

Pure Facts

Newsletter of the Feingold® Associations of the United States



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New Study Strengthens Diet/Hyperactivity Link

The May 9 issue of the leading British medical journal, *The Lancet*, describes a double-blind, placebo-controlled study which demonstrates that foods and food additives can trigger hyperactive behavior in the majority of children diagnosed as hyperkinetic.

In the study by Joseph Egger and colleagues, 185 children were placed on a restricted diet for four weeks. The foods consumed were limited to: lamb, chicken, potatoes, rice, banana, pears, cabbage, sprouts, cauliflower, broccoli, celery, carrots and cucumber (the only "salicylate" included). The beverage provided was water. (The children's diet was supplemented with vitamins and minerals to ensure nutritional adequacy.)

Of the 185 children participating, 116 demonstrated what both parents and teachers judged to be a significant improvement. By reintroducing foods, the researchers were able to identify those which provoked a behavioral reaction.

Fifty-four of the children whose response was especially dramatic were invited to participate in a second phase, where they were given "enzyme-potentiated desensitization" injections. The purpose of the shots was to enable the children to consume the allergy foods without a hyperactive reaction.

The injections were developed for: dairy foods, eggs, fish and seafood, meats, grains, yeast, vegetables, fruits, and nuts. Injections were also given for chocolate, several food dyes, and the preservatives BHT and benzoic acid.

The effects of the injections lasted for a matter of months (and varied with the children). When the effects wore off a new injection generally enabled an allergic child to again consume the food

for a few months more. The authors express their belief that desensitization such as this should be used with caution, and only after extensive testing to identify the allergy foods.

The authors speculate, "Sensitisation to new foods may take place in hyperkinetic children treated by diet, either at the time of viral infection or as the result of excessive intake of a previously "safe" food."

Editor's note: If a child is more vulnerable to developing an allergy – or sensitivity – to a substance "at the time of viral infection" could this mean that when medicine with added synthetic colors and flavors is given to a sick child he is being sensitized to these additives? See Dr. Feingold's comments on page 2.



The Lancet study and the Feingold Program — Editorial Comment

The Feingold Program deals with sensitivity to additives and salicylates, while the Egger study addressed allergic responses. But the results are significant for the understanding and treatment of both hyperactivity and attention deficit disorder (ADD).

During the first four weeks of the test, the researchers first placed all of the children on a very restricted diet — one which makes the Feingold Program look like a breeze by comparison. During this period the children ate only two meats, two starches, two fruits and several vegetables, plus water. The report emphasizes that the diet was strictly monitored. Assuming this to be the case, it appears that the children's diets also excluded all synthetic dyes, artificial flavorings, BHA, BHT, TBHQ

and all but one salicylate. This means that in addition to the allergy restrictions, the children were on the Feingold diet for four weeks. (There is no mention of exposure to non-food products such as colored toothpaste, and no information about whether the supplements were free of dyes and flavorings. Considering the care given to restricting some of the dyes, it seems safe to assume the supplements were uncolored and unflavored.)

Let's take another look at the results

of this four week elimination diet. **Out of the 185 children, 116 improved significantly. This equals just under 63% response — a far cry from the 5%, 1% or "small" response often attributed to diet management.**

This new study has many similarities to the earlier work by Egger et al (*The Lancet*, March 9, 1985). Both follow the careful protocol of a double-blind placebo-controlled test, both were published in peer-review journals, and both support our work.

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 Restaurant/Travel Issue

Viral Infection

Dr. Feingold addressed the concept of how a viral infection could bring about a sensitivity in a person who had not previously been affected.

In a 1981 letter to the Feingold Association of New York he offered the following theoretical model: "The viral infection alters the nerve tissue to varying degrees in some individuals so that an individual who was tolerant to an environmental factor can no longer tolerate this agent. We observe this clinically not only in hyperactivity but also in seizures."

Symptoms of children in the study

Short attention span, distractibility, impulsivity, and poorly organized overactivity. Also: restless or overactive, excitable, impulsive, disturbs other children, fails to complete tasks, constantly fidgeting, inattentive, easily frustrated, cries often and easily, mood changes quickly, explosive, unpredictable behavior.

