

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Why doesn't my child's doctor support the Feingold Program?

While many doctors do support the Program, and refer patients to us, others brush off a parent's desire to try this technique. Some do not even acknowledge a child's obvious improvement. Why?

Most of us don't welcome change. We have our own familiar ways of looking at the world; we have a framework with slots where all the bits and pieces of things we hear and see fit in. We want it to make sense, just as we want a jigsaw puzzle to come out as a finished picture.

When something comes along that doesn't fit in neatly, we have the difficult choice of either rebuilding the framework or discarding the new data. We may feel uncomfortable that we have rejected reasonable information, but this discomfort is balanced by the relief that we don't have to dismantle any part of our old belief system.

Just about everyone shares these traits to some degree. But for your doctor, there are other factors that may predispose him or her to resist the concept that diet can influence behavior. The young man or woman who graduates from medical school has become proficient in the practice of "medicine" — notice how the same word is used to denote both the profession and the drugs it employs. Doctors are taught to identify and treat diseases and disorders. This is their framework, or paradigm. If one looks at the symptoms of learning/behavior problems as a disease or disorder (i.e., *Attention Deficit Disorder*) then it is not surprising so many physicians reach for the prescription pad.

The Kellogg Report (*Pure Facts* Dec 1990/Jan 1991) describes the problems inherent in the training given to physicians. The authors of this major study are highly critical of what they consider to be the outdated approach of medical schools. They call for a new



medical paradigm, a new frame of reference, which recognizes our individual differences and health requirements, and which looks at the total life-style of the patient when diagnosing illness.

But don't consider skepticism to be a negative attribute; we want those who impact upon our wellbeing to be cautious. Your doctor may have read some of the negative information on our program which is generated by the industry lobbies, and may not be aware of the supportive information in medical journals and textbooks.

Dr. Feingold predicted that it would take many years before the diet/behavior connection gained recognition. This has always been true in medicine. Major developments we now take for granted were first greeted with ridicule, and only incorporated into the mainstream years later.

Mrs. Jane Heimlich, author of *What Your Doctor Won't Tell You*, notes that for years the Red Cross laughed at her husband's anti-choking "Heimlich maneuver".

Not too many years ago, only hippies ate yogurt, only your grandmother talked about fiber (roughage), and who dared suggest that certain nutrients in foods could help prevent cancer?

The Harvard School of Public Health investigated the lag between the discovery of a new method of treatment, and the length of time it takes before its publication in medical journals and textbooks makes it available to the physician. The time is believed to be a decade or more. The study estimated as many as 25,000 lives could be lost each year as a result of this time lag.

An additional problem is that support groups tend to have a hard time gaining acceptance. Alcoholics Anonymous and La Leche League fought long and difficult battles for recognition from the medical community. Like the Feingold Program, these groups had the support of individual physicians, but they did not enjoy the confidence of the establishment for many years.

Your Doctor

But how does this translate into your dealing with your doctor or your child's pediatrician?

At our annual conference in Towson, Maryland, a panel of supportive professionals suggested some ways to find a doctor who will work with parents as they use the Feingold Program.

"When I speak with other doctors, the first thing I mention is studies", said Richard Carlton, M.D., a psychiatrist

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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.

Feingolding — Our Way

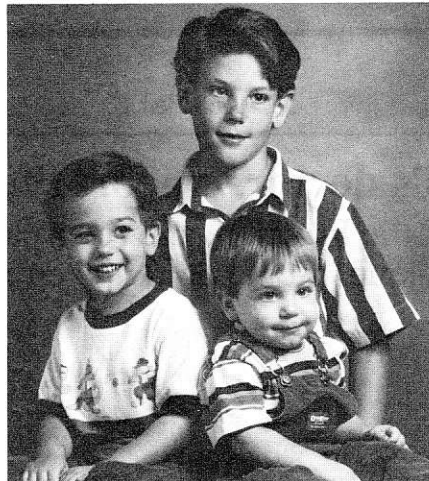
Over and over I found myself saying, "I swear these two are having a reaction, but to what?"

