

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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## The Feingold Mom

There was a time in every Feingold parent's life when we wanted to run away and hide. Yet we stuck it out and learned, and we reaped the rewards.

If your youngster began the program at an early age, he will probably be able to avoid the damaged self-esteem that plagues the "ADD" or "ADHD" child. When help comes later — particularly after the beginning of first grade — there are additional social skills that have been missed, extra confidence-building needed, and more negative habits to unlearn.



Having long ago discarded the notion that we can "mold" our children's personalities, we wisely took on the role of nurturer.

Our Feingold child teaches us to stand up for what we believe. We find the strength to say "no" to authority figures when they are wrong because it's up to us to be his advocate.

The older the child, the more problems he is likely to have; but the more problems, the more important it is to seek answers. As we search for and find these answers an interesting thing happens. Not only does our child change, but we change as well.

Our Feingold child teaches us patience. We wait longer for maturity and independence to become apparent. And as they come we do not take them for granted.

Our Feingold child teaches us to be secure. Yes, we do things a bit dif-

ferently than other moms. How many of them make their own Easter egg dye?

Our Feingold child makes us more aware. How many people do you know who compulsively read labels?

Our Feingold child teaches us what's important. When we see her turn down bubble gum because she would rather have friends it makes us wonder if our own priorities are in good shape.

Our Feingold child teaches us to be better parents — not just for this child, but for our other children as well.

Our Feingold child teaches us to speak out. We learn that there are some things wrong in this society and our anger over the injustice we see is stronger than our timidity.

Our Feingold child teaches us to be proud. We see every day that we have accomplished what we were told was not possible. The first miracle was that we created this new life; the second that we reclaimed it.

Mother's Day honors all moms — not just Feingold moms — but none deserve the honor more.

## Mothers Resource Guide

Why doesn't somebody put together a listing of resources available to that undervalued, underserved group of people who share the name "Mom"? Well, somebody just did!

**Mothers Resource Guide** contains information on support groups, toll-free numbers of organizations which offer help to mothers, a directory of publications and review of useful books, as well as a section directed to mothers in the business world.

It is published under the direction of Mothers At Home, Inc., an organization devoted to providing support for the woman who chooses to be a full-time mom.

For a limited time, Feingold members may request a complimentary copy

by writing to: Karla Harris, Editor, *Mothers Resource Guide*, P.O. Box 10355, Arlington, VA 22210. You can also phone (703) 243-8173 or (800) 886-1550. Subscription costs will be kept very low since most of the expenses will be covered by advertising.

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.

Special issue on food allergy

## How We Manage Feingold + Food Allergies

The Feingold Program has helped my daughter, my husband, and myself immensely. While we must also cope daily with numerous food allergies (I have 60), with the help of the Feingold diet we are coping sanely!

**M**y daughter, Anna Bea, was 2 years old when she started, and after two weeks on the program it suddenly hit us that we had a different daughter. She could string beads — long strings of beads — without giving up in angry frustration. She could sit still for puzzles, books and art activities. By the end of the month, we knew the diet was ours for life.

My husband and I joined our daughter on the diet and saw big changes in our own lives. No more dark moodiness and depression for my husband — except, of course, after visiting his mother and filling himself with fruitcake and angel food cake and marshmallow creme fudge & imitation whipped cream desserts for a week. (Boy, was he hard to live with during and after those vacations!) Now, six years later, he eats a little more sensibly on these visits. But depression still haunts our trips to Mama's.

My own nervous energy — the kind that worries and frets and overprepares and flies off the handle too easily and can't relax enough to enjoy anything — was greatly diminished soon after starting on the Feingold diet. With a more relaxed mother, my daughter had less environmental energy to feed her frenzies and we all three were much happier.

Anna Bea is highly allergic to corn, so I've learned all the places where corn is hiding. For example, most pills contain corn as a binder unless they say specifically "corn-free". Fructose, dextrose, dextrin, and malto dextrin are all derived from corn. Also, suspect corn if a label says malted grain (although it may be barley).

I don't tolerate sugar, but can successfully use Sucanat. And I can eat organic meat, but react to meat from supermarkets. We avoid most salicylates, although my husband and daughter can occasionally eat them. I'm so unusually sensitive that even the smell of some fruits can affect me.



