

Pure Facts

Newsletter of the Feingold® Associations of the United States



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A New Look at Diet and ADHD

In their book, *Managing Attention Disorders in Children* (New York, Wiley, 1990), authors Sam Goldstein, Ph.D. and Michael Goldstein, M.D. have taken a critical look at the early studies of the Feingold diet.

They write, "Lester and Fishbein (1988) suggest several reasons that earliest studies may have produced false negative results. First, the dosage of dyes may have been too low in studies conducted before 1980. Second, the combination of preservatives found in normal diets but not in test situations may be needed to produce behavioral symptoms, and third, artificial flavors, which outnumber dyes, may also be important precipitants of behavior change.

"A study of preschool-aged boys [in Calgary, Alberta, Canada] by Kaplan, McNicol, Conte and Moghadam (1989) further supports the hypothesis that diets eliminating multiple offending agents are effective at improving be-

havior....The new approach looks at the combination of many substances and studies children on such restricted diets that all their food must be supplied by the examiner."

Editorial note: Even the best of the studies have ignored or, at best, minimized the importance of salicylates. They have all missed the significance of hidden additives, as well as the differences between laws governing the use of additives in various countries.

The Feingold Association's Ontario representative, Lois Gowans, investigated milks sold in Canada and found that lowfat and skimmed milks contain numerous additives hidden in the vitamin A Palmitate.

This is a listing of the additives in the vitamin fortification: "choecaiferol (Vit D3) gelatin, modified food starch, sorbitol, sodium citrate, dextrose, fractionated coconut oil, sucrose, silicon dioxide and cottonseed oil, ascorbic acid, BHT, BHA and dl-alpha-tocopherol as antioxidants; methyl paraben, propylparaben and potassium sorbate as preservatives."

Feingold members believe that someday researchers will test the Feingold Program using Feingold materials which have been developed over the past fifteen years — particularly our *Foodlist, Handbook and Medication List* — and that they will follow the program as Dr. Feingold outlined it.



Sensitivities to Aspirin and to Food Additives

Studies from the United Kingdom and Finland are of interest to Feingold families.

For many years physicians have reported a link between sensitivity to tartrazine (Yellow dye No. 5), benzoate and aspirin.

Dr. W.R. Williams of the Asthma Research Unit at the Sully Hospital in Cardiff, Wales, found that other food additives have an aspirin-like effect when tested on blood platelets. The additives tested were: sodium nitrite, sodium metabisulfite, sodium salicylate, sodium benzoate, ascorbic acid and phthalic anhydride.

These additives appear to be capable of inducing intolerance in

salicylate-sensitive (or aspirin-sensitive) people.

Foods which contain these additives generally contain many others as well, prompting the researchers to caution: "The additive [cumulative] effects of these substances also suggest that they are likely to be more injurious to health than was previously thought..."

WR Williams, A Pawlowicz, BH Davies. Aspirin-like Effects of Selected Food Additives and Industrial Sensitizing Agents, *Clinical & Experimental Allergy* 19(5):533- 537(9/89).

Researchers at the University of Turku in Finland report that scratch tests, along with oral provocation, helped predict if an additive-free diet would help patients with a history of urticaria (hives) or angioedema (fluid retention).

The following additives were tested: sodium benzoate, benzoic acid, sodium glutamate, p-aminobenzoic acid, parabens, propionic acid, sorbic acid, citric acid, sodium metabisulfite, and nine food dyes.

The majority of subjects found that

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Heidi

Heidi was born suffering from extreme colic, unable to digest most foods. Every milk we tried seemed to cause her to cry endlessly, vomit, and double up in pain.

As a toddler she was plagued with ear infections and high fevers; but all of the antibiotics we tried caused her to break out in hives. Sometimes she would rub her nose so hard it would bleed.

Since Heidi was an only child, we thought pre-school would help. Her teacher complained on the first day of school, and asked if Heidi had ever been tested for brain disorders because she was so hyperactive. The teacher was indeed shocked when she saw that our three-year-old could already read entire books, play songs on the piano, and spell long words.

At about this time we discovered that our daughter had asthma, and the sleepless nights began for all of us as she coughed so hard it sounded like she was coming unglued! The asthma medicine made things worse. Heidi was so over-stimulated that by the time she reached Kindergarten the school was hinting at Ritalin. The two private schools we tried suggested that she not return; she was always being shunned, or made to feel like the troublemaker. I was beginning to believe our daughter was truly abnormal and that I was a failure. Our family sought counseling, where we were told that Heidi's environment was the cause of all her problems.

A family friend introduced me to the Feingold Program, which had helped her son many years ago. I was skeptical at first, but with my family's encouragement I decided to give it a try.



