

Pure Facts

Newsletter of the Feingold® Associations of the United States



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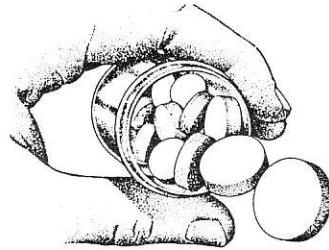
Questions New Members Ask

If my child is on stimulant medicine can I still use the Feingold Program?

Dr. Feingold advised against this, and we know of cases where the medication appeared to prevent the program from working, or where it took much longer for diet management to succeed even after the medicine was eliminated.

But we also know of cases where families have been able to successfully combine the two. Of course, the goal is to help the child to improve sufficiently that drugs are no longer needed.

There is no way to predict how your child will respond, but the benefits of the Program are so significant, that it's worth a try.



If your child is taking medicine of any kind, ask your doctor or pharmacist to help you obtain it in a white form. For a sensitive child, even a drop of petroleum-based dyes can undermine your efforts.

Look in the back of your *Medication List* for information on going to the hospital. This section contains suggestions for finding uncolored medicines.

By all means go ahead and begin to make changes in the brands of food you buy while your child is on medication, but don't judge the effectiveness of the program until he has been completely on it and free of the drug for several weeks. You may see small changes — or even big ones — but try not to get discouraged if your child responds slowly. If a few extra weeks of patience pays off in a lifetime of benefits, it will be worth the effort.



Starting Out

As you become acquainted with the Feingold Program, two things to be alert for are "colors" and "smells".

The most obvious dyes are those added to foods, but they are not the only forms that can affect a chemically-sensitive person.

Does your child play with colored clays? These dyes can get into your child's body by being directly absorbed, or because little fingers so often end up in the mouth. Does she get marker ink on her hands as well as on the paper? Are you still using artificially colored vitamins or medicines? And yes, toothpaste is a potent offender, even though children rinse it out. Has your child's dentist given you red disclosure tablets? They are a big dose of dye — generally Red No. 3, known to cause thyroid tumors in animals and be-

havior/learning changes in children.

As you shop, look for household products which are both uncolored and unscented.

"Smells" are a warning sign, regardless of whether they are pleasant or unpleasant odors. Some of the potential culprits include: perfume and cologne, hair spray, scented deodorants and shampoos, air fresheners, aerosol sprays, scented candles, pot pourri, perfumed soaps and paper products, scented fabric softening strips, formaldehyde in new fabrics, oven cleaners, chlorine bleaches, kerosene heaters, natural gas escaping from stove or heaters, gasoline fumes, auto exhaust fumes.

Be aware that many products made for children have synthetic fragrances added, particularly stickers, pens and markers.

At the beginning of the Feingold Program it is safest to look for the un-scented detergents, fabric softening strips, soaps, shampoos, etc. which are now available. Once you have some experience you can test out products and determine your own sensitivity. Some fragrances may not be a problem. Don't assume that things like essential oils, and other scents available at health food stores will be tolerated; it's a very individual thing and as you gain more experience on the Program you can check each of them out.

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.

Mailbag

FAUS continues to receive letters and phone calls as a result of the article by Marguerite Kelly which was published in November. This is a sample:

"I could have cried when I read the article my sister sent me from a local newspaper. I could have written that letter! I feel for those parents. My 10 year old son is currently admitted to a psychiatric hospital for that exact behavior, along with what I call "storms" — irrational outbursts of anger. After 6 long, emotionally draining weeks the doctors have diagnosed him as having a "bi-polar disorder", what used to be called "manic-depression".... The doctors say they "think" that's what he has. They are not 100% sure. It has been a long hard road, finally ending with this stay in the hospital; but along the way



there have been countless psychiatrists and neurologists, special "self-contained" classes (because along with everything else my son has been diagnosed ADHD).

To make a long (8 years long) story short, please send me the list of foods

mentioned in the article. I hate the idea of my son having to take behavior-altering drugs and would really like to research this food-allergy area more thoroughly. Who knows, perhaps this is a better "answer" than a team of 5 psychiatrists can come up with!

