

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Summertime!

Here we go again — summer is just around the corner. It would be nice to kick back and enjoy the warmth of the sun. In fact, you'll be able to do just that with a little planning.

Are you sending your child off to spend a week with relatives? Plan ahead! Send a list (with brand names) of foods your child can tolerate. Better yet, include a bag of groceries — especially snacks. Kids seem to snack more during vacation time.

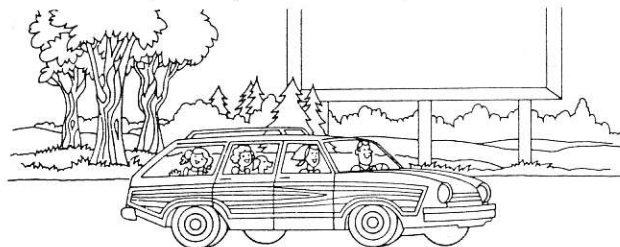
Are you planning to travel? Take along your own food. Load the ice chest with yogurt, hard boiled eggs, a small jar of mayonnaise, juices, soda, cold chicken, lunch meats, etc. If you're driving, stop and picnic on the way. This gives the kids a chance to run off the excess energy while you are preparing lunch.

If you are staying at a motel/hotel, take along a box of cereal. You can always find a convenience store with milk. Make some muffins ahead of time; fresh fruit will complete the meal.

How about dining out? This is the

time to order a la carte. Ask for fresh vegetables — no sauce or spices, please. Have your meat prepared without seasonings. A plain baked potato is fine. Don't be embarrassed to take the time to thoroughly explain to your waiter/waitress that you have special needs. Ask that the words SPECIAL REQUEST be written at the top of the order so the cook will be sure to take notice.

*Myra Fletcher, past President
Feingold Association of the Bay Area*



A Service for our Members

Make your travels easier by ordering extra copies of the Feingold Association's Foodlist for the area you will be visiting. Get a copy for the relatives, or an extra for your baby sitter. (Any current member of the Association can purchase additional copies of the Foodlists, but we ask that you not give them to families wishing to test the Feingold Program; the foodlist alone is not sufficient.)

They are available for these regions: Northeast, Pennsylvania & New Jersey, Mid-Atlantic states, Southeast, Midwest, Southwest, Southern California, San Francisco Bay Area, Northwest & Mountain states. The books are \$5 each; please allow 4 weeks for delivery. Write to: FAUS Travel-Aid, P.O. Box 6550, Alexandria, VA 22306.

Happy Birthday to FAUS!

In May, 1976 parents from areas throughout the United States met in Washington, DC to establish the Feingold Associations of the United States. Fifteen years later, with their children now grown, many of these volunteers continue to give their time and help.

The parents had read *Why Your Child is Hyperactive* and began support groups to share their success with their neighbors. There was no *Foodlist*, *Handbook* or *Medication List*. The materials were crude by today's standards, but they were successfully turning lives around.

An organizational structure was developed and a name chosen. Grateful parents insisted the name "Fein-

gold" be used to honor the man who had done so much to help their children.

Dr. and Mrs. Feingold attended as honored guests, and announced plans to co-author a cookbook and use the proceeds to help fund the work of the Association.

Dr. Feingold cautioned the parents that new ideas in medicine are slow to be accepted and that it could take twen-

ty years for his work to gain recognition. He urged each person to find other families to help; despite the thousands of children succeeding on his program by that time, he knew we had "barely scratched the surface."

Today, FAUS has many ways to assist you in spreading the word of our program. Contact your local association or our national office for materials and suggestions.

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.

1976 FAUS's 15th Year 1991

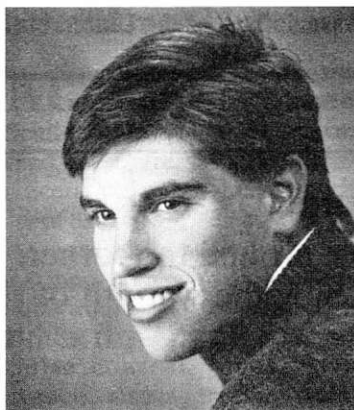
A Mother's Day Story — Feingold Style

One of the early volunteers who attended the first Feingold Association conference wrote about her son and his experience with a "gob ball".