**Cindy and Joe joined their daughter on the Feingold Program and have enjoyed the benefits for themselves.**

Our daughter seldom feels deprived; in fact, she mostly feels special. I take care to pack a sweet treat in her lunchbox daily, provide treats for school parties, and to have a selection of allowable snacks on hand for after school. I carry our "snack bag" wherever we go so she always has something she can eat when the other kids get candy or cookies. This bag goes with her to children's classes at our religious conferences, to babysitters and birthday parties — everywhere that Anna Bea goes!

Her teachers have been very cooperative. They happily keep a treat or two (supplied by me) in their drawer for those spontaneous parties and rewards. They don't want another hyperactive child in their classroom any more than I want one at home!

I provide the teachers with packaged snacks from health food stores. These are very handy and keep well. But most of the time, I prepare our foods myself, and keep extras in the freezer. People

with food allergies can either cook or spend a considerable amount of money buying specialty items. One of our favorite snacks are gingerbread cookies, and my daughter's friends enjoy them too.

There are many excellent allergy books, but my favorites are:

**Allergy Self-Help Cookbook** by Rodale Press (about \$18.00 available at many health food stores)

**Sally Rockwell's Allergy Recipes** (\$8.95 from Nutritional Survival Press, 4703 Stone Way North, Seattle, WA 98103 (206) 547-1814. Sally also publishes a newsletter.)

**The Kitchen Magician - a Substitute Cookbook**, by Linda Weiss (no longer in print, but may be available in some libraries.)

Health food stores can provide valuable assistance for people on special diets of all kinds. If their staff doesn't have the information you need, they can probably suggest a professional who can help.

Dinner at our home is challenging because of my many allergies, but I find we can cope quite well using 5 to 7 dinners we cycle through. There are 3 restaurants we can go to infrequently.

Because we've eaten a relatively clean diet for so long, when we do slip up our reactions are not nearly as severe as they were in the beginning. When there is an infraction, a homeopathic remedy helps to restore our equilibrium.

Our doctor highly recommends the Feingold Program and refers her patients to me for "hands on" help. Feingold members are welcome to call me with questions on dealing with multiple food allergies + Feingold. I live in Vilas, North Carolina, and my phone number is (704) 297-4274.

*Cindy Pacileo*

## Food Allergies!

If you are completely on Stage One, but still having problems, consider food allergies.

**D**r. Feingold, who was an allergist as well as a pediatrician, cautioned that symptoms which appear to be allergic reactions may actually be symptoms of chemical sensitivity. He found that of all the potential culprits in our diet, the additives/salicylates we remove are the worst offenders. By first removing them you should have an easier time identifying any food allergies.

A true allergic reaction involves the body's immune system. But the reaction most people have to additives is a pharmacological (drug-like) one, and is dose-related. This means that Johnny may become aggressive from a single sip of synthetic "fruit" punch, whereas Jimmy may have to drink an entire glass before we see his behavior change. With an allergy, Jenny reacts to one bite of wheat bread, while Julie can eat any amount and is not affected at all.

For this reason many individuals will have a negative reaction to a chemical such as a synthetic dye, provided the dose is large enough; but only some individuals are bothered by wheat.

Feingold volunteers sometimes hear a parent say, "My child has allergies, but I don't think the additives bother him." Our experience indicates that the child who is allergic is the most likely to be affected by additives. These observations are supported by a study reported in the *Journal of Allergy and Clinical Immunology* (78:1039-1046, Nov 1986). Moneret-Vautrin reported, "Intolerance to food additives occurs most often in people with food allergies, in asthma patients with nasal polyposis

and drug intolerances, and in people with chronic urticaria (hives)."

The Allergy Information Association of Canada reports a drastic increase in the number of people who believe they suffer from allergies. In 1970 it was estimated to be 3% of the population, and today it is more than 30%. This increase is too great to be accounted for solely by better methods of detection.

One explanation is offered by Sweden's Dr. Bengt Bjorksten. He cites the factors which set an individual up for allergic reactions. The first is one's genetic inheritance, followed by exposure to pollutants which can irritate the respiratory system and make a person vulnerable to the other factor: the food, pollen, animal, etc. which comes their way. This theory is supported by researchers in Japan. They found that the number of people who suffer from cedar pollen allergy is about 5% in rural areas, but over 13% in urban areas where the air is polluted. (*Annals of Allergy*, Vol. 58, April 1987)

Substituting the word "synthetic food additives" for pollutants (and many consider the two to be interchangeable) suggests an interesting way of looking at the problem of allergies.

