

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Ear Infections

"Mommy, did you have tubes in your ears when you were young?" The Feingold mom thought her child's question was silly until she stopped to think about it.

Most of the children on the block suffered from chronic ear infections — all but two families: hers and the family with the reputation as "health nuts."

Feingold parents frequently report that one of the side benefits of the program is that their children's ear infections either stop or are greatly reduced. Some new information suggests a connection between the increased use of food additives and a dramatic increase in chronic ear infections.

of health problems.) She found that the number of doctor visits for ear infections in children under the age of 2 increased a whopping 224% between 1975 and 1990.

Why?! Some suggest it is because more young children are in day care centers where they are exposed to infection. But this doesn't seem to be a valid reason since the number of older children suffering from ear infections has risen as well.

Pre-schoolers are the most vulnerable and the problem is greatest in the winter and early spring months. Otitis media is the most common ailment after colds. The Food and Drug Administration reports that "Half of all children will have an ear infection before their first birthday, and nearly 90 percent by age 6."

Ear infections account for 30 million doctor visits per year at an annual cost of about \$2 billion for diagnosis and treatment with antibiotics, according to the Otitis Media Advisory Council.

Dramatic Increase

Susan M. Schappert is an epidemiologist at the National Center for Health Statistics. (An epidemiologist uses statistics to identify causes

Otitis Media

This is the name for middle ear inflammation. The typical symptoms include earache, pressure and a feeling of blockage in the ear, muffled hearing, sometimes accompanied by a fever.

Smoking

The child who is exposed to cigarette smoke is nearly three times as likely to suffer from persistent otitis media, and when more cigarettes are smoked the child's risk increases even further. This data was reported in the *Journal of the American Medical Association* by researchers at Seattle's Children's Orthopedic Hospital and Medical Center. (JAMA 249: 1022-25)

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"Strategies for Success with the ADD/Hyperactive Child"

The highlight of FAUS's 18th Annual Conference in New York City will be the Saturday, June 26th seminar exploring strategies for parents, teachers and other professionals to use in helping the ADD/hyperactive child.

You will hear from leading professionals in the areas of social skills problems (dyssemia), behavioral toxicology, nutrition and learning, remedial education and alternative therapies for these children. See page 3 for details on the seminar.

Allergies, sensitivities and ear infections

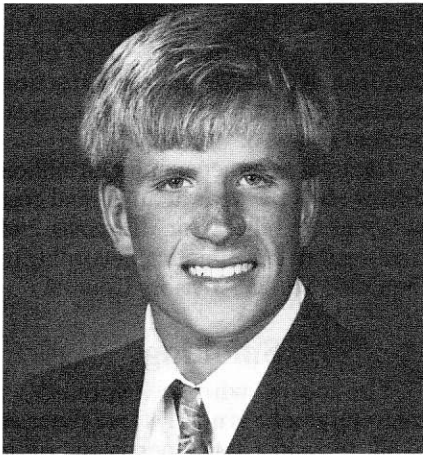
An allergic response can cause swelling of tissues in any part of the body. The same may be true for chemical sensitivity. When the swelling occurs in the Eustachian tube it blocks this canal, preventing fluid from draining out. As fluid builds up in the middle ear, it provides a fertile breeding ground for bacteria and infection.

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.

Brian and Christina

"My son was written off — diagnosed as 'trainable'" — Suzanne Erwin reports, "and Chrissy's chronic ear infections kept us in the doctor's office." Today they are bright, healthy superstars.

Brian's hearing was normal, but when the sounds reached his brain they didn't make sense. His doctors called it "aural synapse response defect," which means the sounds were garbled. For the same reason, the sounds he made as he tried to speak were unintelligible. Brian communicated with his family primarily with gestures, but despite his diagnosed IQ score of only 86, it was clear to Suzanne that her child was not retarded. (Today Brian's IQ tests in the 130 range.)



Brian Erwin

He wasn't hyperactive, but was easily distracted and (naturally) very frustrated. Ritalin was suggested, and his parents refused to consider it.

When he was six years old the Erwin family began using the Feingold Program, with their doctor's encouragement. After six months, Brian was able to understand about 90% of what he heard, and his communication was also about 90% accurate. By the time he had been on the diet for a year there were no distortions.



Christina Erwin

Speech therapy helped Brian to fill in the gaps in his learning. He got so good at speaking that his verbal skills were later rated as superb, and at age 19 he is an effective public speaker.