Heidi Needham

We began to see changes — no more rubbing her nose, calmer behavior, and better sleeping habits. Her asthmatic attacks continued, but they were much milder and further apart.

She still has bad reactions, becoming very excited or hyper when she eats too many things with coloring or preservatives. But this doesn't happen often. Heidi enjoys feeling good on her diet and is usually very sensitive to what she can and cannot have. She doesn't want the junk that others have and is proud when the dentist tells her that her diet paid off.

Feingold Conference to be Held in the Nation's Number One Ritalin State

The Feingold Association Annual Conference will be held at the University of Michigan in Ann Arbor June 20-23. Contact FAUS if you are interested in attending.

Unfortunately, recent statistics give the state of Michigan the dubious distinction of being number one in the use of Ritalin for hyperactivity/ADD. For the first half of 1989 the rate was 611 grams for every 100,000 residents; Michigan has displaced Utah, which used 597 grams.

Jim Tillman, a Detroit supervisor for the U.S. Drug Enforcement Administration testified before a drug commission meeting at Michigan State University that the drug is overused. "We feel there's an over-prescribing of this medication without adequate testing and diagnosis and looking at alternatives."

Other states consistently ranking high in per capita Ritalin useage are Georgia, Maryland, Minnesota, Iowa, Nebraska, and Ohio.

In addition to avoiding the additives, she drinks a special milk without lactose, and avoids acidic foods, which cause her to have stomach cramps.

Now we are approaching the fourth grade. Heidi is in the gifted program, excels in music and art, and can sing solos in front of large audiences. She attends public school and has had teachers who make her feel special and treat her as a normal child. This past school year she missed only 3 days of school, and felt happy and secure in most of her classes. I am thankful to Dr. Feingold and his program, and encourage parents with troubled children to try it; I know it will help.

The Feingold Program has made us a normal family again.

Karla Needham
Brandon, FL

A Message of Love for Your Littlest Valentines

A recent Feingold conference had the theme, "Reach Out" and touch someone. One of our volunteers, Myra Fletcher, wrote the following article to members living in the San Francisco Bay Area:

Our children do need to be touched — physically as well as mentally. Life is not easy for them as they struggle to fit in with their peers, meet the demands of school, etc.

We need to continually reinforce our love for them. They know sometimes they are different, and they need more reassurance. Give them an extra hug before they leave for school.



Praise them. I know it's so much easier to emphasize the negative, the spilled glass of milk, the homework that wasn't turned in, and so on.

Are you overlooking times when positive events occur? Has your child just cleaned his/her room, or just a small part of it, seeking praise from you? Tell them how good and how special they are.

It is often difficult for us to remain calm and accept our children as they are. We may be the only ones there for them when they are having a reaction, or during other difficult times. So let them know you will always be there, and be sure to include that extra hug or word of praise.

Cookies & Desserts

Microwave Fudge

3 cups (18 oz.) semi-sweet chocolate chips
1 can (14 oz.) sweetened condensed milk
1/2 C. powdered sugar, sifted
2 tsp. pure vanilla
Dash salt
1/2 C. chopped walnuts

In 1 1/2-2 quart glass bowl, combine chips with sweetened condensed milk. Heat on HIGH for 3 minutes. Stir until smooth. Stir in remaining ingredients. Pour into a wax paper-lined 8 x 8 pan and chill until firm. Store at room temperature.

Best Ever Gingersnaps

1 egg, beaten
1 C. sugar
3/4 C. shortening
1/4 C. molasses
1/2 tsp. cinnamon
1/2 tsp. ginger
2 1/2 tsp. soda
pinch of salt
2 C. flour
sugar

Preheat oven to 375 degrees.
Mix first nine ingredients in order given. Form in 1-inch balls. Roll in sugar. Bake for 10 minutes on an ungreased cookie sheet. Makes four dozen.

Dump Bars

2 C. sugar
1 3/4 C. flour
4 eggs
1 tsp. salt
1 C. oil
1 tsp. pure vanilla
1/2 C. cocoa
1 C. chocolate chips

Preheat oven to 350 degrees.
Dump all ingredients except chocolate chips in bowl and mix. Spread in greased 9 x 13-inch pan. Sprinkle chips on top. Bake 30 minutes. Makes 3 dozen.

Pumpkin Bars

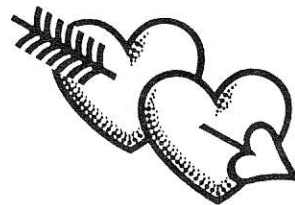
2 C. flour
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 tsp. cinnamon
2 C. sugar
4 eggs
2 C. (1 can) canned pumpkin
1 C. cooking oil

Frosting:
3 oz. pkg. cream cheese, softened
3/4 stick butter
1 Tbs. milk
1 tsp. pure vanilla
1 3/4 C. powdered sugar

Preheat oven to 350 degrees.