Another comment Feingold volunteers question is, "He used to have allergies, but he outgrew them." (Milk is often mentioned as the culprit.) Professor Eric Gershwin, an allergy specialist at the University of California-Davis, says, "Once allergic, always

allergic." The child who had allergies does not outgrow them. "Symptoms may moderate over time," he notes, "but the potential for an allergic reaction — once the right set of circumstances pops up — is always there." In his book, *Introduction to Clinical Allergy*, Dr. Feingold described this. Just as the symptoms of hyperactivity may change as a child gets older, the same may be true for allergy. What appears to be 'outgrowing' the allergy is just a change in symptoms.

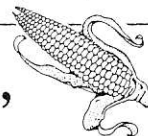
Dr. Feingold believed the only reliable technique for identifying food allergy was the time-honored elimination diet. (Remove the suspect food(s) briefly and observe any change. Then reintroduce them one at a time and watch for reactions.) He cautioned parents against having their children undergo scratch testing for food allergies. However, he did believe scratch tests are useful in identifying allergies to pollen, grass, etc.

Don't overlook the possibility that you or your child may be affected by these environmental irritants. Lynn Murphy, Feingold member/allergy sufferer, advises parents to be especially careful to limit exposure to additives, salicylates or allergens during the season when the pollen, etc. is at its worst. A child who can tolerate tomatoes or milk most of the year may not be able to handle these when the ragweed is in bloom. As with many aspects of the Feingold Program, re-read your *Handbook*, pay close attention to changes in your child, and trust your own judgement.

**F**oodWatch Intl Ltd is a company providing hard-to-find foods for consumers in the United Kingdom. These services are now available in the U.S. under the name FoodCare. Their 24 page catalog carries more than 350 products, including: Alternative dairy products, Beans & legumes, Beverages, Breads, Candy, Cereals, Crackers, Desserts, Dried fruit, Fats & oils, Grains, Jams, Mixes, Non-food items, Nuts & nut butters, Pastas & noodles, Snacks, Sweeteners, plus books and health & beauty aids.



### "FoodCare"



It has just become easier for allergic people to find foods they can enjoy.

In addition to certified organically grown foods, FoodCare offers exotic/unusual flours from artichoke and amaranth to sago and teff; alternative beverages include roasted dahlia root coffee and dried skimmed sheep's milk. Non-wheat, non-gluten snacks and organically grown fresh produce will also be available.

The catalog provides information to help guide the allergy sufferer. It also contains comprehensive listings of ingredients. The FoodCare staff are available to help answer your questions, and are now at work on *The FoodCare Cookbook*, which will provide instructions on how to use some of the unfamiliar foods.

For a free catalog, or additional information, contact: FoodCare, Inc., P.O. Box 6383, Champaign, IL 61821 (217) 687-5115.



Here are two favorites from the Pacileo kitchen:

## Cindy's Fruit Cobbler

- 1 1/2 cup flour (you can use all barley, a combination of barley and oat, or wheat flour)
- 3/4 to 1 cup date sugar or 1/2 cup Sucanat
- 1 stick (1/2 cup) softened soy margarine (or canola oil)

Mix and spread 2/3 of the mixture on the bottom and sides of a 8" greased baking pan. Don't pack it down. Fill with 1 quart fresh, frozen or canned tolerated fruit. Sprinkle the remaining flour mix on top. Cover with foil and bake at 400 degrees for 40 minutes. Remove foil cover and bake 10 minutes more.

Alternate flours and sugars burn more easily, so watch the cobbler carefully during the last ten minutes.

## Anna Bea's Gingerbread Cookies

Preheat oven to 350 degrees; lightly oil or grease a cookie sheet

Combine:

- 1 cup barley flour
- 1 cup buckwheat flour
- 1 tsp baking soda
- 1/2 cup date sugar
- 1 tsp ginger



Combine:

- 1/4 cup oil
- 1/4 cup molasses or honey
- 6 Tbsp water

Mix both groups together. Roll the dough out on waxed paper and cut with cookie cutters. Or flatten the dough with your hands until it's quite thin, and cut it into circles.

Bake the dough at 350 degrees for 8 minutes. These keep for several weeks in an airtight container.

**Ener-G Foods, Inc.** of Seattle, WA specializes in foods for allergic people. They have a computerized recipe selection program to assist you in finding just the combination of ingredients you can tolerate. You can write or phone for a form to list your allergy foods; return the form to them and they will send a printout of appropriate recipes. You can then select the ones you want to order. The cost is ten cents per recipe.