Abstract of the study

Controlled trial of hyposensitisation in children with food-induced hyperkinetic syndrome, by Joseph Egger, Adelheid Stolla, Leonard M. McEwen

Food intolerance seems to be an important cause of the hyperkinetic syndrome, but restricted [allergy based] diets are expensive, socially disruptive, and often nutritionally inadequate. Enzyme-potential desensitisation (EDP) may overcome some of these difficulties.

EDP was tested in a double-blind placebo-controlled trial among 40 children with food-induced hyperkinetic behaviour disorder. A total of 185 children with established hyperkinetic syndrome underwent oligoantigenic [limited foods] dietary treatment for four weeks. 116 whose behaviour responded had provoking foods identified by sequential reintroduction. Foods that reproducibly provoked overactivity were avoided. 40 patients who were then invited to take part in the hyposensitisation trial were randomly assigned to treated and control groups. Treated patients received three doses of EDP (beta-glucuronidase and small quantities of food antigens) intradermally [injected] at two-monthly intervals. Controls received buffer only. Thereafter, patients were allowed to eat known provoking foods. Of 20 patients who received active treatment, 16 became tolerant towards provoking foods compared with 4 of 20 who received placebo ($p < 0.001$).

Our results show that EDP permits children with food-induced hyperkinetic syndrome to eat foods that had previously been identified as responsible for their symptoms. These results also support the notion that food allergy is a possible mechanism of the hyperkinetic syndrome.

Lancet 1992;339: 1150-53

Tim was tested on Monday for the gifted program. (He has been accepted!) I debated telling the psychologist that Tim is ADD, and finally didn't tell him.

The psychologist said, among many glowing comments that make a parent's chest pump up with pride, that Tim is fidgety and sometimes distracted and thus may miss something he is smart enough to do, *but he is much like a lot of kids these days* who spend much of their time off their chairs when they should be sitting.

The psychologist noted Tim is a really nice kid, not a wiseguy, but one who tried to please. I couldn't believe he didn't suggest I have him evaluated for ADD.

Thank you, thank you, thank you Feingold Program. We were so delighted that our son appeared in the normal range to this professional.

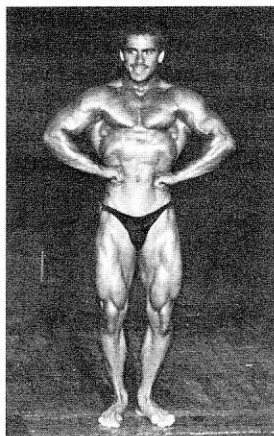
Pat Lehman

I received your information packet yesterday and realized my son is more than just active for his age...he has kept me exhausted for 5 years now and his baby brother (just 3) is quiet as a mouse.

Poor Brian has 26 boxes checked on your "Observation of Child's Behavior" out of 41 symptoms.

Carol Adzima

Mailbag



Guy Oakley

Here is a photo of my son who has been on the Feingold diet since first grade. He still prefers to eat pure and healthy foods at age 22. He is a body builder with many trophies — one year he was Mr. Teen Age New York.

Guy has built his body totally naturally. All his contests are "natural only", verified by tests. He constantly urges the young people at his gym to build naturally and not with steroids, and is a good example that it can be done.

I thought maybe the picture would help children to see that you can grow up very healthy on the diet.

Marie Goldenberg

I am a Montessori teacher, with a class of children between 2 1/2 and 6 years old. At least one family, and hopefully several, will be putting their children on your program. Please send me any additional information that would be pertinent to our classroom, i.e., food coloring for home made play dough, stamps and stickers that can be safely used by children, etc.

I am familiar with your diet since I had my oldest son on the program for many successful years. He is now a junior at Syracuse University — on the dean's list!

Beth Theriot

I would appreciate a list of permissible foods available in this area, as well as any other helpful hints you may have. I already have Dr. Feingold's *Why Your Child is Hyperactive* and *The Feingold Cookbook*.

I, like many others, have certainly seen an improvement in my child since we began the diet. [Note: This is before she received our *Handbook, Foodlist*, etc.]

It's truly a shame that his doctor laughs at the idea of diet playing any role in behavior! My child is excited that we can now leave off the Ritalin (10 mg in the morning and 5 mg at school lunch). He is really quite proud.

Debra Meredith

Summer Vacation — with Restaurant Food

Food is an important part of a summer vacation; with some strategic planning, Feingolders can have as much fun as everyone else (and a lot more fun than families whose kids are acting wild)!