"Mom, can I have this big red gob ball?" This was Gerrik's plea upon finding a candy machine while I was picking up the Feingold mail in the post office.

"Sure. You have the choice to eat whatever you want. It's up to you. Do you know what's in it?" Of course my young son recognized the bright red dye, plus high sugar content and probably a lot more offenders. The gob ball went into his jeans pocket. On the way home from the post office he felt it, sniffed it and drooled over it.

When we got home, the brightly colored gob ball was placed on the kitchen counter. Once again I was asked if he could eat it. My response was that it was up to him, and if he reacted after eating it, then he would have to take the consequences. That source of temptation sat on the kitchen counter for THREE days while he was trying to decide whether or not to eat it.



When his friend Justin came to the door, Gerrik rushed to show him his new-found thrill. Justin got excited too, but for a different reason. "You can't have that, Gerrik," he cried, "it's got artificial in it!"

Justin ran up to me and yelled "Sharon, you aren't going to let him have that, are you?" My response, "It's up to Gerrik", made him a bit nervous.

Upon leaving the room, Justin

placed his hand on Gerrik's shoulder and said "If you eat that I don't want to play with you."

As they walked through the kitchen, Gerrik threw the gob ball away, and there was never one more word about it.

*Sharon Latta
Salem, OR*

Today, at age 19 Gerrik is a personable, ambitious young man; everyone who knows him predicts a very successful career ahead.

He has already chalked up some impressive successes. Gerrik was one of the top cyclists in the United States in last year's junior competition, and was chosen to be a part of the USA World Junior Cycling Team. They traveled extensively and competed with forty other nations.

Much of the discipline he learned — both on the Feingold Program and in his athletic training — is now being focused on accomplishing his career goals. The Feingold Program has enabled Gerrik to take the excessive energy and intensity he once brought to his every activity, and channel it to work on his behalf.

Smelly Stuff

FAUS recently received a phone call from a distressed member. Her eight year old son had a very bad day in school and she traced it to the perfume worn by the little girl next to him.



The classroom teacher refused to believe that perfume could affect a person's behavior, and on the basis of one bad day urged the mother to put her son on Ritalin.

The cause against fragrances continues to grow, and we were able to send this member some excellent information from the newsletter of the National Center for Environmental Health Strategies (NCEHS). The information below is taken from their recent newsletter.

* People magazine now offers subscribers magazines which are free of scented advertisements.

* TV Guide and Smithsonian magazines have apologized to readers after they received complaints.

* Spiegel's catalog has discontinued enclosing scented strips, at least until such time as they can safely seal them.

* Jacobson's, a midwestern department store chain, has stopped advertising with fragrance strips.

New York State Senator Martin Connor introduced a bill to require that fragrance strips in magazines, newspapers and the mail be sealed so as to emit no fragrance.

California adopted industry-proposed standards to reduce the emission of fragrances in printed materials, but this is considered inadequate by consumer representatives. New Jersey has also adopted the industry standard.

The Food and Drug Administration is aware of the problems fragrances can cause for sensitive people. A NCEHS member received a letter from FDA which said, in part:

"The exact etiology of these responses is not known...However, based on the information we have received from consumers in recent years, it appears that the incidence and severity of these adverse reactions has been increasing substantially, apparently as a result of the increasing popularity of stronger,

sweeter fragrances. Further, we have learned that the people adversely affected by certain perfume odors also react to other strong odors, e.g., cigar or pipe tobacco odor."

[Editor's note: The increase and severity of the adverse reactions could be due to the great increase in our exposure to harmful chemicals in our air, food and water, not to stronger or sweeter fragrances.]