Ener-G Foods has a wide assortment of foods available by mail order. Some of the products include gluten-free and wheat-free: breads, buns, pizza shells, coffeecake, cereals, pasta, crackers, doughnuts, cookies, mixes and baking powder.

For information contact: Ener-G Foods, Inc., 5960 First Avenue, Seattle, WA 98108 or call 1 (800) 331-5222

**Allergy Resources** offers a free 40 page catalog of foods and non-food products designed for the allergic and the chemically-sensitive person. Included are alternative sweeteners, alternative snacks and many organic products. To receive their free 40 page catalog, contact: Allergy Resources, P.O. Box 888, Palmer Lake, CO 80133 or call them at: 1 (800) USE-FLAX.

**Allergic People Eat Desserts Too!** is the name of a book by Eleanor Bentley Milinusic, whose three children are all food sensitive/allergic. The 180 recipes are free of wheat, corn, all other grains, all gluten, eggs, dairy products and additives.

Some of the desserts include: carrot cake, gingerbread shapes, pumpkin pie, pineapple upside-down cake, carob/chocolate chip cookies, shortbread, lemon pie, date-nut pudding. Also included are instructions on how to substitute tolerated foods in recipes.

The book sells for \$17.95 plus \$2.60 shipping from: Mycel Project Management Services Inc., 416 Canterville Drive S.W., Calgary, Alberta, Canada T2W 3Z9 (403) 281-2110.

Here is a sample recipe:

## Maple Pecan Dessert Cakes

- 2 Tb. oil
- 1/3 cup pure maple syrup
- 1 tsp vanilla
- 1 1/2 tsp baking powder
- 1/2 cup soy flour
- 1 egg substitute
- 3 Tbsp water
- 1/2 tsp sea salt
- 3/4 cup brown rice flour
- 1/2 cup chopped pecans

Beat egg substitute. Beat together oil, egg substitute and maple syrup. Add water and vanilla. Mix. Sift together salt, baking powder and flours. Gradually mix into liquids. Beat well. Fold in pecans. Divide batter between 6 large, oiled and lined muffin cups.

Bake at 400 degrees F about 12 to 15 minutes

Yield: 6 large dessert cakes

## Instead of Milk

When you make a white sauce, substitute chicken broth for the milk. Swanson makes a canned chicken broth without MSG, called "Natural Goodness". Or use your own homemade broth. Keep small containers of chicken or turkey broth in the freezer.

Some cooks use club soda in place of milk for pancakes, and one member likes to use an approved soda like 7-UP or Snapple soda when she makes muffins. Here's one of her Stage One milk-free favorites:

## Oatmeal Muffins

- 1 1/2 cups rolled oats (quick or regular)
- 1 1/4 cups all-purpose flour
- 3/4 tsp cinnamon
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1 six ounce jar junior pears
- 1/2 cup brown sugar (or other sweetener)
- 3 Tbsp vegetable oil
- 1 tsp pure vanilla
- 1 egg or egg replacer
- 1/2 cup any approved soda beverage

Preheat oven to 350 degrees.

Mix the liquids. Sift dry ingredients. Combine and stir until just moistened. Fill (greased or paper lined) muffin tins 2/3 full. Sprinkle with toppings if desired. Bake 15 to 17 minutes. You can also use a cream cheese frosting and call them cupcakes!

# Nabisco

Food processing is a very complex affair. If Feingold volunteers did not know that already, we certainly do now that we have completed the research on 59 Nabisco products. Lois Miele and Debbie Jackson, of our Product Information Committee (PIC) deserve a round of applause (yea!), and so does Mr. James Roe, Nabisco's technical advisor who filled out 118 pages of detailed questions.

**I**n reporting on products, we generally list only those which are acceptable for use by our members. One reason is that we prefer to "accentuate the positive"; another reason is that it is very easy to remember that you read the name of a product in *Pure Facts* and conclude that it has been approved.

With the 59 Nabisco products, this doesn't seem like a good idea. Some crackers which are acceptable are nearly identical to ones which are not. We are hopeful that you won't rely on your memory when you go shopping. **Please write down the complete name of the varieties you want, and take the list with you.** Don't expect to find the preservatives in the list of ingredients; they are not required to be noted.

A mammoth corporation like Nabisco operates many bakeries throughout the country, and each may purchase ingredients from numerous suppliers. So, enjoy the acceptable Nabisco products, but be aware that ingredients are always subject to change.

