

Pure Facts

Newsletter of the Feingold® Associations of the United States



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The Child Who's "Not That Bad"

Most people believe that the child who has severe problems will be the hardest to help, but this generally isn't the case.

When a youngster's behavior is extreme, when learning or health problems are too obvious to be ignored, everyone's efforts are spent in seeking answers, not in denying a problem exists.

If diet makes a significant difference, if the response is dramatic, then relatives, teachers, neighbors — and just about everyone else who comes in contact with the child — will do what they can to cooperate. What's even more important is that the youngster himself has a terrific motivation to stick closely to his diet, and most of them do.



The belief that it's harder to help a child with an extreme behavioral reaction is based on the false assumption that the child's behavior is due to some physical or chemical abnormality. But the child who goes out of control when he drinks a glass of synthetic "fruit punch" is likely to be different from the next child only in the degree of his sensitivity.

It's very hard to hear someone say, "I thought about the Feingold Program, but my child's not that bad." Volunteers have long puzzled over a way to respond to a statement like this. Thus far we're speechless.

Dealing with Dad - a note to new Feingold Moms

New Feingold Moms are surprised, disappointed, and hurt when their husbands are uncooperative about changing foods. Unfortunately, this response is not unusual.

These dads usually come around once the child's improvement is clear to them, although it sometimes requires a figurative sledge hammer to get them to see the difference. But if a child's problems "aren't that bad" it can be especially hard for Dad to acknowledge that a problem exists.

But you know your child needs help, and want to test out the Feingold Program. Your husband likes his jelly beans and his familiar brand of chips. He refuses to confine them to work, and doesn't hesitate to eat them in front of his child. He expects you to buy his favorite junk foods and has no intention of being inconvenienced by the needs of his child. He will not agree to speak with a counselor or doctor, will not read the Feingold literature or look at a videotape. What can you do? Since Junior's reaction to additives is not drastic, arranging for Dad to be responsible for him after a jelly bean episode would not accomplish much.

The sad truth is that you have two little boys. One is age seven and the other is thirty-two, going on six. How would you deal with a situation where the welfare of one of your children was being harmed by the selfishness of the other?

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At War with my Mother-in-law

Holiday family gatherings should be warm and wonderful, but in some families they can be very stressful.

One member described the typical holiday scene: "We arrive to find my mother-in-law has prepared an elaborate meal. She's a very good cook, but there's nothing my daughter can eat. We end up angry at each other, with lots of hurt feelings, and my husband caught in between."

The member had already provided her mother-in-law with information on the Feingold Program, but none of it was being absorbed. The following is a recommendation for any member dealing with a similar situation.

Here are our suggestions:

Recognize that your mother-in-law just doesn't understand the Feingold Program, assume she is not being malicious, and try to put yourself in her place. What do you think her motives are, and how do you think she feels when this happens? Consider this scenario:

She wants to feel needed. (Who doesn't?) She expresses her love by the hours and effort spent in the kitchen. She is saying, "Notice me. Value me as a person and as an important member of our family. Look at how lovely this meal is. Look at how much I care."

Then consider how you would feel if something you had labored over was rejected.

Continued on page 6

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.

One Big, Happy Family

Debbie Schmidt enjoys support from all of the relatives, but it wasn't always like this.

My mom and I were very close, Debbie told *Pure Facts*, but it changed after my first child, Kenny, was born. When I looked to my mother for support, she told me he was "just an active boy, and there's nothing wrong with him."

Kenny's fuse was very, very short. He was rigid in his inability to deal with any change in routine; the slightest ripple in his little world could send the pre-schooler into a non-stop screaming tantrum which lasted as long as 45 minutes. He would go totally out of control.

When her husband was at sea, Debbie was often with her son 24 hours a day, and the stress took its toll. When Ken, Sr. returned from his tour of duty, he took 30 days leave, and got a closer look at what Debbie had to deal with. For the first time ever, he saw Kenny in full swing. In the Commissary Kenny frantically ran circles around the shopping cart. Ken picked him up and said "Stop!", but

Kenny responded "I can't, Daddy, I can't!" Ken then told Debbie, "Put everything with sugar back on the shelves!"

