avoiding nitrites? Consider sliced chicken or turkey lunchmeat, or roast beef from the deli.

Dear Feingold Association

I read an article in *Woman's World* magazine about a boy named Eric who was hyperactive and was helped by the Feingold diet. To my surprise, I was reading about my own son, Michael. Michael is only 21 months old but he has a lot of Eric's problems.

Michael will not sit still, he will hit and kick us, he will not sleep through the night...I noticed after giving him lunch meats [which contain nitrites] he will get very crazy and wild. I stopped giving him the lunch meats; I also brought it to the attention of my pediatrician. She replied that he is going through changes and not to worry, it will pass.

I cannot take it much longer. Please send me more information regarding this problem and let me know what I can do to help Michael and myself.

Sincerely,
E.K., Hollywood, FL

Editor's note: We are still receiving mail from this May 1989 Woman's World article!

New Red Dye

The recent FDA action to ban certain uses of the petroleum-based dye Red No. 3 has stimulated food technologists to seek more natural alternatives.

Red cabbage may serve as a better natural source of red coloring than such traditional foods as beets or grapes. The dye derived from red cabbage is far less likely to be affected by heat or light, and since the coloring is intense, smaller amounts can be used. This prevents the problem of a vegetable pigment imparting its own flavor or odor to a product.

Scientists at the annual meeting of the Institute of Food Technologists learned that red cabbage provides intense shades of red which could be successfully used in foods and beverages.

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.

Another Good Reason Not to Smoke

We have long known of the harmful effects of nicotine. We also know research indicates that food dye can interfere with messages traveling through the brain.

Now doctors at the Institute of Preventive Oncology in Tokyo believe that nicotine can also disrupt messages in the brain. They have found that moderate-to-heavy smokers who become afflicted with Alzheimer's disease exhibit symptoms five or more years earlier than do non-smokers.

Pure Facts

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Pure Facts is published ten times a year and is a portion of the materials provided to Feingold members. For more information contact the Feingold Association at (703) 768-FAUS.

Here's What a Little Giving Can Do

Every fall Feingold members have the opportunity to target some or all of their United Way donation to help the association that works for you. Just \$1 a week will enable us to:

- Research 150 new products for possible addition to our Foodlist.
- Print 500 information brochures to reach families at their wits end.
- Conduct telephone research with all of the major fast food chains.
- Provide our videotape for 5 cable TV stations.
- Supply professional packets to 10 doctors.
- Pay for 2 1/2 months of our 800 number phone service.
- Print 150 new bumper stickers.
- Mail brochures to 200 special education teachers.
- Provide services to two families unable to afford our membership dues.
- Mail out press releases to 180 newspapers.
- Pay for 3 months rent for our post office box.
- Establish a Feingold support group in another country.
- Print 1,000 copies of our introductory letter.
- Cover two weeks rent for our national office.

Please ask the United Way coordinator at your place of work if you can designate your donation to be given to the Feingold Association. (We are a tax-exempt non profit organization and qualify for it.) If you contact us at our P.O. Box or call the tape (703) 768-3287 we will be glad to work with your United Way to facilitate this.



The High Price of Using Pesticides

Exposure to pesticides appears to put many people at risk of developing Parkinson's disease, according to a study just published in the *Journal of Neurology*.

People living in farming communities and dependent upon well water appear to be at greatest risk. Both pesticides and fertilizer can leach into the ground water.

This report follows many in pointing to the use of synthetic chemicals as a probable trigger for the devastating affliction. Previous research indicates that Parkinsonism is found primarily in industrialized countries.

Studies published earlier this year show that people who work directly with pesticides are seven times more likely to develop the disease. But not everyone who fits this description becomes afflicted. It appears that some individuals are especially susceptible, that they possess the same "genetic predisposition" Dr. Feingold referred to in describing the hyperactive child.

Researchers at the University of Birmingham in England believe that some people lack the necessary enzymes in their liver to remove the toxic chemicals to which they are exposed. These toxic substances then proceed to damage the brain.

Pen Pals

Would your child like to have a Feingold Pen Pal? Our new program will enable a child (or child & parent) to correspond with another child in the association. To enroll, fill out this form and mail it to:

Kathy Leinen
344 North Aspen Way
Rialto, CA 92376

Please sign me up with a Pen Pal this age:

5 & under w/parent 12, 13, 14 (grades 7, 8, 9)

6, 7, 8 (grades 1, 2, 3) 15 and older

9, 10, 11 (grades 4, 5, 6) I prefer to write to a:
___ boy ___ girl ___ either

My name _____

Age _____ Boy _____ Girl _____

Address _____

City _____ State _____ Zip _____