Brian has racked up many accomplishments, including attending Boy's State and becoming an Eagle Scout. His high school schedule was filled with honors classes and he received early admission to the engineering school at Penn State University. Tall, healthy and athletic, Brian is a cyclist and runner at college and is in demand as a lifeguard during his visits home to Rhode Island where he has saved several lives.

The Erwins' determination to help their son when others gave up on him has paid off richly.

Brian didn't suffer from ear infections, but his younger sister, Christina, did.

First one ear would become infected, then while Christina was on medicine to treat it, the other ear would flare up. After a week and a half off of the antibiotics, Suzanne would have to take her child back to the doctor's office for another round.

When Brian went on the Feingold Program, the family went on it too.

After six months Suzanne brought her 4 year old daughter in for an annual checkup. The doctor remarked how long it had been since he had seen Christina, and then Suzanne realized there hadn't been any ear infections all that time. Christina would suffer one infected ear at age six, and has not had an illness since then.

Ear infections typically diminish or disappear once a child goes on the Feingold Program.

Like her brother, 16 year old Christina excels in many areas. She is athletic and is on the track team, does modeling, and maintains a 3.95 grade point average.

As if the Erwin children were not remarkable enough, Suzanne reports that they are really into healthy food, and prefer it to junk. "They love vegetables and fight over cauliflower."

Editor's Note: Unfortunately, going on the Feingold Program does not guarantee your kids will love veggies!

Hyperactivity and ear infections

Children diagnosed as hyperactive have a significantly greater number of ear infections, according to a 1987 report from the University of Colorado and Yeshiva University in New York.

The research focused on three groups of children: severely hyperactive, hyperactive, and non-hyperactive.

The percentage of children who had three or more ear infections was as follows:

severely hyperactive 94%
hyperactive 89%
non-hyperactive 50%

For children experiencing more than ten ear infections the numbers were:

severely hyperactive 69%
hyperactive 74%
non-hyperactive 20%

Source: Clinical Pediatrics, Vol. 26, May 1987.

"Strategies for Success with the ADD/Hyperactive Child"

Southgate Tower Suites Hotel, New York City, June 26, 1993

8:00 - 8:45	Continental Breakfast and Registration
8:45 - 9:00	Welcoming remarks - Patricia Palmer, President of the Feingold Association of the U.S.
9:00 - 9:50	Keynote Speaker - Sal Nicosia - Parents, teachers and other professionals working together toward success
9:50 - 10:45	Bernard Weiss, Ph.D. - Behavioral Toxicology: The adverse behavioral effects of chemicals on the ADD/Hyperactive child
10:45 - 11:00	Coffee break
11:00 - 12:00	Gerald Deas, M.D., Nutrition and its effect on learning for the inner city child
12:00 - 1:00	Luncheon
1:00 - 2:30	Video presentation - Stephen Nowicki, Jr., Ph.D. and Marshall Duke, Ph.D.: The hidden dimension of social rejection. Strategies for understanding nonverbal communication and its effect on feelings and experiences
2:30 - 2:45	Coffee break
2:45 - 3:30	Charlie Richardson - Strategies for remedial education
3:30 - 4:30	Patricia Palmer - Fitting the pieces of the puzzle together
4:30 - 5:00	Closing remarks
5:30	Banquet and awards presentation

The seminar and banquet is included in the cost for members attending the full conference. For those wishing to attend the seminar only, the cost is: Members/with banquet: \$79; Members/no banquet \$49. Non-members/with banquet \$129; Non-members/no banquet \$99. Contact: Feingold Association of the Northeast, 1000 Richmond Terrace, Staten Island, NY 10301, or phone 1-800-321-3287 or 718-876-7262.

Ear Infections, continued

Antibiotics

The commonly used antibiotic, amoxicillin, has generated heated debate among doctors. While it is accepted as a treatment for acute ear infections (accompanied by high fever and a painful earache), most physicians also use it to treat chronic inflammation of the middle ear (otitis media).

Writing in the *British Medical Journal*, Dr. George G. Browning notes, "...in most children antibiotics make no difference to the outcome in either the short or the long term. More than 85% of the children will be pain free within 24 hours irrespective of whether they have been treated with an antibiotic or not."

(*Br. Med. J.* 1990;300 1006-1007)

Another blow to traditional treatment was struck by Erdem I. Cantekin, Ph.D. from the Children's Hospital of Pittsburgh. He was part of a team investigating the effectiveness of antibiotic treatment for ear infections. Writing in the *Journal of the AMA*, Cantekin found that amoxicillin "is not effective in the treatment of persistent asymptomatic middle ear effusions [fluid build-up] in infants and children." He concluded that "recurrence rates were significantly higher in the antibiotic-treated group than in the placebo group." The article claims that

children who take amoxicillin for chronic ear infections are up to six times more likely to have a return of the symptoms than children who took a placebo.