When Debbie sought help from the doctors at the Pensacola Naval Base, most said her son's problems were due to his dad, a Navy pilot, being away from the home for long periods. The Chief of Pediatrics gave her a prescription for stimulant drugs without ever having seen Kenny.

Debbie, who is a nurse, could not agree to drugs, and asked the doctor for alternatives. He told her, "There's a diet, but it doesn't work." She located Dr. Feingold's books and read both. "That's Kenny," she kept saying as she read of the troubled children he had helped.

Within three days, three and a half year old Kenny began to respond to the changes Debbie made in their diet. The little boy she began to see was so delightfully different from his other personality, she felt like she had to get to know him all over again.

One of the first people to notice the new Kenny was his little playmate. When Debbie's friend was babysitting for the two children he asked, "What's the matter with Kenny today?" The mother asked him what he meant and he responded: "He won't fight with me!"

Debbie wrote to her parents, who were living in the Washington DC area. She described the changes she was seeing, and asked them to help her find



Kenny, with his younger brothers

more information on the Feingold program. This brought the grandparents to a Feingold meeting where they heard the horror stories of living with hyperactive children. They passed on the information about the association, and now offered their full support. That was ten years ago, and today Kenny is an eighth grade honor student

Most "Feingold stories" end here, but for this family there are two happy endings.



Another Feingold generation

After the Schmidts had been on the program for a few years Debbie's

mother, Martha, began to develop serious health problems. The painful inflammation of the mouth looked like cancer. When Debbie suggested that a change in diet might help, her mom said, "No, no, that's Kenny's diet; it's not for me."

By the time she began seeing an allergist, Martha was also suffering from dermatitis of the nerve endings, which caused chronic itching. When the al-

lergist put her on a natural foods diet, Martha saw how close it was to the Feingold Program and finally took her daughter's advice. "As soon as Mom cut out artificial colors, flavors and preservatives," Debbie reports, "ALL these symptoms went away. If she eats them the itching returns."

When she described the diet to her internist, Martha said he realized what was triggering the problems another patient was having with

medication. (The woman was able to tolerate the white pills, but had a terrible reaction to the yellow ones.)

Holidays are no problem for the Schmidts; all of the relatives in both Debbie's and Ken's families understand the program and are completely supportive. There's always lots of food for Kenny to enjoy, and it's well known that he's the healthiest member of the clan. Even his doctor is impressed by his good health record.

By beginning the diet at age 3 1/2, Kenny avoided the problems of poor peer relationships that are so common among chemically-sensitive kids. Debbie and Ken see many positive sides to what was once a problem; they feel Kenny is lucky because he is used to saying "no". A good self-esteem and the ability to say no to harmful substances is something adults are trying

to foster in children; some children already have it.

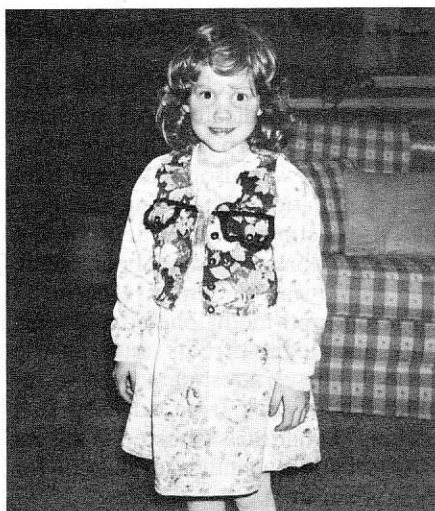
Tess — Daddy's Lucky Little Girl

A devoted Dad write about what their life has been like — before and after the Feingold Program.

My wife Connie and I had already had an eighteen month old son when our second child, a daughter, was born. She was a beautiful healthy girl and we named her Tess. Before long we began to realize that Tess was not the happy healthy girl we thought she was! As a young infant Tess would not sleep and in fact slept less than my wife and I. We would take turns being up with her till two or three in the morning. She would wake up at seven and be up all day!