## Acceptable - Non-Salicylate

American Classic Crackers: Golden Sesame Minced Onion (CS,MSG/HVP)  
Bugs Bunny Graham Cookies  
Cinnamon Teddy Grahams Graham Snacks (CS)  
Crown Pilot Crackers  
Easy Cheddar Cheese Spread  
Honey Maid Graham Bites: Honey'n Oat Bran  
Honey Teddy Grahams Graham Snacks  
National Arrowroot Biscuit (CS)  
Nips Cheese Crackers (MSG/HVP)  
Nutter Butter Peanut Creme Patties not "Sandwich Cookie" (CS)  
Original Premium Saltine Crackers  
Premium Low Salt Saltines  
Premium Plus Whole Wheat Saltines

Premium Saltine Unsalted Tops Crackers  
Swiss Cheese Crackers (MSG/HVP)  
Tid Bits Cheese Crackers (MSG/HVP)  
Triscuit Low Salt Wafers  
Triscuit Whole Wheat Wafers  
Vanilla Teddy Grahams Graham Snacks (CS)  
Wheatsworth Stone Ground Wheat Crackers

## Acceptable- Salicylate

American Classic Toasted Poppy Cracker (MSG/HVP,red pepper)  
Better Cheddars (MSG/HVP, red pepper)  
Better Cheddar Lo Salt Crackers (MSG/HVP, red pepper)  
Cheddar Wedges Crackers (MSG/HVP,red pepper)  
Honey Maid Graham Bites: Brown Sugar'n Spice (clove)

## Not Acceptable

American Classic Dairy Butter Crackers (BHA,BHT,TBHQ in natural flavor)  
Apple Newtons (BHA/BHT/TBHQ in shortening)  
Bacon Flavored Thins Crackers (BHA/BHT/TBHQ in "meal". This refers to broken crackers which are ground up and included in product.)  
Chicken In A Biskit (BHA/BHT/TBHQ in meal)  
Escort Crackers (BHA/BHT/TBHQ in meal)  
Grahams (BHA/BHT/TBHQ)  
Harvest Crisps 5 Grain Crackers (BHA/BHT/TBHQ in meal)  
Harvest Crisps Oat Crackers (BHA/BHT/TBHQ in meal)  
Honey Maid Cinnamon Grahams (BHA/BHT/TBHQ in shortening)  
Honey Maid Graham Bites: Apple Cinnamon (BHA/BHT/TBHQ in shortening)

Mystic Mint Sandwich (BHA/BHT/TBHQ in shortening)  
Nutty Wheat Thins Wheat Crackers (BHA/BHT/TBHQ in oil)  
Oysterettes Soup & Oyster Crackers (BHA/BHT/TBHQ in meal)  
Premium Bits Mini Saltines (BHA/BHT/TBHQ in meal)  
Pure Chocolate Middles (BHA/BHT/TBHQ in shortening)  
Ritz Bits Cheese Sandwiches (artificial color)  
Ritz Bits Low Salt (BHA/BHT/TBHQ in flavor)  
Ritz Bits Mini Ritz (BHA/BHT/TBHQ in meal)  
Ritz Crackers (BHA/BHT/TBHQ in meal)  
Nabisco Ritz Lo Salt Crackers (BHA/BHT/TBHQ in flavoring)  
Royal Lunch Crackers (BHA/BHT/TBHQ in shortening)  
Sociables Crackers (BHA/BHT/TBHQ in meal)  
Teddy Grahams Bearwiches Cinnamon & Vanilla (BHA/BHT/TBHQ in shortening)  
Teddy Grahams Bearwiches Vanilla (BHA/BHT/TBHQ in shortening)  
Triscuits Bits Wafers (BHA/BHT/TBHQ in oil)  
Triscuit Wafers (BHA/BHT/TBHQ in oil)  
Triscuit Wafers, Wheat'n Bran (BHA/BHT/TBHQ in oil)  
Twigs Sesame & Cheese Snack Sticks (BHA/BHT/TBHQ in meal)  
Uneeda Biscuits Unsalted Tops (BHA/BHT/TBHQ in natural color)  
Vegetable Thins (BHA/BHT/TBHQ in flavor)  
Waverly Crackers (BHA/BHT/TBHQ in flavor)  
Waverly Low Salt Crackers (BHA/BHT/TBHQ in flavor)  
Zwieback (BHA/BHT/TBHQ in shortening)

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.

