

Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August, 1991

Vol. 15, No. 6

Finding Suitable Medications

It's difficult for the Feingold parent to obtain pediatric medicine which is free of synthetic colors and flavorings. The medical community is becoming aware that this is a problem for many.

Researchers at Michigan State University have published the results of a comprehensive investigation of the problem. The article, *Sweeteners, Flavorings, and Dyes in Antibiotic Preparations*, by Kumar et al, was published in the March, 1991 issue of *Pediatrics*.

The medicines investigated were 91 pediatric antimicrobials, including: amoxicillin, ampicillin, penicillin, cephalosporins, erythromycin, sulfonamides and their combinations. They use various sweeteners, as well as 26 different flavorings and 13 dyes.

Background

It has been six years since the American Academy of Pediatrics Committee on Drugs investigated the "inactive" ingredients in drugs, found many adverse reactions to them, and recommended that these additives be listed by name and in the quantity present in the medicine. (See *Pure Facts* July/August 1988.) Kumar and his colleagues found that little had changed since the publication of this committee's report.

Physicians, pharmacists and consumers seeking information on drugs generally refer to the PDR (Physician's Desk Reference), but this does not always provide complete information, and does not include generic drugs. The researchers found that the process of obtaining information from pharmaceutical manufacturers was often long and difficult — little comfort for the parent whose sick child needs medication right away. What's more, the manufacturer is at liberty to change ingredients at any time.



Flavoring

Pharmaceutical companies may select from one or more of approximately 1750 different chemicals which are identified as GRAS (generally recognized as safe) by the Food and Drug Administration for use as flavoring agents. As with other additives, none of these has been required to be

tested for behavioral effects, and there is no provision for testing combinations of two or more chemicals to determine their combined effect. Similarly, no consideration is given to the health or behavioral effects of a blend of chemical flavorings plus petroleum-based dyes.

Dyes

The article listed the following adverse physical effects which have been reported with dyes used in antimicrobial preparations:

Azo and monoazo dyes

FD&C yellow no. 5 (tartrazine) Urticaria (hives); anaphylactoid reactions; angioedema asthma; reactivity with aspirin, sodium benzoate, and indomethacin.

FD&C yellow no. 6 (Sunset Yellow) Urticaria; angioneurotic edema; anaphylactic shock; vasculitis; retching; belching; abdominal pain and vomiting; purpura (bruising); cross-reactivity with aspirin, acetaminophen, and sodium benzoate.

D&C Red no. 33 (Acid Fuchsine) None reported

FD&C Red no. 40 (Allura red) None reported

Xanthene dyes

FD&C Red no. 3 (Erythrosine) Phototoxicity; elevated levels of protein bound iodine in euthyroid subjects because of its iodine content.

D&C Red no 28 (Phloxine B) None reported

Quinoline dyes D&C Yellow no. 10 (Quinoline Yellow) Contact sensitization

Triphenylmethane dyes

FD&C Blue no. 1 (Brilliant Blue) Weak sensitizers; adverse reactions uncommon

The authors conclude, "Therefore, we endorse the 1985 recommendation made by the American Academy of Pediatrics Committee on Drugs that the labeling of pharmaceutical agents should include qualitative listings of all inactive ingredients."

Kumar Ashir, Weatherly Mark R, Beaman Dana C. Sweeteners, Flavorings, and Dyes in Antibiotic Preparations. *Pediatrics*. 1991;87:352- 360

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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.

Dear Pure Facts

My son, Austin, was just five, and is a blond-haired, blue-eyed child diagnosed ADHD. He is the typical example of Dr. Jekyll/Mr. Hyde behavior, depending on what he has eaten that day.

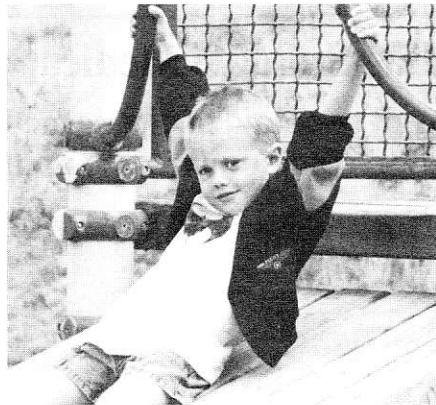
We have been on the Feingold diet for about a year. If you could have seen his temper tantrums and his behavior when he was three compared to now, you wouldn't believe it was the same child.