NCEHS President, Mary Lamielle, urges those who are sensitive to fragrances to contact FDA and be on record. Write to: Food and Drug Administration, Attn. Heinz J. Eiermann, Director, Division of Colors and Cosmetics, Washington, DC 20204.

If you are very sensitive to fragrances and other environmental chemicals, contact the NCEHS to learn how you can obtain detailed information, as well as your own PERFUME POLLUTES button. The address is: NCEHS, 1100 Rural Avenue, Voorhees, NJ 08043.

New Pain Reliever for Infants and Children

Of all the manufacturing practices of the pharmaceutical industries, the addition of harmful synthetic dyes to medicine designed for sick children makes the least sense.

Since most liquid and chewable pain relievers contain both synthetic dyes and flavorings FAUS was delighted to learn of a new product which meets our needs.

Feverall Sprinkle Caps is a non-prescription acetaminophen powder designed to be added to a spoonful of water or other beverage. Since the medicine is very finely ground the child cannot detect it, and each particle is coated so it can't be tasted.

The aspirin-free medicine is packaged in pre-measured capsules; you break them open and sprinkle on food or beverage. The capsule itself contains artificial colors, but this is not a problem for our members since it is discarded.



A representative of Upshur-Smith Labs, the Minneapolis firm which makes Feverall, told *Pure Facts* the product should be available throughout the country. If you have difficulty obtaining it, contact Upshur-Smith Laboratories or ask your pharmacist to call. Their number is (612) 473-4412.

Both the Children's and Junior Strength Feverall® Sprinkle Caps may be added to your *Medication List*.

Stage One Summer Foods

Even if you're sensitive to natural salicylates, there is plenty of vitamin C available, especially during the summer months.

The melons are ripe and lemonade looks more appetizing than ever as the temperature climbs. Consider experimenting with some of the unusual fruits which are now becoming more and more prevalent in supermarkets. Remember when kiwi was an oddity?

There is not much information available on the salicylate content of many of these fruits; members should test them out as they do known salicylates.

Do any of our salicylate-sensitive members have any experience using foods made from muscadine berries? Also called "scuppernongs", they resemble grapes and grow in the southeastern United States.

Another favorite summer food is potato salad. Did you know that potatoes are a very rich source of vitamin C? After oranges, they are the most popular source of this important nutrient. Keep the kitchen cool by microwaving baking potatoes. They can be topped with broccoli and cheese, or chili, or other favorites for a fast and light summertime dinner.

Plan Ahead for Fall Pollen Allergies

Environmental allergies can be particularly difficult for chemically-sensitive people. A major corporation is taking an interest in the products some of us need, and others of us would like to have.

The 3M Company (the Scotch Tape people) has announced a new product designed to remove 92 percent of dust, pollen and mold circulating through the home. The company claims its **Filtrete Clean Air Filter** cleans the air 20 times better than ordinary panel filters. It can be used in conventional furnaces, air conditioning systems and room air conditioner units without special equipment.



Last year *Pure Facts* described another environmentally-friendly 3M product, Safest Stripper, which strips paint from furniture without the use of strong chemical solvents.

Natural Preservative

Chemists at the Japanese firm, Nippon Oil and Fats Co., Ltd., have identified substances in the bark of the bamboo plant which inhibit the growth of bacteria and may prove to be suitable for use in foods and cosmetics.

Feingold members welcome the new research in hopes that manufacturers will be able to find replacements for the petroleum-based BHA, BHT and TBHQ.

Spring Cleaning

If you like to avoid chlorine based cleaning products clean your plastic shower curtain by tossing it in the washing machine with a little detergent. After it spins dry it will look "permanently wrinkled", but these will quickly fall out after a *very short* (a minute or two) tumble in a dryer set on lowest heat. Don't walk away and leave it in there to melt!