Editor's note: It is now 8 weeks that the child has been hospitalized, with no improvement. His mother is very worried about the effects of multiple drugs. She wants him to come home, and wants to try the Feingold Program, but is having difficulty obtaining his release.

Around the World

The Wellmind Association of Greater Washington, D.C. reports that people in the Netherlands have a wide selection of health care choices.

Ten years ago public pressure led the government of the Netherlands to investigate alternatives to what was then the monopoly of orthodox medicine. As a result patients now have the freedom to "choose healers and methods of treatment in view of personal experience demonstrating that alternative medicine could often offer relief where conventional medicine had failed to produce any results..."

Public interest in this type of freedom is still new in the United States, but is gaining momentum.

"Traditional" vs "Alternative"

Feingold members tend to support developments such as this, but curiously, the Feingold Program itself is very orthodox. Dr. Feingold's training and entire career never left the boundaries of traditional medicine, where he was acknowledged as an outstanding physician by his peers. What's more, there are few techniques more old fashioned than the allergy elimination diet, which is the basis for our work.

Australia Makes a Poor Choice

After fourteen years of providing outstanding services to families in South Australia, the government decided to "save money" by eliminating the \$10,000 it had been giving to cover some of the operating expenses of the Hyperactivity Association of South Australia (HASA).

In so doing, they lost the immensely valuable services of a dedicated group of people, particularly Elaine and Brian Attwood, who had directed the organization for fourteen years. Elaine shared some thoughts in her final newsletter:

"My father-in-law, Sam Attwood was really responsible for HASA's existence when he brought the work of Ben Feingold to our attention. He, like Brian and I, was concerned for our son Dale. Perhaps it is fitting to end also with Dale as hope to those still struggling with the problem.

"Dale is 24 now. We no longer fear him ending up at odds with the law. He is much easier to live with, he still has his days when his attention span suffers and his logic is haywire or his behaviour is less than we would like. However, he can hold down a job now, he can form friendships with his peers and he is generally very loving.

"I visited the Hawke family on Christmas eve and met up again with Cameron Hawke, diagnosed at 9 months. He is now 15 years old, talented in art, music and sport, obtaining 'straight A's' in his school work and intends to become a lawyer.

"These are just two of the many success stories. Of course there have been some not so successful as well, but the majority have benefitted greatly from their association with HASA."

[The South Australian government may not understand the importance of your efforts, Elaine, but there are thousands of parents who do.]

Request from Norway

Hanne-Sofie Lilletvedt, president of the Norsk Feingold Forening has asked members throughout the world to request the International Air Transport Association provide "Feingold" meals on the flights of international air carriers. Apparently it is more effective to work through the IATA rather than individual airlines. Hanne points out that the airlines already have 23 different special meals. Write to: IATA Public Affairs, 2000 Peel Street, Montreal, Quebec H3A 2R4, Canada.

Hanne writes, "Here in Norway more and more professionals are taking diet seriously in dealing with hyperactivity and a lot more "illnesses". But we have much to do ahead before it's alright all over."

PIC Report

Rhinosyn products (which were developed for use by Feingold members) are now being produced by Medi-Plex Pharmaceuticals, 3741 Alliance Drive, Suite 302, Greensboro, NC 27407 1-800-533-7451. Your pharmacist can order them, or you can contact the company yourself to place an order. Ask to speak with Joanne.

[Members who happen to live in the Turnersville, NJ area will find the Drug Emporium on Black Horse Pike is well stocked with Rhinosyn.]

Correction!

Thanks to an alert member for pointing out a mistake regarding Pillsbury ready-to-bake biscuits. Both the Grands! Butter Flavor and Grands! Flaky biscuits contain artificial flavoring. Only the Grands! Buttermilk biscuits are acceptable.

The Pillsbury 1869 brand biscuits are also acceptable.

Please make a note of this in your Foodlist

Note:

Some varieties of Ry-Krisp crackers have BHT added. Ralston Purina, manufacturers of Ry-Krisp have assured FAUS that the "Natural Ry-Krisp" does not contain preservatives.

Labels can change at any time, and manufacturers can make mistakes in responding to our inquiries, so it is important for you to check labels and look for any no-no's.