As Tess got older the problems just got worse. She would cry all day and when I got home from work Connie would be at her wits end, exhausted from a tiring day with Tess. There was not a part of the day, from morning to night that Tess did not disrupt. I can remember rocking her in the rocking chair trying to put her to sleep and she would just lay in your arms eyes wide open, hands outstretched, tense. The evenings were filled with Tess just literally bouncing off the walls and furniture. For eighteen months our home was not a happy home!

When a friend of ours came over to visit one day she instantly recognized in Tess the same problems she had had with her daughter Elizabeth and recommended the Feingold diet. The next day she dropped off the startup packet and we proceeded to put Tess on the diet. Without exaggeration I can say we saw a change in her personality within four days.



Tess Genuardi at 5 1/2

That evening she wasn't bouncing off the walls like we were accustomed to. Within two weeks she would sit still and let you read a book to her, something you were not able to do weeks before. She was sleeping ten straight hours — through the night. And we started to see something happen to Tess which was unexpected. She started to become prettier. Her red hair started to glow, her skin color became less pale, and mostly Tess started to smile, something we never saw her do before. I know this may sound strange to the reader unfamiliar with the Feingold program, but to those of you who have children on this program you know exactly what I am talking about.

What is amazing about the program is its simplicity. Once you receive the startup packet and you follow the program as outlined you should see changes within a short period of time.

It is also important that the whole family go on the diet at the same time. For nighttime snacks our kids will have a banana or juice instead of some artificial junk. It isn't fair for one child to be eating Oreo cookies while the other can't. I could go on and on about the ease and the effectiveness of the Feingold Program, and as a matter of fact I tend to do just that when talking to someone about the program.

To summarize let me tell you about Tess today. She will soon be six years old and when I tell you that she is the most beautiful girl you could imagine I am not exaggerating. Tess is still quite an active child but today it is channeled to constructive activities instead of destructive ones. She is in an advanced gymnastics program and is an active swimmer. She is now in kindergarten and is doing quite well there too! For any doubting Thomas' out there let me give you some advice: if you love your child please try this program. It is simple, it works, and you will see a change for the better in your child. That's it, that's all I am going to write because I can go on and on. Thank God for the Feingold Program.

Mike Genuardi
Gwynedd, PA

Petrochemicals - some new developments

Petroleum's monopoly in plastics and fuel may soon be coming to an end. Feingold families wish the same could be said for food additives.

A researcher at Michigan State University has found a new way to produce plastic; he would grow and harvest it.

Christopher Somerville and scientists in other countries are investigating bacteria which produce tiny amounts of natural plastics as a food reserve. The bacteria store the plastic when they sense a scarcity of nitrogen or oxygen; later the plastic is converted into food. These plastics, which are called biopolymers, have the potential to someday transform the plastics industry, and could also be a boon to the environment since they are entirely biodegradable.

Scientists first isolated the gene responsible for creating the plastic, and by inserting them into plants, expect to be able to grow plastic just as they now grow corn and potatoes. Some bacteria have been developed which are made up primarily of pure polyester. The current cost of producing the bacteria-derived plastic is many times more expensive than that made from petroleum, but with improved processing techniques the costs should come down.

Where's The Beef (Fat)?

What happens to all that fat which is trimmed off of meats designed for the health conscious consumer? (Nebraska alone has an annual 800 million pounds of the stuff to dispose.)

A University of Nebraska researcher is working on ways to turn the unwanted fat into diesel fuel. Once techniques have been improved to make the process more efficient, chemical engineer Davis Clemens predicts the fat-fuel could run half of the state's farm vehicles.

Ritalin Use Reported in Decline

Methylphenidate (Ritalin), the drug most widely prescribed for hyperactivity and A.D.D. (attention deficit disorder), is being prescribed less frequently in some areas of the country. Daniel Safer and John Krager, two physicians practicing in the Baltimore, Maryland area, reported the results of their surveys in the August 26 issue of the *Journal of the American Medical Association* (JAMA).

The use of the drug had increased dramatically between 1971 and 1987, when negative media publicity and the threat of lawsuits reversed this trend, and its use declined 39%. Up until 1987 the use of Ritalin in Baltimore County schools doubled every 4 to 7 years, helping to place Maryland near the top of the states in the country in per capita use. The greatest decline was in children in kindergarten through third grade, when its use is most often initiated.