The amount of planning you need to do depends upon how sensitive your Feingold member is and/or how long you have been following the program. For most people, the longer they remain on the program, the less likely they are to have a serious reaction when there's a slip-up. (We don't recommend deliberately going off the diet.)

Where are you going and how long will you be gone? A week at a beach cottage will take much different planning than three weeks in Europe.

Traveling

Airlines claim they can prepare food to your dietary needs, but don't bet the farm on it, cautions Feingold member/travel agent Susan Leitner of San Jose, CA. If you're lucky enough to be traveling on Canadian Air you can order a "Feingold" meal. As far as the other airlines are concerned, of the many special dietary meals they offer, none will

provide a meal of "natural food." If it's a short trip, bring some snacks with you, and if it's a long trip, bring some more snacks — just in case.

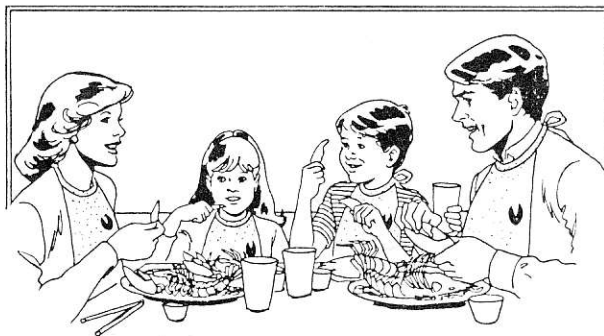
For car trips, a generous size cooler is a must. (Put it in the back seat to separate two kids.) You shouldn't have trouble getting ice to refill it at each lodging. Muffins, nut breads and large pretzels are satisfying, and if you can limit in-car drinks to water, spills won't be a major problem.

Be sure your car is stocked with a kit that includes: a can opener, bottle opener, plastic utensils, roll of paper towel, damp washcloth inside a Zip Loc bag, plus a blanket to spread out at a park when you want an impromptu picnic. If there's no park in sight, try the playground of an elementary school; it provides lots of equipment.

You'll probably find it's easiest to eat breakfast in your room, then take a break and stop for lunch. If you're in unfamiliar territory, consider checking out a supermarket for lunch. Most markets have a huge assortment of Feingold-safe edibles that can be enjoyed without the benefit of a real kitchen. (You have a portable kitchen in your car, remember?)

Deli department: Sliced turkey and roast beef are generally fairly pure. If the meat is displayed in the glass case, you may be able to read the ingredient label. If it's too hard to see, ask the clerk to bring out an unopened package so you can read the ingredient label. If you explain "we have a lot of allergies," you won't be entirely accurate, but the clerk should understand and be willing to help.

If your Feingolder is not extremely sensitive, you should be able to get away



with most breads: white, whole wheat or rye. Avoid the dark breads which may contain raisin syrup and by all means, stay away from any bread, roll, or pastry that looks yellow. That color does not come from egg yolks!

Although Feingold foodlists note the presence of calcium propionate (the preservative generally found in baked goods) we rarely hear of a member reacting to this.

Produce section: Salad bars and ready-to-eat fruits and vegetables may be inviting...at least for the adults. Salad bars are not likely to use sulfites anymore, but the dressings will probably contain one or more of the no-no's. If need be, you can select a bottle of one of the natural dressings. Look for Paul Newman's face, but watch for salicylates. Most plain cottage cheeses are straightforward, if you want to get some at the salad bar or dairy section. Don't even consider adding the "bacon" bits to your salad. If you don't believe me, take a look at the ingredient label.

If all else fails in your effort to satisfy small appetites, every store has a small jar of peanut butter and loaf of bread for finicky eaters.

The baby section should have Gerber pear juice in little bottles. You may be able to tear off the label with the baby's picture and use the juice for your salicylate sensitive child (who would be humiliated at the idea of drinking something with the picture of a baby).

Convenience stores, drug stores, discount stores.

Don't overlook the considerable selection of food found in these places. Sometimes you'll spot a brand you

haven't been able to locate in the supermarket. All of them have old reliable snacks like canned nuts.

Health food stores

Even the little cubby at the mall will have natural drinks — probably both juice and natural sodas. If you're lucky, you'll find a health supermarket with a big selection of

natural food; or you might locate a shop with an attached dining area. The meal may be heartier and the desserts heavier than your family is accustomed to, but if they're hungry enough you could be surprised at how fast the organic twelve-grain bread disappears. (One caution: Try to stay as close as possible to the familiar; this is not the time to test out tofu hot dogs.)