After five years of successfully removing unwanted additives from our food I was stumped as to what could be affecting my youngest two children. My oldest child and husband weren't displaying any of the symptoms I had learned to associate with diet infractions. There had to be something that I hadn't considered.

Our family is more sensitive than many Feingolders. We avoid MSG, HVP, modified food starch, sodium nitrite, sodium benzoate, and sodium pyrophosphate in addition to the usual items removed on Stage I.

Assisted by my husband's insight and a book by Doris Rapp, M.D., *Allergies and the Hyperactive Child*, I began to identify other causes of their symptoms.

It's been about one year and things are much better since I've removed milk, soy, corn, wheat, and chocolate from their diets. No more tantrums severe enough to injure the child; no more getting up fifteen times every night to comfort a screaming infant; no more bruised-looking purple circles under their eyes; no more constant runny noses or recurrent ear infections. Yes, things are definitely better.



Christopher, Nicholas and
Peter Westberg

The most difficult food to avoid has been corn. In addition to eliminating corn, corn syrup, corn starch, and dextrose, we need to be aware of the many places where corn products are used in foods and food processing. This includes baking powder, powdered sugar, paper cups and plates, food fried in corn oil, and salt containing dextrose.

Can I buy any prepared foods? Yes. We belong to a food co-op that sells many items found in a well-supplied health food store. These include such things as Carob Rice Dream (a rice beverage that substitutes for milk), Rice Snax (a substitute for corn or regular potato chips), and organic potato chips made with sea salt and safflower oil.

Detecting Allergies

What can you do if you suspect that a food allergy is involved in your child's hyperactive behavior? Find and read a good book like the one by Dr. Rapp, or one of the books on food allergy by Dr. William Crook. Keep a food diary again and note the presence of possible offenders. Eliminate the suspected trigger for at least one week and then add back an excessive amount to see if the symptoms recur. Most of all, trust your instincts. You can tailor the program to meet your child's needs. Any inconvenience is far outweighed by living with a happy, healthy, functional child.

Melaine A. Westberg

Confronting Yeast

Writing in the newsletter of the Feingold Association of Southern California, Melanie described her introduction to home-baked breads and rolls.

"In spite of my willingness to try new things, for many years I 'didn't do yeast'. The thought of providing homemade bread and other yeast products for my family while working full-time gave me nightmares. Again, my husband came to the rescue. 'Get a bread machine,' said he...and so I did.

"What a pleasure! Legal breads, rolls, Danish, pizza, etc. made easy. My husband's co-workers think he's spoiled, not deprived, because he can't eat 'off the roach coach'".

"Fortunately, I'm not afraid of yeast any longer. I am even comfortable making bread the old fashioned way."

For those of you who want to get some inspiration for yeast baking the makers of Red Star Yeast offer several recipe books. You will need to allow four to six weeks for delivery.

Red Star Quick Rise Food Processor Yeast Bread Recipes @ 50 cents
Prizewinning Recipes from Red Star's 1st Baking Recipe Exchange @ 75 cents
The Best of Red Star's 2nd Baking Recipe Exchange @ 75 cents
The Best of Red Star's 3rd Baking Recipe Exchange @ 75 cents
Time-Saving Yeast Breads featuring Quick Rise Yeast @ 75 cents
New and Easy Yeast Recipes @ 75 cents

To order, contact: Carol Stevens, Consumer Services, Universal Food Corporation, 433 East Michigan, Milwaukee, WI 53202, 1-800-445-4746-4 (In WI 1-800-558-9892)

For the Wheat-Allergic Person

Two ancient grains have recently been made available, and may be what wheat-allergic people are seeking. The grains are **kamut** and **spelt**, and are both very high in nutrients.

They can be substituted for wheat in recipes, and do not have the disadvantages of some grains that fall apart.

Ask at your local health food store or co-op for these grains, flours, or products made from them. You may also contact *Country Grown Foods*, 12202 Woodbine, Redford, MI 48239 (313) 535-9222.



Thanksgiving!

Do you have a copy of the November, 1990 *Pure Facts*? This is the issue designed to be given to the relatives; it introduces them to the Program and enlists their support.