(*JAMA*, Dec. 18, 1991 - Vol 266, No. 23)

Both Cantekin and Browning point out that European doctors use far less antibiotics for ear infections.

Dr. Charles Bluestone, the primary researcher of the Pittsburgh study, came to a different conclusion, writing that the use of antibiotics "increases to some extent the likelihood of resolution" of the chronic infections.

What followed was a battle where Cantekin was accused of unethical practices, and dismissed from his job. Bluestone, in turn, was criticized for accepting \$260,000 from the pharmaceutical company SmithKline Beecham and \$3.5 million in research grants. (*JAMA* editorial, 12/18/91)

The Feingold Perspective on Ear Infections

The practice of adding synthetic dyes and artificial flavorings to pediatric medicine is hard to justify.

The experience of our member families, along with the critical reports noted above, suggests that these additives in antibiotics could play a part in triggering a child's next episode of otitis media.

If your child takes medication of any kind, try to obtain it in an uncolored and unflavored form. Your *Medication List* will be helpful, and your doctor or pharmacist can assist you in locating a suitable product. If you are unable to find what you need, contact FAUS and we will put you in touch with a pharmacist who may be able to locate a suitable alternative.

(We can also send a copy of the *Medication List* to your doctor and your pharmacist. Contact FAUS or your local association.)

Hopefully, once you are established on the Program you may not have to deal with the issue at all.

Another Potential Offender

Some doctors report that milk allergy is a likely trigger for ear infections. Allergy, particularly to milk, is not unusual among Feingold members, and this would be worth investigating if your child continues to have ear infections. Milk sensitivity can also trigger behavior problems in many children.

Please Note:

Unlike otitis media, acute ear infection is a serious condition which can cause damage.

Always consult your physician in the case of illness.

Feingold Camp

Camp Latieze is located in the beautiful mountains of Northern California near Lassen National Park.

For many years the Shasta County School System has been operating this project, which was initiated by Dr. and Mrs. Feingold. Its director, Patt Burkett, is a nurse in the Shasta County schools.

All of the food is Stage One, and the camp is run by enthusiastic adults and young adults who love being there.

This year camp will be held from July 4 through July 9, and the theme will be flight — Let Your Imagination Soar!

For information, contact Patt at (916) 547-4563.

Camp Latieze

by Catherine Jackson
age 7

Camp is very fun and they call camp treasure island. They have great food. We get to sleep outside and we looked for Prescott and we went to the pool everyday and we did activities like pampipes and stills and crafts. We looked for treasure.

THE END

Notes from Catherine's Mom

"Prescot" was a stuffed animal they would hide in various places — if you found it you got to wear the Prescott nose. "Pam Pipes" refers to a musical instrument made from bamboo strung together, and there were stilts for the children to practice with.

They slept in cabins with bunk beds part of the time. Supervision was excellent; Cathy's cabin had 5 girls, 2 counselors and 1 counselor in training.

There was fishing and paddle boats. One morning they hid all the fixings for breakfast and the children had to find them before they could eat.

They built a nature hut and sang lots of cute songs. Each cabin prepared a skit to perform when parents picked them up.

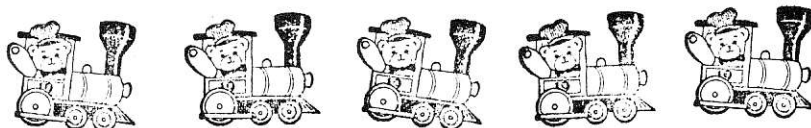
It was a wonderful experience and she is looking forward to going back this summer.

Stamp Out Hand Stamping!

You've been on the Feingold Program for a few weeks and things are going very well. Suddenly, your child's gentle new personality takes a downward turn. You see the old behaviors coming back and are crushed to think that maybe "the diet isn't working anymore".

There's generally a reason for a return to the old behaviors, and you may have to do some detective work to find it. One of the first things to consider is hand-stamping. Many teachers use this as a reward for their students. Can that little bit of ink on her hand really be important? **Yes!**

Think about motion sickness medicine and nicotine patches. The medication is on the bandage, placed next to the skin, and it is slowly absorbed into the body. If one chemical can enter the body through the skin, then another (synthetic dyes) can do the same.



What to do?

Your child can still have fun with stamps without ending up as the Tattooed Lady. Think about what the stamp means for her, and look for an alternative that will be even more attractive.