PIC Report

Lucky Colorado Members! **Boulder Sausage** products have been researched and found acceptable. not only are they free of the additives eliminated on the Feingold Program, but they contain no nitrites, nitrates, or MSG.

They make the following varieties of sausage: Bratwurst, Beer Bratwurst, Italian, Hot Italian, German, Polish, Chorizo, Cajun Brand, Swedish Style Potato Sausage, and Breakfast Sausage.

They are available fresh or frozen from: Boulder Sausage, 3558 Pearl Street, Boulder, CO 80301 (303) 442-6493.

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.

Mailbag

Dear FAUS,

"My daughter is very sensitive to red dyes. I have written to many drug companies complaining about their adding dyes to medications. I just got your book, and have begun to enter a surprising realization that I may not get any responses from these companies."

Helen S.

Dear FAUS,

"My daughter is 7 years old and very hyperactive. She takes Ritalin 10 mg at 7:30 each morning and Ritalin 5 mg at noon. I can see no changes, and the side effects are scary. Also they won't permit her to take it on weekends or holidays so at home she is generally wild all the time. I really am at the end of my rope. I just don't have control over her.

"After reading the new book *Helping Your Hyperactive Child* by John F. Taylor, Ph.D., I became very interested in this program. Tami has a lot of the symptoms of allergy-sensitivity in addition to hyperactivity. She has constant dark, dark circles and puffy eyelids, she's pale a lot, her nose is stuffed a lot and very very bad breath but no cavities or any reason for it. So I'm really excited about this program and hoping it will help my child.

"I told her about it and she seems excited too at the thought of not having to take her pills anymore.

"At the end of May her school will close for summer vacation and she will stop her medication for the summer. That's when I want to start this diet."

Debra S.

Grateful thanks to all who have sent in donations. The increases in postal costs, U.P.S. fees, and printing really hurt!

Editorial comment:

Some thoughts on police brutality

The videotape of Los Angeles police officers beating an unarmed man has stimulated the public to look for causes.

Many causes are being suggested, especially the high stress of this difficult job. But whatever reasons are offered, these stresses affect thousands of officers, and only a small minority are guilty of excesses.

As more information on the Los Angeles men comes to light, Feingold parents would not be surprised if it is found that they share traits such as poor impulse control, low frustration tolerance, and aggressive behavior. Professionals now acknowledge that one does not outgrow hyperactivity. If five to ten percent of individuals have these characteristics, they would be found in police departments as well as in most other professions.

Pure Facts contributing editor, Lois Gowans, related conversations she had with a friend who is a police officer in

Ontario. He described the reputation some of his colleagues have for wrecking patrol cars. (Apparently the "Dukes of Hazzard" image is not purely fiction!)

The police officer went on to confirm that another impression the public has of policemen is true as well; many of them really do exist on a steady diet of soft drinks, coffee and doughnuts (caffeine, synthetic colors, flavors and preservatives.)

Pioneers in the field of criminal behavior — such as Stephen Schoenthaler, Alexander Schauss and Barbara Reed Stitt have shown that diet can clearly affect the behavior of criminals. Now is the time to look at the same factors affecting the men on the other side of the jail cells.

Moving? Please let us know in advance. The post office will not forward your bulk mail.

Happy Mother's Day!



Pure Facts

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Pure Facts is a portion of the materials provided to members of the Feingold Association. For further information, write to FAUS, P.O. Box 6550, Alexandria, VA 22306. (703) 768-FAUS.

FDA Gets a New Chief

Dr. David Kessler, who is both a physician and a lawyer, has become the new commissioner of the Food and Drug Administration.

No other agency in the U.S. government has as much impact on the lives of Feingold members as the FDA. It is responsible for the regulating of most of the food and all of the medicines and cosmetics in this country — as well as the additives which go into them.

The previous commissioner resigned after fraudulent practices were uncovered in the testing of generic drugs. The Washington-based consumer organization, Public Citizen Health Research Group, called the Reagan FDA leadership "the worst in history".

Here's hoping things will improve.