To obtain a copy, send a long, self-addressed, stamped envelope to: FAUS/NOV/90 PF, P.O. Box 6550, Alexandria, VA 22306. If you wish, you may send us envelopes addressed directly to your relatives.

Getting There

When your holiday travels involve several hours or more, be sure you have some food with you. If you're driving, it's easy to keep an emergency kit in the trunk of the car. Snacks like crackers, nuts, dried fruit, pretzels and individual boxes, cans or bottles of juice will keep for a long time.

Sandwiches made of nut bread, spread with cream cheese, are filling and easy to take in the car or on a plane. Cartons of yogurt are also portable, and require only a plastic spoon.

Pumpkin Pie

Some of the Foodlists specify that the acceptable version of Libby's canned pumpkin is the one with the "white label". This was done to distinguish the difference between Libby's prepared canned pumpkin pie mix, which had an orange label, and the plain canned pumpkin, which used to have a white label. The labels have been changed so this is no longer valid. When you shop for pie ingredients, look for the Libby's plain canned pumpkin; the label is now orange and beige.

Each year at this time Feingold families realize how much we have to be thankful for; we hope your holiday will be the very best your family has ever enjoyed.

Teacher's Gifts

It isn't too early to be thinking about a holiday gift for your child's teacher. She may welcome something that can be used in the classroom, such as stickers.

Mail order companies (Spencer, Lillian Vernon, etc.) and stores which carry teachers' supplies offer boxes of unusual stickers — including dinosaurs and insects — that would be a welcomed change from stationary and cologne. Please be sure the stickers are UNSCENTED.

Another useful gift is an introduction to the Feingold Program. FAUS will provide your child's teacher with a year's subscription to *Pure Facts* for the special rate of \$10. Contact the office for details.



Mailbag

Dear Feingold Association,

Enclosed is a check to cover membership for my mother. For the past eleven years that our family has been on the Feingold Program she has refused to cooperate, and tried to give my son the brightly colored junk food she thought he wanted.

Today we were discussing allergies and she told me that she just found out she is allergic to tomatoes, cucumbers, oranges and preservatives. They cause really bad stomachaches and headaches.

I've reminded her that she is aspirin-sensitive and explained that this is what the Feingold diet is all about. I told her, "Mom, you need the foodlist," and she said, "Oh, that really would help!"

Donna Reynolds

Editor's note: *If your child is chemically-sensitive, chances are you or your spouse, plus some of your relatives are as well.*

Product Information

The September issue of *Pure Facts* featured several new non-salicylate jams/jellies. Two more which can be added are: **Polaner Pineapple Preserves** and **Polaner Guava Jelly**. Both contain corn syrup.

The following **Eagle Snack** products have been researched and may be added to your Foodlist:

Stage I (non-salicylate)

Eagle Thins Potato Chips
Eagle Ridged Potato Chips
Eagle Extra Crunchy Hawaiian Potato Chips
Eagle Popcorn
Eagle Popcorn Light
Eagle Restaurant Style Tortilla Chips
Eagle Pretzels (CS), Barvarian Pretzels (CS)
Eagle Honey Roast Peanuts
Eagle Honey Roast Cashews
Eagle Lightly Salted Peanuts
Eagle Lightly Salted Cashews
Eagle Idaho Russet Potato Chips
Cape Cod No Salt Potato Chips
Cape Cod Sea Salt and Vinegar Potato Chips

Stage II (salicylate)

Eagle Salsa Dip (*tomato, red or chili pepper, prob. fluoridated water*)
Eagle Bean Dip (*red or chili peppers*)
Eagle Mixed Nuts (*almonds*)
Eagle Deluxe Mixed Nuts (*almonds*)

Product Alert!

Mrs. Paul's Fried Scallops now contain the anti-oxidant preservative TBHQ. Please delete it from your Foodlist.

Thanks to the alert new member who brought this to our attention.

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.

Doctors, from page 1

practicing in New York City. "I refer to 'this study in the *Lancet*, that study in the *Journal of Pediatrics*'...that automatically commands their respect. I think the Association should provide a summary for all members — something they can bring to the doctors. In this summary, have absolutely no anecdotes; there's nothing that turns off the medical profession more than anecdotes. It's almost like waving a red flag at them."