Chilly Weather

You may want to have some Rhinosyn on hand if you anticipate coughs and runny noses. Also, shop around for Fever-All Sprinkle Caps for an effortless way to give your child a non-aspirin fever and pain reliever. Your pharmacist should be able to order it from Upshur Smith Laboratories in Minneapolis, MN (1-800-654-2299).

Soups!

One of the best sources for this hearty chilly weather fare is **Walnut Acres**. To receive their mail-order catalog, call 1-800-433-3998.

New Carpeting

Highly sensitive people may be unable to tolerate the chemicals used in new carpeting. Most Feingold members need not be as cautious.

There are many powerful chemicals which typically go into the process of manufacturing carpeting. The most potent of these appears to be "4-phenylcyclohexene", or "4-PC". the compound which gives new carpets their characteristic smell.

Debra Lynn Dadd, who has written extensively on environmental issues, notes: "While industry claims that animal tests show 4-PC to be harmless, an EPA (Environmental Protection Agency) risk assessment group predicted that it could create nervous system and genetic problems. 'We also point out the similarity between 4-PC and phencyclidine, which on the street is known as angel dust,' a Washington D.C. chemist working on the problem states: 'All in all we have a lot of reason to suspect that 4-PC is a pretty nasty chemical.'"

As the chemicals "gas out" of new carpeting, the smell will fade. In just a few days the residue of fumes will be

reduced by about half. If you are planning to have carpeting installed it would be wise to try to allow it to air out as much as possible. Perhaps the retailer could unroll the carpeting the night before it is to be delivered. If it will be installed when the weather is mild, you may be able to keep the windows open. If you are moving to a new home, consider having the carpeting installed well before the move.

Another option is to apply a sealant which will form a barrier and block the fumes. AFM Enterprises Inc is a company in Riverside, California which offers a wide selection of products for chemically-sensitive people. Their "Carpet Guard" is described as an air drying and air curing water soluble silicate that forms a water and odor resistant barrier to carpets.

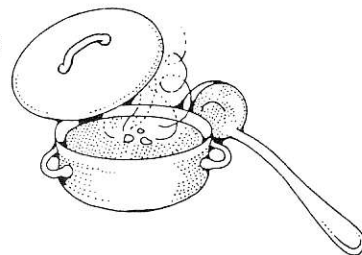
AFM also sells: cleaning compounds; bacteria, fungi and mildew control products; sealants for grout,

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Pat's Quick & Creamy Soup

Take advantage of the supermarket salad bar if you're in a hurry. You'll find broccoli pieces, and perhaps the onion as well.

- 1 can (14 1/2 ounces) Swanson Natural Goodness Clear Chicken Broth (or homemade chicken broth)
- 1 cup cut-up broccoli, or other vegetable
- Half of a small onion, chopped
- 4 Tablespoons butter
- 4 Tablespoons flour
- 1 cup milk
- Pinch of white pepper
- Grated parmesan cheese (optional)



Place the chicken broth and broccoli pieces in a saucepan and simmer for about 5 minutes.

In a large (about 3 quart) saucepan saute the onion in butter until it is soft. Stir in the flour and allow it to brown slightly.

Add the milk to the flour mixture and stir on low heat until blended.

Pour in the broth and broccoli.

Heat, stirring, until the soup is thickened, but don't boil.

Add a pinch of white pepper.

Sprinkle with grated parmesan cheese if desired.

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.

Was the New Henhouse Designed by the Fox? Editorial Comment

The Food and Drug Administration has announced the establishment of a major center to study new food processing and packaging technologies. Consumers activists should welcome this state-of-the-arts facility...or should we?

It is called the National Center for Food Safety and Technology (NCFST), but it is not strictly a government agency. In addition to the FDA, the center will include representatives from the Illinois Institute of Technology, the University of Illinois, and 38 major food/chemical/packaging companies.

The \$7 million facility, located southwest of Chicago, was donated by CPC International, Inc. (Corn Products Company).

FDA Commissioner, David Kessler, cites the consumer as the ultimate beneficiary of this effort; but history tells us this is rarely the case.