Fast food restaurants

If you travel for more than 30 minutes without seeing a burger sign, then you must be in Alaska driving on moose paths in your Land Rover. Hopefully, you'll have a copy of our last fast food pamphlet in your glove compartment (along with a few photo copies, just in case). It appeared in the June 1991 issue of *Pure Facts*, and listed suitable foods available at McDonald's, Wendy's and Burger King. That issue of *Pure Facts* also contained hints about foods at Disney World. Contact FAUS if you need a copy.

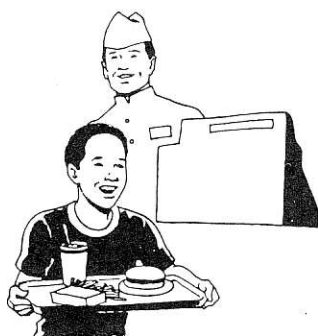
Don't overlook the fast food spot if you just want a drink. They always have soft drinks, and may be able to get you a container of real juice, even though it's way past breakfast time.

Continued on page 4

Restaurants

Yes, Feingold members do eat at conventional restaurants. It isn't possible for us to provide any guarantees, but here are some suggestions.

The Leitner family gets out the Yellow Pages when they arrive at their destination. They look for restaurants that are not part of a chain and phone those that look good. (Phone or visit restaurants during off hours when you have questions to ask.) They ask the chef if he can prepare a special meal for their Feingolder and describe what they need; then they make reservations for the following evening. Susan says they've had great results doing this. If you can visit the restaurant and speak with the chef in person, be sure to give him a copy of our brochure so he can have it as a reference. Your local chapter or FAUS can provide literature.



The most important thing to remember when you go to a restaurant is: **SKIP THE DESSERT.** Look for a Haagan Dazs ice cream shop, or pick up a pint of Ben & Jerry's to take back to the room, if you like; but don't trust what the restaurant has to offer. The chance it will be o.k. is slim.

Here are some suggestions on various types of restaurants:

Chinese: Before you go in ask if they can prepare food with "no MSG". Unless the restaurant is incredibly Chinese, they should be accustomed to this request. Don't order the egg rolls or soup since they already contain MSG.

Some other dishes to avoid are: sweet & sour pork — some chefs add dye to the sauce; lemon chicken — may have yellow dye added; pork dishes — red dye may be brushed on the outside of the meat.

Your best bet is a dish they prepare to order. Things like chicken and mixed vegetables, shrimp and snow peas, etc., should be available without

unnecessary additives. Be careful; some Chinese chefs use food dyes in ways you wouldn't expect to make a dish more colorful.

Remember to keep any doggie bags in a refrigerator or cooler that has plenty of ice.

Japanese: While MSG is not as likely to be used in Japanese food, anything's possible.



Italian: The atmospheric little spot run by Mama, Papa and the boys will probably have a lot to offer a hungry Feingolder. The pasta itself should not be any problem — this is one food that has not yet been mutilated by chemistry. French and Italian breads are not likely to be a problem either, especially if they're the kind that would go stale by tomorrow if there were any leftover. Make sure that the butter they serve with it really is butter.

Speaking of butter, your salicylate-sensitive child might enjoy pasta with butter and garlic, or perhaps a white clam sauce? Mushrooms should be fine, both canned and fresh.

If you can eat the tomato sauce, then order what you like, but stay away from sausage, pepperoni, or anything more exotic than beef and chicken.



Seafood

Plain broiled fish fillet with lemon shouldn't be hard to get. It's the breadings, sauces and seasonings that are likely to contain iffy additives. Ask if the scampi is prepared in real butter,

and what other ingredients are used. If you splurge on lobster, boiled or steamed should be a very safe choice. (Note: if you order lobster in the Baltimore, MD area, the chefs have an annoying habit of brushing the outside of the shell with butter.)

Steak houses

If the meat has not been marinated or otherwise treated, it should be acceptable. Since your children will probably want a hamburger anyway, that's fine; most Feingold members can get along very well with a hamburger. Contrary to what many people think, most are made with plain old chopped beef, and adding coloring to hamburger is highly illegal. (The reason chopped meat is brown in spots and bright red in others is due to oxidation, not dye, and is a natural occurrence.)