[Editor's note: we now have such a summary available. Contact us for a copy.]

Paul Lavin, Ph.D., a psychologist and Assistant Professor of Psychology at Towson State University, recommended parents take an assertive stand. "If the pediatrician does not have any enthusiasm about the diet the kid is going to pick up on it and feel that it's not important. Just like kids pick up on the differences between parents — one parent is easy and the other is tough, they will go with the weak link in the chain.

"I think you need to tell the physician where you're coming from up front in terms of the diet. And you need to ask the physician directly what his point of view is with relation to the use of diet with ADD and LD.

"I think you need to take an assertive position. Tell the pediatrician...what the evidence [to support the Feingold Program] is and then ask some very direct questions and make a selection."

[Dr. Lavin is the author of *Parenting the Overactive Child, Alternatives to Drug Therapy*.]

Jay Freed, M.D. practices pediatrics on Long Island, and is Instructor of Clinical Pediatrics, SUNY, Stony Brook. He offered the following suggestions: "I think that if the pediatrician is not familiar with the Program there's no reason why you can't present literature to [him or her]. Bring Dr. Feingold's book or any literature that you have about it and educate him. And if he's totally closed minded about it, then leave. If he's receptive to it, have him read it, get back to him in a month and find out what he thinks. Ask 'Do you think we can have a relationship based on what I presented to you?' If he says 'Yes, I'd like to work with you and try' — great. If he says 'this is ridiculous', well, 'have a nice day.'"

Your Beautiful Child

Several members have suggested that we feature our own Feingold kids in the next School Year Calendar. What a great idea!

We will be collecting photos of children involved in "seasonal" activities — for all of the seasons of the year. For example: preparing to go back to school, getting on the school bus, first day of class. Fall scenes could also be things like playing in leaves, your football star, or aspiring cheerleader. The winter holidays have endless action possibilities, as does snow, sleds and bundling up to go out and play. Spring and summer provide so many ideas that involve children — your adorable children, of course!

We'll be looking for children and teens who are engaged in activities, even if it's just reading or thinking deep thoughts. Photos can be either color or black and white, as long as they're not blurry. If you want to take some shots especially for the calendar, a fairly high speed black and white film is best.

(No professional portraits or school photos, please.)

Members are welcome to send photos in at any time; please write your child's name, plus your name, address and phone number on the back.

Our grateful thanks for your generous calendar donations, and for the kind words you have to say about the latest calendar. This fund raiser has been vitally important for us to continue our ongoing programs. (Occasionally, a member prefers not to receive a calendar; if you want us to remove your name from the mailing list, please let us know.)

New members, or those living outside the United States may order their calendar by sending a \$5 donation to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.



To sum up the advice from doctors and parents we suggest you:

- 1) contact the Association for appropriate literature
- 2) ask the doctor to read it
- 3) go back and ask him/her if you will receive their support
- 4) be sure you feel comfortable in discussing any of your concerns with the physician. This applies not only to the Feingold Program, but to all health matters. Don't forget that you are the consumer and this is your right.

Here are some of the criticisms you are likely to encounter:

"The Feingold Program hasn't been scientifically proven."

This is true since it has never been scientifically tested! There are numerous studies which provide sup-

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For complete information on the Feingold Program, contact the Feingold Association of the United States, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

portive information, but none is a study of the Feingold Program as we use it in our homes.

"Only 1% of the children succeed."

Ask to see the evidence. Where are the scientific studies that demonstrate this? *There are none.*

"It works because of 'placebo effect.'" (works because you expect it to) Several of the studies — particularly the most recent — were designed to control for placebo effect. They found that this was not a factor.

"It's too difficult, restrictive, expensive, etc."

1) Nothing is as difficult as dealing with a troubled child.

2) A program that lets you eat at McDonald's can't be called restrictive.

3) The most expensive foods are the very highly processed ones, so grocery bills generally go down. As for Feingold membership — it's less expensive than a typical doctor's office visit, or thirty minutes with a psychiatrist, or a month's prescription for Ritalin.