He can't tolerate artificial colors, flavors, preservatives and particularly salicylates.

In addition, Austin reacts to beef, eggs, sugar, and dairy products. I have also found that protein and carbohydrates must be combined at each meal for him to perform well. Too many carbohydrates alone seem to cause rapid changes in his blood sugar levels, which then affects his behavior.

Now that his diet is under control he is able to benefit from counseling, which has been a tremendous help in teaching him appropriate ways to behave.

I want to tell you how much I enjoy each issue of *Pure Facts*. Sometimes it really helps to remember how many other people are out there doing this besides me. People find it hard to believe Austin is so sensitive to foods and additives (including most of his doctors) but I know it to be true as I am with him all the time.



Austin Lacy

I've enclosed a recipe for waffles to share with your *Pure Facts* readers. This recipe is very low in sugar and great for people with many food allergies. It is: wheat-free, corn-free, yeast-free, milk-free, egg-free, and of course it contains no synthetic additives. The sweetener used is brown rice syrup, but this is a complex sugar.

Finding new recipes that avoid the "allergy foods" was very difficult for me at first, so I hope to save somebody else some time. Enjoy!

Hi-Energy Multi-Grain Waffles

1 1/2 cups barley flour (you can replace 2 Tbsp of this with soy flour to increase protein)

1 1/2 Tbsp rice polish

1/3 cups oats

1 tsp sea salt

3 tsp baking powder (aluminum-free)

2 Tbsp vegetable oil (sunflower or safflower)

1 1/2 Tbsp brown rice syrup or honey

1 egg replacer

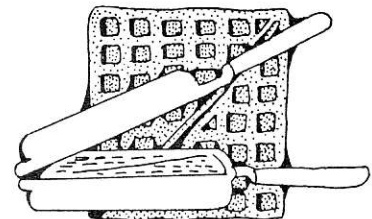
1 tsp homemade vanilla (without corn syrup)

1 1/4 cups soy milk

Mix the dry ingredients and oil together well with a whisk. Then mix in all liquids. Add enough soy milk for batter to be quite thin.

Use a pastry brush to apply oil to the cold waffle iron; then heat it to a high temperature. Pour about 1 cup batter onto the iron, and cook for a little more than 4 minutes or until crispy. Makes 3 large waffles. Recipe can be doubled.

Holly Lacy
Park City, UT



Chaos in Canada?

Pure Facts' contributing editor for Ontario, Lois Gowans, provides information that paints a picture of serious problems as Canadians struggle to find answers for the increase in behaviorally disturbed children.

A \$400,000 study conducted by Dr. Dan Offord, a psychiatrist at the Chedoke-McMaster hospitals, found that nearly 1 child in 5 suffers from emotional disorders such as hyperactivity, conduct disorders, neurosis and somatization.

Now Dr. Offord is involved in a \$4 million study to identify and treat young children with social adjustment problems.

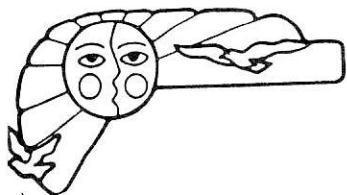
None of the studies conducted thus far appear to have come up with practical suggestions for treating these youngsters; and diet management does

not appear to be even considered. (This is especially surprising since the most definitive study to date on diet and behavior problems took place in Canada — Kaplan et al., *Pediatrics*, January 1989)

None of the studies conducted thus far appear to have come up with practical solutions for dealing with the behaviorally disturbed children in Ontario.

Addressing high school teachers at a recent conference, Dr. Offord noted that conduct disorders appear to have worsened with each succeeding generation since World War II (an observation made by Dr. Feingold).

Offord's recommendation to the teachers is that they integrate aggressive male students with girls. "What anti-social boys need is the presence of healthy girls....Females have a tremendous ability to diffuse aggression....In your profession, think of ways in which kids should be grouped." (*Hamilton Spectator*, April 27, 1991)



Summer Picnic

Lemonade

1 C. fresh squeezed lemon juice
3/4 C. sugar
4 C. water

Combine and stir until sugar is dissolved.
Pour over ice cubes.



Frothy Fruit Drink (Stage I or II)

1 C. water
1 C. milk
1 (6 oz.) can frozen pineapple juice concentrate
2 Tbs. sugar
1 tsp. vanilla
6-8 ice cubes (about 2 1/4 C. crushed ice)

Mix in blender. Makes 3-4 glasses.