The Baltimore survey found the greatest use of the drug had been for children in low income families. After the decline in use, the rates for the groups below and above the median family income evened out.

While Safer and Krager record a drop in the use of stimulant medication, there has been a sizable increase in the use of tricyclic medicines such as imipramine, desipramine and nortriptyline for hyperactive/inattentive (HA/I) children. The authors comment, "Unfortunately, this shift from stimulant treatment to tricyclic antidepressants is associated with a considerably greater medical risk."

In May of 1988 the Baltimore Boards of Health and of Education jointly issued a memorandum on the role school personnel may play. The article notes, "The memorandum, sent to all school principals in the county, was a reitera-

tion of existing school policy that decisions to medicate HA/I students were entirely up to the treating physician. It was also made clear then that speculation concerning the possible use of stimulant treatment was not within the domain of school personnel. The memo was written in response to the strong anti-methylphenidate media blitz and legal threats and, as the [school] nurses attested, served to inhibit school staff from advising that parents of children suspected of having HA/I schedule a medical evaluation for their youngsters."

Top ten states in Ritalin consumption

1990 figures; provided by the U.S. Drug Enforcement Administration. Figures are consumption of grams per 100,000 population.

1. Michigan	1,101.5
2. Idaho	1,070.0
3. Utah	1,069.8
4. Minnesota	976.0
5. Wisconsin	915.5
6. Georgia	909.7
7. Ohio	870.6
8. Iowa	846.8
9. Alaska	828.1
10. Montana	804.1
U.S. average	597.0

Ritalin Use in Georgia

Georgia also experienced a sharp decline in the use of Ritalin, but unlike Baltimore County where use was greatest in low income areas, children from the middle class and affluent families in Georgia's Atlanta suburbs were the heaviest users. Questioning the high drug use, Andy Watry, of the Georgia state Board of Medical Examiners wondered, "either you've got an epidemic of attention deficit in the north metro area or you've got injudicious prescribing."

After parents complained about teachers who encouraged them to put their children on Ritalin, the state took action. The state's medical licensure board clamped down on doctors who were believed to be writing excessive prescriptions, and the Department of Education's special task force asked schools to find non-drug ways to deal with hyperactive students. [Note: FAUS provided the task force with information on our program and documentation of its scientific basis, but no response was ever received.]

Although Ritalin use has declined in Georgia, the state still ranks high, now occupying sixth place. Maryland, which had frequently been listed second in per capita consumption, is now off of the top ten listing.

Congressman Wyden Lambastes Junk Food TV Ads

Congressman Ron Wyden, D-Oregon, described the results of a study of TV ads aimed at children. At a press conference held jointly with Center for Science in the Public Interest, Wyden noted, "So many foods made for children are loaded with sugar, fat and additives that may be unhealthy."

"Millions of kids viewing Saturday morning television see a food universe consisting mostly of candy, pre-sweetened cereals and high-fat desserts. In recent months, the National Association of Broadcasters and several major food companies have committed to me that this nutritionally imbalanced picture will change."

The National PTA issued a similar statement concerning food advertisements for children, "How sad that when many adult Americans are trying to change unhealthy eating habits, junk-food marketers saturate the Saturday morning airwaves with appeals to youngsters to consume foods that put their health at risk."

Peggy Charren, of A.C.T. (Action for Children's Television) noted that "even though the food industry is paying more attention to adult nutrition, it really hasn't made any progress in the past two decades in helping children develop healthy food habits."

Goodbye to Ted Weiss

Feingolders lost a good friend with the death of Congressman Ted Weiss of New York. It was under his direction that the Committee on Governmental Operations of the House of Representatives held hearings on the continued use of the synthetic dye, Red No. 3. Their report, "HHS' Failure to Enforce the Food, Drug and Cosmetic Act: The Case of Cancer-Causing Color Additives" was summarized in the October 1988 issue of *Pure Facts*.

A Fresh (Fields) Approach to Supermarkets

New supermarkets open all the time. But it's unusual when one is featured in both USA Today and the New York Times — especially when it's located in Virginia.