Mix first 9 ingredients well and pour into a greased and floured jelly roll pan (9 x 17-inch). Bake for 20 to 25 minutes. Cool and frost with cream cheese frosting.

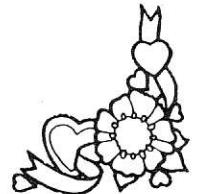
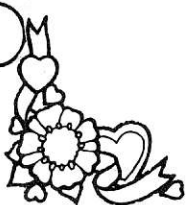
Frosting: Mix ingredients well and spread on bars. Refrigerate.

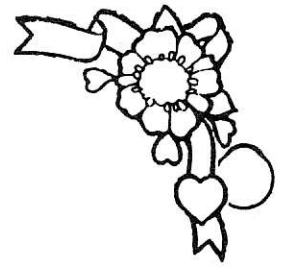


Lemon Ice Cream

1/4 C. sugar
1 C. sweetened condensed milk
2 C. half & half
3/8 C. lemon juice
3/4 tsp. finely shredded lemon rind

Combine all ingredients. Freeze according to ice cream freezer instructions, or: pour into pans (such as 8 x 8, undivided ice cube trays, etc.), freezing until firm. Return to bowl and beat well; freeze again.





Cupcakes

2/3 C. butter or margarine
1 3/4 C. sugar
2 eggs
1 1/2 tsp. pure vanilla
2 1/2 C. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1 1/4 C. milk

Preheat oven to 350 degrees.

Cream butter and sugar well. Add eggs and vanilla, beating at medium speed until well mixed.

Sift together flour, baking powder and salt. Add to butter mixture alternately with milk, scraping the bowl often. Beat well after each addition. Continue beating on medium speed for two minutes.

Fill cupcake papers or greased & floured pans 2/3 full. Bake for 25 minutes or until a toothpick inserted in the center comes out clean. Makes 26 cupcakes.

Mint Chocolate Chip Frosting

6 Tbs. butter
1- 16 oz. pkg. powdered sugar
milk
1 1/2 tsp. pure vanilla
1/16 tsp. natural peppermint extract
1/2 C. chocolate mini chips

In mixer bowl cream butter until light and fluffy. Gradually add about half the powdered sugar and beat well. Beat in 2 Tbs. milk, the vanilla and the peppermint extract. Continue beating and gradually add the remaining powdered sugar. Beat in additional milk until frosting is of spreading consistency, usually about 2 Tablespoons. Fold in mini chips.



Lemon Sponge Pie

Pastry for single-crust pie

1 C. sugar
2 tsp. finely shredded lemon rind
3 egg yolks
3 Tbs. all-purpose flour
1 Tbs. butter, softened
1/8 tsp. salt
1/3 C. lemon juice
1 C. milk
3 egg whites

Preheat oven to 375 degrees.

Prepare pastry for a 9-inch pie; do not prick. Line pastry with a double thickness of heavy foil. Bake in a 375 degree oven for 10 minutes. Remove foil; bake 5 minutes more. Remove from oven and set aside. Reduce the oven temperature to 325 degrees.

Using the large bowl of an electric mixer, beat sugar, shredded lemon peel, egg yolks, flour, butter, and salt till well blended. Add the lemon juice and beat well. Beat in milk.

Wash and dry the beaters thoroughly. In small mixer bowl, beat egg whites till stiff peaks form. Fold into the lemon mixture. Pour filling into the pie shell.

Bake at 325 degrees about 35 minutes or till the top is golden and appears set. The pie filling will firm up more as it cools. Do not overbake or the filling will "weep." Cool completely before cutting.

Flaky Pie Crust

1 3/4 C. flour
1 tsp. salt
3/4 C. shortening
1/4 C. water

Combine the flour and salt. Cut in shortening with pastry blender until the particles are pea-sized. Sprinkle with water and mix with a fork. Divide in half and roll out to desired size. Makes two crusts.

Solutions

Our family has recently moved to a new house and need to paint my son's drab room. But he's *extremely* sensitive to environmental chemicals (not to mention food additives!) and I would like to find a brand of paint he will be able to tolerate. We are planning to paint in the spring so the room can be aired out before he moves back into it. He will be staying in another room while the work is going on, and I will keep the door of the painted room closed. Do you have any other suggestions?



For the average Feingold member, these precautions would probably be enough; for the very sensitive person, however, avoiding a reaction can be far more difficult.