If you order roast beef, specify that you don't want anything other than, perhaps, salt and pepper. Request they not use seasoned salt, *Accent*, or pour "natural juice" over it.

Baked potatoes are widely served, and should be fairly safe. Ask the waitress if they use real butter (not margarine) and real sour cream (not make-believe).



As with the supermarket salad bar, the lettuce and vegetables are not likely to be treated with sulfites, but the garnishes and dressings are highly suspect. If you can be happy with a squeeze of lemon, that's easy; or consider bringing a purse big enough to hold a bottle of salad dressing.

Drinks

Any restaurant should have: water, ice, lemon and sugar. Presto! You have lemonade. If you order 7UP, be sure that's what they serve. To many people, any lemon-lime drink can be called 7UP. (Sprite contains sodium benzoate.)

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Product Alert!

Thomas Sourdough English Muffins and Thomas Original English Muffins now have BHA/BHT/TBHQ in the shortening. (This information is not found on the label.)

From the FAUS Product Information Committee:

These **Ben & Jerry's Ice Creams** have been researched and may be added to your Foodlist:

Non-salicylate: Chunky Monkey, Vanilla (CS), Vanilla Chocolate Chunk (CS), Rain Forest Crunch (CS)

Note: The inquiry forms on Ben & Jerry's Strawberry ice cream list BHA/BHT/TBHQ in vitamin E.

The following **Oil of Olay Beauty Fluid** products are acceptable for use. All are non-salicylate.

Sensitive Skin Beauty Fluid
Sensitive Skin Moisture Replenishing Cream (fragrance free)

For vacation sunning:

Fragrance Free Moisture Replenishing Cream - a sunscreen with SPF 15 UV protection

Fragrance Free Daily UV Protectant Beauty Fluid - PABA free

What do blue eyes, talent, and a generous spirit have to do with additive-free food? The following "Newman's Own" products have been researched and may be added to your Foodlist:

Non-Salicylate

Natural Flavored Microwave Popcorn
Natural No Salt Microwave Popcorn
Old Style Picture Show Popcorn
Light Natural Flavor Microwave Popcorn
Light Butter Flavored Microwave Popcorn
Lemonade (refrigerated carton)(CS)
Lemonade (glass bottle) (CS)
Ranch Dressing



Salicylate

Bandito Mild Salsa (bell pepper, red/chili pepper, tomato)
Bandito Medium Salsa (bell pepper, red/chili pepper, tomato)
Bandito Hot Salsa (bell pepper, red/chili pepper, tomato)
Bandito Diavolo Spicy Sauce (tomato, red pepper)
Soccarooni Spaghetti Sauce (CS, tomato, red & green pepper)
Spaghetti Sauce (CS, tomato)
Spaghetti Sauce with Mushrooms (CS, tomato)
Light Reduced Calorie Italian Dressing (bell pepper)
Olive Oil and Vinegar Dressing (wine vinegar)

Oops File:

Please correct the address of MediPlex Pharmaceuticals (the distributor of Rhinosyn products). We incorrectly listed the address as 3741 Alliance Drive, Suite 302, Greensboro, NC 27407. It should have read 3714 Alliance Drive.

Saccharin —

Regular of Unleaded?

Looking for another petroleum product to eat? Did you really think we were rid of this synthetic sweetener?

Consumers are told not to worry about the fact that rats developed cancerous bladder tumors from saccharin; mice didn't.

On the basis of a study at the University of Nebraska, which linked the cancer to a protein found in rat urine, it looks like the FDA will rescind their warning label on Sweet 'n Low and products which contain saccharin. (It is found in most toothpastes and some cough syrups.)

The manufacturers of cyclamate, which also induced malignant bladder tumors in rats, have been trying since 1982 to convince the U.S. government to overturn their 1970 ban. All of this is welcome news for the \$1 billion synthetic sweetener industry.

Editor's note: It is unlikely that the FDA will require testing to determine if these chemicals have any behavioral, neurological or cognitive effect on animals (or on humans).

The Feingold Association recommends its members avoid the use of aspartame, saccharin, and cyclamate.

In the Swim this Summer

Marilyn Yunker notes that the water clarifying pool chemical "Crystal Clear" is dark blue, and colored with synthetic dyes. A quart of this in your pool could trigger reactions in sensitive people, especially if you use it in a pool with a vinyl liner since the water is not drained.

Feeling Blue?