## Allergy and Hearing Loss

Food allergies can contribute to hearing loss, including Menier's disease, according to some physicians. People suffering from Menier's disease may experience a sudden loss of hearing, dizziness and ringing in the ears. These symptoms can fluctuate from one day to the next and are believed to be related to the amount of fluid in the inner ear.

Some specialists dispute that allergies are related to the problem, while others estimate that as many as 25% of the cases of Menier's disease are the result of food allergies.

## What's Cookin'?

If you're a mom who does a lot of baking (and even if you don't) consider hinting that you would love a Mother's Day gift of one of those new baking sheets/pans that are made of two pieces, with a cushion of air in between. True, this isn't a frilly gift, nor sentimental, and it won't make you more lovely. But it will mean that when you bake something it will be golden brown instead of scorched on the bottom and uncooked on top. They really do work!

## Pure Facts

*Pure Facts* is published ten times a year and is a portion of the materials provided to members of the Feingold Association. For more information contact: the Feingold Association of the United States, Post Office Box 6550, Alexandria, VA 22306 or call (703) 768-FAUS

## Worst Allergy Foods

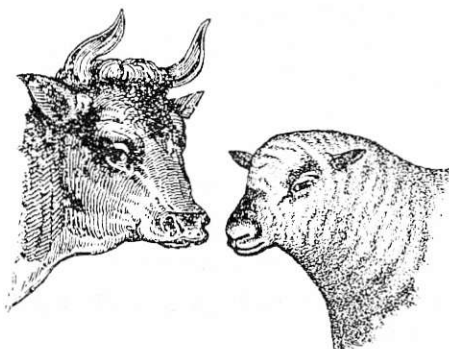
Eggs, peanuts and cow's milk are the most likely foods to trigger allergic reactions, according to Dr. S. Allan Bock of the University of Colorado School of Medicine.

## Solutions

A well-stocked health food store can be a tremendous help if you or your child have food allergies. Speak with the staff about egg replacers, and look around at the alternatives to peanut butter.

Butters can be made from any kind of nuts, not just peanuts. Cashew butter is worth trying. And don't overlook the possibility of hummos, a spread made from chick peas. This is a favorite Middle Eastern food and may be found in specialty food shops or delis. You can easily make it in a blender or food processor.

Health food stores can offer many non-dairy alternatives, some of which are included in your Foodlist. Recipes calling for milk will generally work well with fruit juice or water. Or try substituting another type of milk, such as powdered goat milk in recipes for pancakes, nut breads, etc. Your child may be able to tolerate this, or look into something new in the U.S. — sheep's milk.



## Product Alert

**Lipton Pasta & Sauce** - Creamy Garlic now contains BHA, BHT and TBHQ. If you have been using this product, please discontinue it.

## Allergy: a Brief History

**1905** Francis Hare, an Australian physician, published *The Food Factor in Disease*, after connecting migraine headaches with food.

**1906** Dr. Clemens Von Pirquet, of Vienna, Austria, coined the word "allergy" to describe an adverse response to substances which don't affect most people. Dr. Feingold later studied with Dr. Von Pirquet.

**1908** A child whose allergy to eggs provoked asthmatic attacks was successfully immunized by the English doctor, Schofield.

**1912** A New York doctor successfully duplicates Schofield's work.

**1917** Food allergy symptoms reported in the *Journal of Urology*.

**1921** "Food Allergy as a Cause of Abdominal Pain" is published by W.W. Duke. He followed with similar articles connecting allergies to bladder pain and Meniere's Syndrome.

**1931** *Food Allergy: Its Manifestation, Diagnosis & Treatment* by Albert Rowe is the first book on the subject.

**1942** Arthur Coca, M.D., published *Familial Nonreaginic Food-Allergy*.

**1951** Rinkel, Randolph and Zeller publish *Food Allergy*.

**1958** English psychiatrist Richard Mackarness connected obesity with food allergy.

**1962** This is the year of Rachel Carson's *Silent Spring* and Dr. Theron Randolph's *Human Ecology & Susceptibility to the Chemical Environment*.

**1973** Dr. Feingold's book *Introduction to Clinical Allergy* was published.

17th Annual Conference of the Feingold Association of the United States

## "Pioneering the Way Westward Ho"

June 24 - 28, 1992

Cal. Poly, Pomona, Southern California



a fun filled program is planned:  
Feingold-safe cake decorating and craft workshops  
Country Western Style BBQ with entertainment  
Continuing education seminars  
along with a full business agenda



for further information contact FASC, P.O. Box 1565, Fontana CA 92334