The most obvious problem posed by paint is the odor it gives off when it is still wet. But there are other concerns for the highly sensitive.

Organizations such as the Human Ecology Action League (H.E.A.L.) offer this advice on dealing with paint.

Long after paint has dried, it "out-gases", that is, it releases fumes which may not be noticeable to most people, but can cause a reaction in the sensitive. After the paint has dried to the touch, closing off the room and circulating the air, by opening windows and/or using a portable fan will hasten this process. (Don't use a central house fan, as it could circulate the fumes throughout the house.) It will probably take a few weeks before the process is fully completed. The ideal weather conditions for this are warm, dry air.

Chemically-sensitive people try to make a paint job last as long as possible,

Here Comes Valentine's Day...

...and with it comes the inevitable class party!

Instead of serving red cookies on a white dish, find a red dish/tray/plastic container to show off your white heart shaped cookies. (Make them white with frosting or by giving them a good dusting with confectioner's sugar.)

If the occasion calls for cupcakes, stop by a cake or candy supply store or a shop that sells craft items. Look for red and pink plastic decorations to provide the color for white frosted cupcakes.

Red doilies and napkins are good as long as the food that comes in contact with them will not cause the dye to come off. You may be able to locate red, see-through plastic drinking cups that will make the lemonade or 7-UP look like it's colored.

Super-moms can add red and white balloons and crepe paper.

And in March...

These same hints will apply to a St. Patrick's Day party. Just substitute green party supplies for red.

so it's a good idea to have the wall as smooth and clean as possible before you begin to paint.

If you can limit the painting to one coat, it will dry and cure more quickly. A paint with a high percentage of pigment content will probably cover the surface in one coat. Look for this information on the paint label.

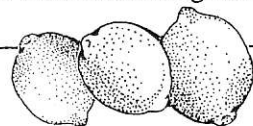
Oil-based paints have a strong smell when they are being used, and require solvents for cleaning brushes. But once they are completely dry, they are not irritating and they are very durable.

Latex paints are easy to use and not much affected by weather conditions, but they do contain preservatives (biocides, mold retardants, mildewcides, fungicides).

The Negley Paint Company offers a low biocide/fungicide paint. Their address is: Box 47848, San Antonio, TX 78265.

FAUS recently received a press release concerning a line of natural interior paints. "Eco Design Company introduces Livos Non-toxic interior wall paint as an alternative to standard water-based house paints which may contain mercury and other toxic chemicals. Livos earth tints and wall paint from Germany, are made from natural plant resin and oils. Only non-toxic and natural pigments, developed from the science of Plantchemistry, are used to create a wide variety of pastel and earth tones."

To receive a catalog, call 1-800-621-2591, extension 103, or write to: Eco Design Co., P.O. Box 146-103, Santa Fe, NM 87501.



Sugar & Lemon Rinds

If you are new to the Feingold Program you may be surprised to see the enclosed recipes which contain sugar. Most members find their children can tolerate sweets as long as they are not overdone or served on an empty stomach. You can limit the consumption of these desserts by keeping the portions small.

Several of the recipes call for grated lemon rind. *Pure Facts* contacted federal and state agencies to learn if synthetic dyes were used on the rinds of lemons. This is what we found.

The majority of lemons sold in the United States are grown in California and Arizona, where citrus is not permitted to be artificially colored. Florida grows fewer lemons, and as is the case with oranges, most are sold for commercial use.

While *Pure Facts* was unable to get any absolute assurance, the authorities with whom we spoke were unaware of dyes ever being used on lemons or Grapefruit. Florida oranges are sometimes colored.

Like many fruits and vegetables, citrus will have residues of pesticides and a thin wax coating. If you believe you are sensitive to these, you may need to seek a source of organically grown citrus. One such supplier is the Valley Center Packing Co. in Valley Center, CA.

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.

Studies, from page 1

symptoms diminished when they followed an additive-free diet.

G Malanin, K Kalimo. The Results of Skin Testing With Food Additives and the Effect of an Elimination Diet in Chronic and Recurrent Urticaria and Recurrent Angioedema. *Clinical & Experimental Allergy* 19(5):539-543(9/89).

At Brompton Hospital in London researchers conducted a double-blind study of 19 children with behavior problems. Their parents reported the behavior problems were triggered by synthetic food dyes.

For two of the seven weeks each child swallowed an opaque capsule which contained the following dyes: 50 mg of Yellow No. 5, 25 mg of Yellow No. 6, 25 mg of carmoisine (a red dye not used in foods in the U.S.), and 25 mg of Red No. 2 (banned in the U.S.). During the placebo weeks, the capsules contained lactose.