Fresh Fields, a refreshing approach to supermarkets, has a chain of four stores in the Washington, DC area. It combines the advantages of both a supermarket and health food store. All of the shops are much smaller in square footage than the typical supermarket, but what they have is free of the synthetic chemical additives excluded from our diet.

The newest, which is located in Annandale, Virginia, is the largest and most impressive so far. Like a modern supermarket, it features a soup/salad bar, bakery, deli section (with tasty nitrite-free bologna!), fish market and cheese shop. You can have a sandwich made to order, on the freshly baked bread of your choice, then take it over to the dining area and enjoy lunch. Or stop by the pizza section and have one made to your specifications. Several kinds of roasted chicken are ready to take home for tonight's dinner. The bakery uses whole grains, so the foods are much heartier than they appear.

The major drawback at Fresh Fields is that without preservatives, many of the foods have a limited shelf life. This is particularly true of their breads and rolls, which should be frozen if they are not used right away.

The largest section of the market is devoted to fresh fruits and vegetables, with organic ones being clearly labeled. This is a good time to stock up on organic raisins (Stage II). In his book, *Diet for a Poisoned Planet*, David Steinman notes that non-organic raisins are "a highly pesticide-saturated food". The produce section is the place to find purple potatoes, along with the regular varieties, and many kinds of sprouts. The typical produce is available too, and is very inviting. Gourmets and ecologists will feel as comfortable here as the Feingolder.

There is a limited amount of space devoted to vitamins, and the selection of non-food products such as cosmetics is very good.

Since it appears that sooner or later nearly everyone comes to the nation's capital, Feingold members may want to keep Fresh Fields in mind. You can stock up for camping, shop for some hard-to-find items, or eat a meal or two here. Contact the FAUS office for addresses or directions. (A store will be opening in Charlottesville, VA, and considering how popular these new stores are, and how quickly the chain is growing, you may eventually find them in your area of the country.)

Very Orange Oranges

Florida oranges are now in season and those members on Stage II may be tempted to use grated orange rind or to use the peel in recipes such as fruitcake or marmalade.

The Food and Drug Administration allows growers to use Citrus Red No. 2 to dye the skins of oranges. This conceals color variations in the fruit and enables them to compete with the California oranges, which are not dyed. Citrus Red is not permitted to be used in foods, but when the peel is included in a recipe, the consumer gets the dye with it. Here's another food to add to your organic shopping list.

Sorry, Charlie

Star Kist tuna now adds hydrolyzed protein (which contains MSG) to many varieties of its tuna.

A representative of the Star Kist Company told *Pure Facts* that some, but not all, of their cans of chunk light tuna in water have HVP added, and that the labels will accurately reflect this.

You may want to keep an index card in your wallet or purse, listing some of the hard-to-find foods so you will remember to check for them when you visit a new supermarket.

Fresh Fields in the Washington, DC area has the no-HVP variety of Star Kist chunk light.

Turkey Talk

It's true that the Feingold Program allows uncured meats and poultry. But thanks to creative food processors, uncured meats and poultry isn't what it used to be. Turkeys are especially likely to have the added "extras" we like to avoid.

At one time preparing a turkey for market was a pretty straightforward process, but today the bird is considered by many to be simply the raw material for another processed product.

Colleen Smethers, president of the Feingold Association of Southern California, describes some of the tricks of the trade. Sodium phosphate may be injected into turkeys to enhance water retention. This additive isn't likely to be a problem for the Feingold member, but it does mean we pay turkey prices for water.

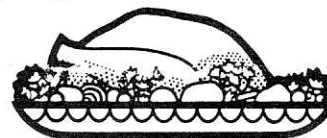
The yellowish color of some poultry was once a result of the expensive corn and alfalfa feed used years ago. Today the Food and Drug Administration allows farmers to use feed additives referred to as "pigmenters".

Turkeys with the word butter in their name are unlikely to contain any butter. Instead, they are injected with a combination that can include: coconut oil, fat, water, salt, sugar, emulsifiers, antioxidants and artificial flavors and colors. All of these are unnecessary for the self-respecting turkey.

The newest wrinkle in turkeys is the addition of hydrolyzed vegetable protein, and this may be found in fresh and plain frozen turkeys.

In most cases, the plain, unadorned supermarket brand fresh or frozen turkey is your best and most additive-free choice.