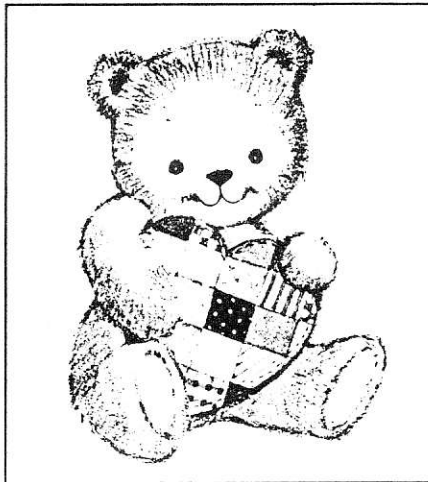
In the early 1960's General Foods donated over \$1 million to the Harvard School of Public Health "for the better understanding of food and nutrition and in the health of all mankind." Perhaps it is not a coincidence that the food/chemical industries have long relied on the (now retired) head of the Harvard School of Public Health to defend their excessive use of synthetic chemicals and sugar.

The Center will go beyond testing the safety of food packaging and monitoring for possible contamination. NCFST associate director for research, David Armstrong, explained that the center's development was also prompted by the "increasing use of new food processes and packaging technologies; the use of new ingredients

produced through biotechnology; and the growing use of ingredient replacements for sugars, fats, proteins, and other nutrients."

This could mean that disasters such as aspartame (NutraSweet, Equal) will sail through the FDA approval process with even greater ease. [See *Pure Facts* Dec 87/Jan 88]

Historically, the role of government agencies such as FDA has been that of a watchdog, keeping the profit-motivated industries in check. Consumer activists will argue that industry representatives have always had too easy an access to government policymakers; but at least there was the image of a distance between the regulators and those being regulated. At the NCFST these two will rub elbows on a daily basis. As the center director put



it, "the center was created so that government, academia, and the food industry would have a common ground on which to meet and share new food technologies."

FDA's Kessler anticipates that the center will hasten approval of new developments, "If we haven't done some of the work ourselves, if we haven't been there scientifically, it will be all too easy for FDA to say 'no' to new advances as they come in for review." Critics believe it has been too easy for FDA to say 'yes'. Some of the agency's embarrassments include sulfites (the salad bar preservative) and the drug thalidomide (a cause of birth defects). Both were just on the verge of receiving the agency's blessing, when their dangers were uncovered.

It hasn't been that long since FDA scientists were convicted of accepting bribes from drug companies. This was one of the results of the 1980 Reagan/Bush campaign promise to "get the government off the back of industry". [see *Pure Facts* Dec 89/Jan 90]

Proponents of the Center are frank in their expectation that their work will be "the basis on which future food safety and food regulatory decisions in this country are made". When the senior vice president of the mammoth Kraft/General Foods corporation expects the center to help determine government policy, the consumer has reason to worry.

Carpeting, from page 3

tile, concrete, bricks, painted and unpainted surfaces; compounds to be used on metal roofs and heating and air conditioning ducts; waxes and polishes (including shoe polish); carpet shampoo; flooring, wallpaper and carpet adhesive; joint and spackling compounds, caulking and tile grout; polyurathane alternative; lacquer replacement; fire retardant for shingles; sealant to coat vinyl coverings in cars; and various paints, stains, primers, strippers and sealants. [AMF Enterprises, Inc., 1140 Stacy Court, Riverside, CA 92507 (714) 781-6860 (714) 781-6861]

The Consumer Product Safety Commission is interested in hearing from

people who have had adverse reactions to new carpeting. This could result in the commission adopting stricter standards. Call 1-800-638-2772.

One Feingold family recently had new wall-to-wall carpeting installed with no adverse reactions. They did a lot of sniffing when they shopped, and found many carpets had no obvious odor. Dupont Stainmaster was chosen, and the retailer agreed to unroll the carpet the night before it was to be installed. When the old carpeting was removed, the latex padding was in very good condition, so it was used instead of the new foam. The weather was good, so they kept the windows open just as a precaution.

Pure Facts

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Pure Facts is a portion of the information provided to members of the Feingold Association of the United States. For complete information on the Feingold Program, contact FAUS, Post Office Box 6550, Alexandria, VA 22306 or call (703) 768-FAUS.