Parents recorded both the child's behavior and physical symptoms on a daily questionnaire.

The results showed a statistically significant increase in behavior problems while the children were consuming the dyes in comparison to the weeks when they consumed the placebo. There was no difference noted in somatic (physical) symptoms.

I Pollock and JO Warner. Effect of Artificial Food Colours on Childhood Behaviour, *Archives of Disease in Childhood* 65(1):74-77 (1990).

Editorial note: Although the questionnaires showed a statistically significant increase in behavior problems during the weeks the dyes were ingested, most of the parents were not able to tell when their child was being given the dyes.

The limited response reported would not be surprising if artificial flavors, preservatives and salicylates remained in the children's diets.

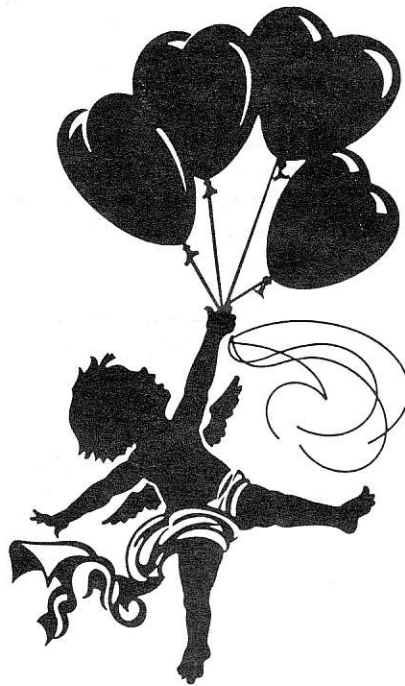
This study is consistent with previous ones in that it demonstrates a challenge of dyes alone is a far cry from the elimination diet which is the basis of the Feingold Program.

Pure Facts is published by the Feingold Association of the United States, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS. It is a portion of the materials provided for members. Call or write for more information.

Our Poor Little World

"Most of the products we use today are made from crude oil, a non-renewable resource that is quickly becoming depleted. Thousands and thousands of products of every description are derived, either directly or indirectly, from crude oil. Sixty-three percent of all crude oil used in the United States goes into the making of gasoline for our automobiles, the rest goes to make other fuels, lubricants, greases, paraffin wax, solvents, detergents, synthetic fibers (nylon, polyester, acrylic), plastics, paints, **food additives**, cleaning products, pesticides, nail polish, lipstick, shampoo, and countless other items we use every day."

from *The Earthwise Consumer*
P.O. Box 1506, Mill Valley, CA 94942



Breathe Easier in the Northwest

Residents of the state of Washington may find it easier to avoid exposure to automobile exhaust and gasoline fumes. Residents who can get medical documentation of their sensitivities may apply for a disabled parking license and thus avoid some auto exhaust when they go from their car to the stores. They are also eligible to have gasoline pumped by service station attendants at the self-service price, according to the non-profit Wellmind Association located in Seattle.

For more details contact: The Registry of Washington State Chemical Sensitivities, 17402 6th Ave. S.W., Seattle, WA 98166.

Mailbag

Soccer Star

Feingold mom, Trish Frederick sent clippings from local newspapers which describe her teenage daughter's accomplishments as a star soccer player: "Dawn Frederick won her individual battle with Betsy Anderson yesterday ... Frederick shut down Anderson, the Falcons' main offensive weapon with 15 goals this season. "Dawn Frederick is a Division I soccer player," Broadneck coach David Lord said. "There's no one else in Anne Arundel County that could stop Betsy Anderson."

Trish writes, "Without the diet, I'm certain I wouldn't be reading these wonderful papers on my child."

Sensitivity to Noise

"Please let me know where I can get Dr. Feingold's book and the local affiliate.

"My nephew's son (5 years) is having a horrible time with other children and is very sensitive to loud noises, but seems to be brilliant.

"I would like to give them this information since they do not talk about their child's problem, although they have all kinds of tests made."

Mrs. J.S.
Atlanta, GA

Editor's note: *Sensitivity to noise appears to be common among chemically-sensitive children.*

Bumper Stickers Advertise our 800 Phone Number

"Enclosed please find my contribution for the 800 number [our toll-free phone number]. I think it is a *great* idea. I only found Feingold after 6 months of searching, through a neighbor of a friend. It was in the white pages of the phone book but I had looked in the yellow pages. The diet has improved our whole family — our total quality of life, and I will proudly put a bumper sticker on my car."

Kevin Becica
Cherry Hill, NJ

Contributions to our 800 number and requests for bumper stickers may be sent to the FAUS office.