For example, if the attraction is to wear the stamp on his hand, consider supplying the teacher with plain white stickers that she can stamp. Office supply stores have stickers and mailing labels in many sizes and shapes. This way your child can wear the sticker on his hand or shirt, and then bring it home and keep it. You could provide a display board for the stickers, made from the poster board also sold at office supply stores. Instead of his stamped image going down the drain with the bath water, he will be able to collect these prizes. An easy alternative would be to put stickers on the squares of your Feingold School Year Calendar. Or, if you want to be elaborate, buy an inexpensive picture frame and let your sticker-owner display them on the glass pane.

You may want to offer your child the option of bringing home the stamped image on a piece of paper or an index card, and trade it in for a reward of some type. Good old cash is usually popular. Get fancy by having the teacher stamp the unlined side of an index card, then your child can cut out the image, punch a hole at the top and string it on a piece of yarn for a necklace. This can be added to indefinitely. Another alternative: take play money and place a white sticker in the center where the portrait goes. Let your child take one in to class and have her reward stamped on her own funny money. She can bring them home and cash them in.

Markers, too

For obvious reasons, encourage your young artist to keep his work confined to the paper, not his hands, arms or legs. The dyes in the marking pens are made from the same petroleum-based chemicals as those used in foods. A highly sensitive child could react to a very small amount of dye on his fingers; once you have determined how sensitive your child is, you can decide how much care is needed. (Avoid those awful scented markers. Chances are the smell is made from...you guessed it — petrol!)



Summer Camp

FAUS has an information sheet on how to look for a suitable summer camp, and how your child can stay on his diet while he is at camp. Contact FAUS at P.O. Box 6550, Alexandria, VA 22306 and request the article, "Going to Camp."

Bag of oranges turns out to be a lemon

One of our members wrote: "Last week I purchased a 14 pound bag of fresh oranges at my grocery store.

"You can imagine my surprise and my son's disappointment when we discovered the enclosed tag in the very bottom of the bag. Thinking I somehow missed something on the label, I rechecked the bag. However, there was no other warning about the additive.

"I have written to the company, telling them I feel this warning should be placed in a more prominent spot."

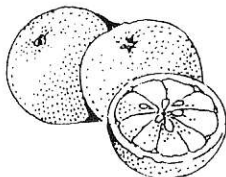
L.D., Philadelphia, PA

Winter Haven Citrus Growers Association
WINTER HAVEN, FLORIDA
ORTHO PHENYLPHENOL
USED AS A FUNGICIDE

**U.S. NO. 1
COLOR ADDED**

CPH 43240-1190-150M

Florida oranges are likely to have coloring added to the skin, whereas California oranges do not. The dyes and fungicides are unlikely to bother most people as long as the skins are not used in food (grated orange rind or marmalade). For a highly sensitive person, however, organic oranges, or at least undyed ones, are preferable.



Easter

Although Easter doesn't come until April now is a good time to shop for or order Feingold-safe candies.

We have just added **SUNSPIRE CHOCOLATE SUNDROPS** to our approved list. These candies — plain and peanut — are similar to M&M's, but without the synthetic additives. They are available at many health food stores and may be added to your Stage One list.

Sunspire's Sundrops have replaced the candies which were formerly called "Natural Wonders".

Check your Foodlist and call a Program Assistant if you'd like additional suggestions.

PIC Report - from the FAUS Product Information Committee

These **Mrs. Field's** foods have been researched and are acceptable for use by members on Stage One. They are available at Mrs. Fields bakeries and restaurants.

Banana Nut Muffins

Caution: the Honey Berry Spread contains artificial color and flavoring.

Chocolate Chip Bagels

Sour Regular Bread

Sour Round Bread

French Regular Bread

French Baguette

These foods are still acceptable, but now contain corn syrup:

Contadina Tomato Sauce

C.W. Post Hearty Granola Cereal

Lea & Perrins Worcestershire Sauce

Ragu Homestyle 100% Natural Spaghetti Sauce

This product no longer contains sodium benzoate:

Shasta Lemon Lime Soda

Stage One Additions:

Walden Farms Blue Cheese Dressing

Walden Farms Ranch Dressing (CS)

Walden Farms Creamy Italian Dressing with Parmesan

Chiquita Tropical Squeeze refrigerated juice

Chiquita Caribbean Splash refrigerated juice

Cloud Nine Candies: Cool Mint Crisp (CS), Peanut Butter Brittle (CS), Malted Milk Crunch (MSG/HVP)

French's Mustard Creamy Spread

Stage Two Additions:

The following **Walden Farms** Dressings may be added to Stage Two:

Thousand Island (CS, tomato, cucumber, red pepper)

Russian Dressing (tomato, paprika)

Sodium-free Italian Dressing (MSG, wine vinegar, bell pepper)

No Sugar Added Italian Dressing (cider vinegar, bell pepper)

Italian w/Sun Dried Tomato Dressing (tomato, cider vinegar)

Honey Dijon Vinaigrette Dressing (cider vinegar)

Product Alert! DESITIN Diaper Rash Ointment - BHA has been reported on the label.