Even if you avoid being dyed on the outside, there's a potential culprit waiting in that familiar chubby pitcher. General Foods now offers "Great Bluedini TM" Kool-Aid which the company explains was inspired by an octopus. "Great Bluedini soft drink mix is magical because the powder changes color. It changes from a light green powder in the envelope or canister...to a vivid aqua-blue when you add water." (P.S. Watch your child change too — after a mouthful of this!)

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.

Restaurant Food, from page 4

Real juice is generally easy to find, unless you need to avoid the salicylates. Consider a blend of juice and Perrier or other sparkling water.

Many Feingold members can tolerate regular Coke and Pepsi (not diet). The reason they are not on our Foodlist is that the companies will not fill out our inquiry forms. Secrecy is big in the cola business.

If there's a natural chocolate milk or cocoa available in restaurants, we are not aware of it. Similarly, you're unlikely to find a natural chocolate or fudge sauce at ice cream shops.



The Mall

Most shopping malls have some likely offerings. Soft pretzels are not apt to have many additives, and there is generally a place to buy your favorite variety of salted nuts. Import shops may have products which look fine, but our member family in Switzerland warns us that labels in other countries may be even less accurate than those here in the U.S.

If the mall has a food court, consider a hamburger, or a baked potato, or cup of fresh fruit, or tossed salad, or perhaps there's a place that will make up a tuna or egg salad sandwich. Skip the pickle, but the little bag of chips that accompany the sandwich might be o.k. Examine the label.

Breakfast

Suppose you decide to eat breakfast out. It doesn't get much purer than a hard cooked egg. (some day they'll figure out how to add BHT to that too, but so far we're safe.) Add some toast and real butter, if they serve it. For a sweeter topping on your toast, try a sprinkle of sugar, or ask the waitress for cinnamon toast. Honey may be available too. Consider the little packets of jelly if you can tolerate the salicylate fruits and corn syrup.

Another way to get a fairly pure breakfast is to request an "egg roll" — not the Chinese version, but a hard

cooked egg, sliced, served on a buttered French roll; add lettuce if you wish.

If you take a chance on pancakes or waffles (highly risky in most restaurants) spread them with jelly or honey instead of the syrup — which is bound to be loaded with unmentionables. "Blueberry" muffins or pancakes may contain gelatinous little dyed blue blobs in place of the more expensive real berries.

Prunes (salicylate) are not likely to have anything more than corn syrup in them. Grapefruit is fine if they can remember to keep the cherry off.

In the Room

When you make reservations consider asking if any rooms come with a microwave and refrigerator. Chains such as Embassy Suites provide a very workable little kitchenette.



If you're near a carry-out restaurant, you could bring dinner (or breakfast) back to the room. And some hotels have a selection of menus from area restaurants.

You may want to ask if they have non-smoking rooms; this is becoming more common in lodging now.

If you have a family member who is sensitive to fragrances, watch for the many deodorizers, sprays and cleaning compounds that may be used in motel or hotel rooms. A "sniff test" when you arrive may be enough for the sensitive member to know if there will be a problem.

Amusement Parks

(Refer to the June 1991 *Pure Facts* for information on Disney World.)

Call ahead and get an idea of what

you'll be up against. Do they stamp everyone's hand with dye? Ask if there is a different method of showing the entry fee has been paid. Don't be surprised if they want to see a note from your doctor! If you can get this, it isn't a bad idea to carry it with you.



Some amusement parks sell real lemonade, and others have watermelon slices. We know of just one that tries to avoid unsavory additives (Sesame Place in Langhorne, PA).

If you don't expect to find much in the real food department, you may need to bring in your own snacks. Here again, you could encounter static at the entrance. If there's a little one in your family, just stash the food in an extra diaper bag. As far as we know, no amusement park guard has ever insisted on looking inside a diaper bag.

These are just some of the creative ways Feingold members have found to deal with our chemical society. Let us know what has worked for you.

Foodlists Available

Feingold members can order Foodlists for other areas of the United States. Those available are: Northeast; Pennsylvania & New Jersey; Mid Atlantic; Southeast; Midwest; Southwest; Southern California; Northern California; Northwest and Mountain states. They are \$5 each and can be sent to you or to your destination. If you have questions, call the FAUS office at (703) 768-FAUS.

Pure Facts

Pure Facts is published ten times a year and is a portion of the materials provided with membership in the Feingold Association. For complete information on the Feingold Program contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.