Stage II: Substitute frozen orange juice concentrate for the pineapple. Use 1/3 C. sugar.

Cheese Bread

3 to 4 oz. cream cheese
4 oz. sharp cheddar cheese spread (such as Merkt's--check the foodlist)
4 oz. (1 stick) butter or margarine
dried parsley
garlic powder or garlic salt

Blend well and spread on sliced French bread.
Wrap loaf of bread in foil and heat in hot oven or on grill until cheese has melted.

Note: A food processor blends this spread very quickly.

Easy Yogurt Salad

Lemon yogurt (check foodlist)
Bananas, sliced
Pear slices, canned or fresh
Pineapple chunks

Drain canned fruit. Mix all ingredients together.

Pasta Salad

1/4 C. salad dressing (Miracle Whip)
1/4 C. Italian Or Caesar dressing (check your foodlist)
8 oz. pasta, cooked
raw vegetables
meat or fish

Combine the dressings and pour over cooked pasta. Add your favorite raw vegetables, such as sliced celery, grated carrots, frozen peas (defrosted), cut-up string beans, broccoli, etc. Add any meats or fish such as tuna, crabmeat, diced cooked chicken or turkey.

Simple Side Dishes

- 1) Corn on the cob
- 2) Watermelon slices
- 3) Fresh fruit salad with variety of melons, kiwi, pineapple
- 4) Potato chips, pretzels (from foodlist)
- 5) Carrot and celery sticks



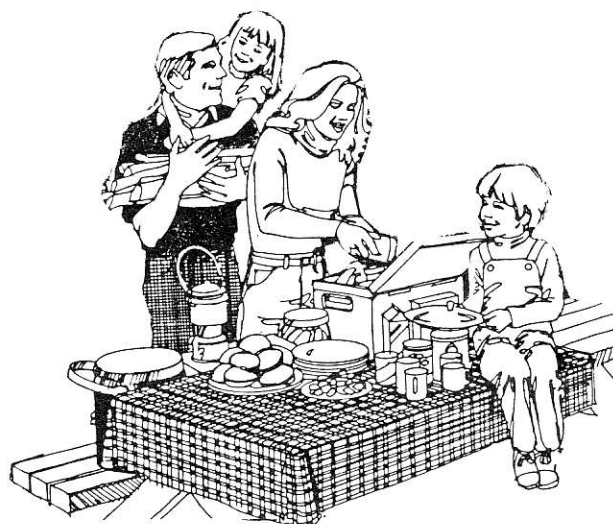
Chicken Teriyaki

3 lbs. chicken pieces
1/2 C. soy sauce
1/4 C. sugar
2 Tbs. oil
1/4 tsp. ground ginger
dash garlic powder

Cook chicken until almost done, either on grill or in microwave.

Combine remaining ingredients and heat. Cook chicken on grill, basting with teriyaki sauce until done.

Remaining sauce may be served over chicken.



Grilled Turkey Tenderloin

1 lb. turkey tenderloins (3/4-1 inch thick)

1/4 C. soy sauce
1/4 C. vegetable oil
2 Tbs. lemon juice
2 Tbs. dehydrated onion
1/4 tsp. ginger
dash black pepper
dash garlic salt

Blend all marinade ingredients together in a shallow pan. Add turkey, turning to coat both sides. Cover and marinate in the refrigerator for several hours. Turn occasionally. Grill over hot coals 6-8 minutes per side, until turkey is no longer pink in the center.

Jeff's Pear Cake

1 1/4 C. flour
1/2 tsp. baking soda
1/2 tsp. ground cinnamon
1/4 tsp. salt
1/4 C. butter or margarine
1 egg, beaten
4 oz. baby food pears
1/3 C. molasses
1/4 C. chopped nuts
Lemon Glaze

Preheat oven to 350 degrees.

Combine flour, baking soda, cinnamon, and salt. Cut in butter to make coarse crumbs.

In a small bowl combine the egg, pears, and molasses. Stir into flour mixture until moistened. Stir in nuts.

Pour into a greased and floured 8 x 8 pan and bake for 25 to 30 minutes. Cool in the pan 15 minutes. Spread Lemon Glaze on cake while still warm. Serve warm or cool.

Lemon Glaze

3/4 C. powdered sugar
4 tsp. lemon juice

Mix together the powdered sugar and lemon juice to make glaze.