If your family is too small to use up a bird before you grow tired of it, ask the butcher to cut it into two equal halves. (He can easily saw a fresh or frozen turkey.) Cook one half now, and freeze the other for a special meal in a few weeks. You will need to prepare the stuffing in a separate dish; turkey halves don't lend themselves to stuffing, but they're lighter and easier to handle.



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.

Dad, from page 1

Some men feel very threatened by the suggestion that there could be "something wrong with my kid." The problem is most likely to come up when the child in question is a son, especially the first-born. Dad may say, "That's just the way I was when I was a kid," and he's probably right!

Most married couples have leverage with each other; when one feels very strongly on an issue, the other cooperates. In the family where Dad dictates everything, there's little a mother can do beside take a hard look at her life and ask herself if this is how she wants to spend it. But if your spouse is not a control freak you may need to ask yourself just how strongly you feel, then put your foot down and request/insist on a trial period of 4 to 6 weeks of cooperation, after which you can both evaluate your child's progress.

Behind the successful Feingold youngster there is generally a determined Mom, so you probably hold the key to your child's future.

If you are married to a Daddy who rolls up his sleeves and pitches in to help, give him a hug and tell him how wonderful he is. This newsletter contains a letter from one of them.

The next *Pure Facts* will be our combined December/January issue.

Drug Interactions

People who are taking the drug Dilantin (used for seizure disorders) should be especially careful to avoid foods which contain monosodium glutamate (M.S.G.) and the other additives which contain MSG. Contact FAUS for more information on MSG.

People taking methylphenidate (Ritalin) and pemoline (Cylert) are cautioned to avoid other types of stimulants because the combined effects of the two may exceed safe limits. Stimulants to avoid include: MAO inhibitor-type antidepressants, appetite suppressants, some asthma drugs, caffeine, nasal decongestants, and drugs that contain phenylephrine hydrochloride such as Dristan, Robitusin and Vicks Sinex.

Sources: *Drug Interaction Guide Book*, and *The Drugs Interaction Index*.

FAUS Scholarship Fund Takes Off

Thanks to a donation from the Feingold Foundation for Child Development, FAUS will be able to offer several college scholarship grants to Feingold teens.

Kathy Leinen, chairman of our Scholarship Committee will be providing additional details in future issues of *Pure Facts*.

Young Wisdom

"I don't eat bezervatives", one very young Feingolder told the adult who offered her food.



Words of Thanks

FAUS extends thanks to author, editor, and long-time supporter, Frank Murray for telling his readers about the Feingold Program.

Frank is the editor of *BETTER NUTRITION for Today's Living*, a popular magazine available in health food stores nationwide.

CHILD LIFE, Beverly Mills' syndicated column on child care, recently carried a two part description of resources available for allergic and chemically sensitive children. Thank you, Beverly!

We have had an enthusiastic response to a letter published in the September issue of *LET'S LIVE*. Many of the callers are teachers searching for a "better way" to help children.

Moving? Please send us your new address. The post office does not forward bulk mail.

Mother-in-law, from page 1

You can turn an adversary into a powerful ally by finding ways to make her needs and yours complimentary. For example, consider the probability that she has extra time and loves to cook, whereas you don't have much time or desire.

If your mother-in-law loves to cook, begin by calling her and asking for her advice and help with a recipe. Let her know you think she is a good cook and that you value her opinion. If she lives close enough, call her another time and ask her if she would be willing to bake cookies for the school open house, or cupcakes for the class party. Insist that you will supply all of the ingredients, and bring the flour, shortening, pure vanilla, etc. to her house. By this time there should be enough good will beginning to blossom that she should be agreeable to using the ingredients you have supplied.

Get back to her each time, and let her know how much she helped you, how successful the class party was, etc. If she is at your home, ask her to prepare some of the food (with your Feingold-safe ingredients). She should gradually begin to see that Feingold cooking is not so much different from what she is accustomed to. Once she feels secure that you value her advice, she may become more open to asking for your suggestions on ingredients.

The main point of this family feud is recognizing that your mother-in-law wants to feel needed and loved, and that you can show her how to gain this approval.

Pure Facts

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