Product Alert!

PIC has learned that Burger King now adds artificial coloring and synthetic vanilla flavoring to their chocolate shake. Their apple pie dessert has also been revised and the margarine used in it contains synthetic flavoring.

This is a big disappointment for Feingold families since Burger King was the only fast food restaurant offering a shake we could have.

Members can contact Burger King Corp. at P.O. Box 520783, Miami, FL 33152. Address letters: Attn - Ms. Juelene Beck, Vice President of Product & Development.

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.

FAUS Scholarships Available

Thanks to donations from Feingold members and a grant from the Feingold Foundation for Child Development, four scholarships of \$250 each will be available to Feingolders in the coming year. Here are the requirements.

Each applicant must:

be a current member with a minimum membership of two years, or be a child of such a member.

be a student enrolled with a minimum two-thirds (2/3) of a full load as established by the institution or be a graduating high school student planning to attend an educational institution for the next quarter or semester, enrolled for a minimum two-thirds (2/3) of a full load. The educational institution

can be a college, junior college, trade or technical school.

Contact the FAUS Scholarship Committee at our P.O. box to request an application.

Graduating high school students should submit documentation to verify the granting of a diploma or GED.

Submit letters of recommendation concerning the applicant's scholastic achievements. The letters will provide background for the committee but will not be used for evaluation.

Prepare and submit a paper reflecting the theme of "Feingold, Me and the Future." The paper should be in narrative form, typed, double-spaced, standard margins (title and bibliography not included) and have a title page with the author's name. All other pages will in-

clude the title only. The paper will be judged on: adherence to theme — 20%; originality — 20%; spelling, grammar, and appearance — 10%; intellectual content, including logical development of ideas, reasoning skills and comprehension of the subject matter — 40%; and documentation of sources through footnotes, textural references, bibliography, etc. — 10%.

Prepare and submit a statement of career and educational goals, how you plan to fulfill these goals, and how the scholarship will help you to attain these goals.

Mail the original application and two (2) copies to FAUS.

Deadline: All forms and papers must be postmarked no later than **May 31, 1993.**

Antibiotic Alternative

Consumers ingest antibiotics when they eat meat or eggs from animals which are treated with these chemicals, and in the United States this is a common practice.

German poultry farmers have begun to use homeopathic treatment in place of antibiotics, and find it is not only effective, but profitable. After chickens are treated with antibiotics German law requires a period of up to 30 days before eggs can be sold.

(Homeopathy refers to the use of tiny amounts of medicine which would, if taken in large amounts, cause the disease being treated. It is similar to the use of vaccinations. Information on the use of homeopathy for animals is available from the Homeopathic Educational Services in Berkeley, CA (510) 649-0294.)

Attention all Irish — authentic or occasional:



Celebrate with the wearin' o' the green, but don't eat or drink it unless it's genuine.

Dear P.F.

Are plain canned vegetables o.k. to use on Stage One?

Yes, plain non-salicylate canned vegetables should be fine. It's a good idea to check the ingredient label, however, since you never know when a food manufacturer will suffer from a burst of creativity and add an unlikely item.

Plain frozen vegetables are generally tolerated as well. It's the fancy seasonings and "butter" sauces which are likely to hide some unwelcomed chemicals.

Pure Facts

Pure Facts is published ten times a year and is a portion of the materials provided to members of the Feingold Association of the United States.

For information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 or call (703) 768-3287.

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Whoops!

Last month *Pure Facts* described a Sarasota Florida company, National Natural Foods, which had a mail order natural food business. Sadly, shortly after FAUS received notice of the company it stopped doing business. The reason? Success. They had not anticipated the volume of response the catalog generated, and were unable to handle the orders at the same time they were expanding their retail outlets. Even these natural foods pros were surprised at the need for such products. The staff extends their apologies to *Pure Facts* readers for the inconvenience this has caused.

Members looking for hard-to-find allergy foods will be interested in the catalog published by **FoodCare Inc.**, P.O. Box 6383, Champaign, IL 61821 (217) 687-5115.