Pineapple Cake

1 1/2 C. sugar
1 C. (2 sticks) butter or margarine, softened
2 2/3 C. flour
2 tsp. baking powder
2 tsp. lemon juice
1/2 tsp. salt
3 large eggs
1 8-oz. can crushed pineapple in its own juice
Lemon Glaze

Preheat oven to 325 degrees.

In large bowl, beat sugar and butter at low speed until blended. Beat on high speed until light and fluffy (10 minutes). On low speed, add remaining ingredients. Beat until well mixed, scraping bowl constantly. Beat on high for two minutes, scraping the bowl occasionally.

Pour batter into greased and floured 10-inch Bundt pan or 10 x 13 pan. Bake 50 to 55 minutes until toothpick inserted in center of cake comes out clean. Cool on wire rack for ten minutes. Remove from Bundt pan. Glaze. Cool completely.



Helping You Find Medicine

Your pharmacist can be a tremendous help in locating medicine free of synthetic colors, flavors, antioxidants, and salicylates.

If you have found a pharmacist who is knowledgeable about the Feingold Program, and willing to help members find suitable medications, let us know. Meanwhile here are some resources for help.

Pathway for Prescriptions

Pathway, a compounding lab that is part of The Apothecary pharmacy, will compound prescriptions from pure powders according to the Feingold specifications. Their capsules are clear, and free from any dyes or preservatives including formaldehyde. Vegetable derived capsules are also available.

For the young child, or patient unable to swallow capsules, many products can be compounded into solutions, suspensions or lozenges. When flavoring is required the lab will use substances in accordance with the *Feingold Handbook*.

Your doctor can contact pharmacist Ron Keech at 1-800-869-9160 for information needed to write a prescription to fit your needs. If you live in the Washington, DC area, prescriptions may be picked up at Pathway-Apothecary, 5415 Cedar lane, Bethesda, MD 20814. They can be mailed UPS via ground, 2nd day air or overnight. FAX the prescription 1-301-493-4671 to save time.

Pathway invites your calls about over the counter medicines and vitamin formulations that can be compounded from pure powders, or any questions you may have.



Beyond Feingold

FAUS often receives requests for information that goes far beyond the removal of certain additives and salicylates, which is the heart of the Feingold Program. At times like this it is helpful to have other resources available, such as those listed below.

Clothing for the Chemically Sensitive

"Like many health-conscious people, for years I wore only "natural fiber" clothing next to my skin. Or so I thought," writes Doris Brundza. "When I became chemically sensitive, I soon learned that I was NOT wearing "pure" cotton and silk, but a long list of permanently applied chemicals, including a known carcinogen, formaldehyde."

Doris is a fashion designer who uses this skill to create a wardrobe of basic styles made from "chemically safe" fabrics, and offer the clothing for sale to chemically-sensitive women.

Her company is called **Canary Clothes**, and she explains, "I use the word "Canary because it is the nickname for people who are more sensitive to the presence of chemicals than the average person, like the birds the miners carried down the shafts with them (to detect the presence of dangerous fumes).

Dresses range in price from \$85 to \$130. Tops, pants and skirts begin at \$55. All clothing is carefully constructed of fabrics that should be tolerated by the extremely sensitive woman. Cold water washing and line drying are recommended — no dry cleaning.

To receive a catalog, send \$1.00, along with your name and full address, to Canary Clothes, c/o Doris Brundza, 425 East 63rd Street, West 12-H, New York, NY 10021.

Freeda Vitamins Inc.

Most Feingold members know about Freeda Vitamins Inc., 36 East 41st Street, New York, NY 10017. Dr. Philip Zimmerman is the pharmacist at Freeda who has long been available as a consultant for Feingold members.

An Allergy Boutique

It was interesting to learn about a Florida allergist named Dr. Finegold — Ira Finegold. His wife, Barbara, began a service to provide special products for her husband's allergic patients. Word got around and the service is now a mail order business.

In addition to cleaners, cosmetics, books, etc., the **Al-r-g Shoppe** offers stuffed animals which can be enjoyed by allergic children. The plush toys, made of acrylic and polyester, can be machine washed and dried. They also have a doll named Sweet Sue for the very allergic child. It is stuffed with dacron and is washable.

For more information and a catalog, contact the Al-r-g Shoppe, Inc., 3411 Johnson Street, Hollywood, FL 33021. (305) 981-9182.

Ecco Bella

Ecco Bella, which means "here beautiful" is a company whose philosophy is to offer products in harmony with the environment.

They carry a wide selection of cosmetics and personal care products, including natural lipsticks, which have just been researched and found acceptable for use by Feingold members.

Their catalog also contains some foods, cleaning supplies, stationary made from recycled paper, pet care products and cotton clothing.

To receive a catalog call 1-800-322-9366.

They are one of the few sources for natural liquid baby vitamin drops.

In addition to vitamins, Freeda can advise members on prescriptions and can fill and ship them all over the world. For more information, call Freeda at 1-800-777-3737.

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.

Medicines: To Crush or Not to Crush

Most pediatric medicines contain synthetic colors, flavorings, or both. For this reason, Feingold members often obtain the needed medicine in the adult white form; they receive instructions from their doctor or pharmacist on the suitable dose to use for a child. For the young child unable to swallow pills, the pill or tablet may be crushed and mixed with a food recommended by the doctor or pharmacist. But some drugs should not be crushed, according to the Trademark Corporation, a distributor of medical products including a devise to crush pills.

To receive a free list of 200 pills and tablets which should not be crushed, send a self-addressed, stamped envelope to: The Trademark Corp, 1053 Headquarters Park, Fenton, MO 63026.

In administering medication, always check with your doctor or pharmacist.

Suitable Medicine, from page 1

Feingold members will find this article of value on many levels.

Encourage your doctor or your child's doctor to review it in order to become more aware that additives have been recognized to trigger various harmful effects.

Mention this article to your pharmacist; if he/she is not sympathetic to your needs, this should help.

Members interested in delving into the scientific area will find the 44 footnotes referenced in the article are a fairly comprehensive listing of the professional literature on the subject.

Consider writing a letter to the Food and Drug Administration, describing your family's need for pediatric (or adult) medications which are free of synthetic colors and flavors, or at least which clearly list these additives. The Address is: Food & Drug Administration, Center for Drugs, 5600 Fishers Lane, Rockville, MD 20857.

Refer to your *Medication List* to help you find products free of the unwanted additives. FAUS will send a copy of the *Medication List* to your doctor or pharmacist. Contact us for details.

Thanks to Sarah Roley, R.N., for her assistance.

Mailbag

Dear Feingold Association,

I have an eight year old who goes from one thing to another, into things that could harm him as well as others. He does things like setting fires, playing in cars, sneaking around to get the keys to the car no matter where you put them.

I took him to a child development center and they said he wasn't hyperactive.

I would like a copy of the Feingold diet to try on my son. If it works on him it sure would be a relief to me.

Thank you.

D.S.

Winchester, VA



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 of the United States, P.O. Box 6550, Alexandria, VA 22306 or call (703) 768-FAUS.

Product Information

Benadryl Plus by Parke-Davis can be added to your *Medication List*. If you use this product, be sure to scrape off the blue lettering.

Snapple Soft Drinks (regular, not diet) may be enjoyed by Feingold families.

Non-salicylate flavors include: Creme de Vanilla, Lemon Alive, Root Beer Ginger Ale, Lemon-Lime, Lemon Ade. All contain corn syrup.

Chase those Pests Away

We have recently learned of two insect repellants which should be well tolerated by Feingold members. They are:

Natrapel (available in stores or from 7th Generation Co., 1-800-456-1177). It contains 1% sodium benzoate as a preservative.

Formula 339 (Item # FK 1001 from the Vitamin Shoppe 1-800-223-1216).

Please let us know if your family is able to tolerate these products. Send correspondence to Lois Miele, FAUS Product Information Committee, 12699 Senda Acanilada, San Diego, CA 92128.

Thanks to Gayle Cloud, R.N., for this information.

If You Can't Say Something Nice...

about fruits and vegetables in the state of Colorado, you had better say nothing at all. State representative Steve Acquafresca sponsored a bill which would allow growers to sue for damages for "malicious or negligent disparagement of their goods." In addition to being a politician, Acquafresca is an apple grower who is concerned about the bad press Alar received. Alar is a chemical used to improve the appearance of apples, and when consumers learned of its potential for harm, apple growers in the Northwest lost money.

More about Colorado

Boulder Sausage Company, whose nitrite-free products were mentioned in the May issue of *Pure Facts*, has asked us to let readers know that the sausages are available only in Colorado.