

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Vol. 17, No. 4

Mother's Day

This issue is dedicated to those of you who have earned what FAUS President, Pat Palmer calls our M.O.M. degree.

If you are typical of the mother of a hyperactive or ADD child you have sought help and found blame. You have worked harder at mothering than your neighbors, and have been judged inadequate. You found that institutions whose job it is to safeguard your wellbeing and that of your child, were like the Wizard of Oz — issuing commands while hiding behind a curtain.

But you took things into your own hands — without the benefit of ruby slippers or a good witch. You turned your child's life around, and while you will never receive the praise you deserve, you have what is important: courage, a heart and a brain.

Research finds genetic link for some cases of hyperactivity.

In about 5% of children diagnosed as hyperactive, the cause of the condition is believed to be an inherited defect in the ability of the thyroid hormone to regulate the function of cells. The report was published in the April 8 issue of the *New England Journal of Medicine*.

Other factors, such as premature birth and exposure to lead have long been recognized as causes of hyperactivity, but this is the first time a genetic defect has been identified.

This work adds one more piece to the puzzle of why some children are more vulnerable than others. Dr. Feingold believed that the foods and food additives removed by the Feingold program can trigger learning and behavior problems when they are consumed by children who are already predisposed, children who have a particular "genetic profile".

The Feingold Program on a Tight Budget

One mom has found a way to feed her family well, and she relies on food stamps.



Cynthia Dorr has two children, Jeremy, age 4 and Daniel, a 13 year old with an appetite that doesn't quit. They follow the Feingold Program and eat well on food stamps totaling \$244 a month.

Meat is a big part of any food budget, and the Dorr's eat a lot of it, especially during the cold months. Cynthia has the butcher cut up large portions and package them into smaller amounts. When she buys economy packages of chicken, pork, etc. she repackages it and freezes the food in smaller portions.

Some foods can be bought in larger size or in quantity when they are on sale, and will keep for a long time. When sugar, oatmeal and chocolate chips go on sale, Cynthia stocks up. Some canned foods are most economical for the family to buy in large size, and when canned vegetables go on sale, a big supply goes into the pantry.

Now that the Dorr's have been on the Feingold Program for over a year, Cynthia has a good idea of her children's sensitivities, and can do some experimenting. She has found many store brand products the boys can tolerate.

They are as much as half the price of the name brands, and taste as good. The family enjoys generic versions of chips, soda, canned foods and pasta mixes.

By watching the newspaper ads and clipping coupons, Cynthia is able to trim even more off the weekly grocery bill. Turkey sales make this food even more economical. The extra meat is frozen and leftovers become turkey sandwiches or casseroles.

If she runs low on a food, Cynthia has learned to get creative. Four eggs fed six hungry people one morning by making a version of fried rice. She fried some bacon, removed it and sauteed leftover rice and spring onion slices, added soy sauce and scrambled in the eggs. The bacon topped off this delicious breakfast for six.

Cost-conscious shopping fits in well with the program.

Her casseroles often combine any type of pasta, meat or fish, chopped broccoli or other vegetable, held together with shredded cheese and topped with cracker crumbs or crushed Fritos and some more cheese.

Cheese is a frequent guest at the dinner table, and Cynthia says her boys will eat any vegetable if it has her homemade cheese sauce on top. She makes a white sauce, and adds shredded cheese — whatever she has on hand. Cook it, stirring, only long enough to melt the cheese, and serve right away. This is a good beginning to homemade nacho dip for tortilla chips. Cynthia adds chili and seasonings to the cheese.

The Dorr's no longer buy the frozen "hot pockets" now that they use a

Continued on page 2

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 Mother's Day issue

"I used to hate cooking"

When Sharon Matthews took an aptitude test in college, cooking wasn't even on the chart. In fact, she recalls, this skill was "two inches off the chart".

Now as the mother of three young children she feels different about the time spent in her kitchen. With children, unanticipated events have a way of popping up, and a treat is often required. Sharon has the option of packing the kids in the car, unloading them at the store to hunt for something decent, reloading kids into the car and unpacking them again at the house. That comes to a minimum of 30 minutes on a good day. The alternative is a mere 10 minutes or so, whipping up a pan of brownies, and the taste of homemade can't be compared.

Now that Sharon is doing more cooking, she has decided to view it as an interesting challenge, rather than as an

unpleasant obligation. An investment in some good equipment makes cooking much easier, and pays off in lower grocery bills. Then, as long as she's putting the effort into preparing the food, she generally opts for really nourishing ingredients such as whole grains and fresh vegetables. Another money-saving use of Sharon's newly developed skills is giving home baked goods as gifts for teachers and friends.

Her efforts are appreciated by her family. She is becoming known for a delicious but decadent pecan cheesecake — a departure from the family's generally healthy diet. The children much prefer her pizza, with the hand tossed crust, to anything com-

mercially available. And every Saturday morning they ask for a homemade coffeecake. Sharon says that it takes only about ten minutes to put it together (longer when the children help).

The Matthews like the fact that they are spending less money on food these days, and have some extra funds to use in other ways. Typically, this family has noticed an improvement in their health. Trips to the doctor's office have been reduced; an extra bonus, in addition to other benefits, such as happier children.

Sharon has not developed a love for cooking, but as long as she's doing it she sees no reason to be dreary about the whole thing.



Tight Budget, from page 1

sandwich maker that seals food between two slices of bread. Some favorite combinations are cheese and broccoli with either chicken or beef, and hamburger/onion pizza (Stage 2).

Pasta salads are popular during the hot weather months, and Cynthia serves a dip for cut up raw vegetables. She keeps a bowl of fruit in the refrigerator and a supply of toothpicks nearby for the boys to help themselves.

Cynthia makes up her own mixes for cocoa and biscuits. Each is kept in its own large canister with directions for use taped on the outside.

She bakes two batches of cookies each week, and the boys have their own supply of treats; they have learned how to make a bag of Mom's cookies last for the week. They are free to eat their treats when they wish, as long as it's not before a meal. Sometimes she makes homemade custard or a cake.

Commercial treats are also offered, but the boys love their mom's cooking and don't feel deprived.

Of course, cooking from scratch takes more time, and since she is a single mom and enrolled as a student, Cynthia doesn't have much time to spare. But she feels it comes down to what she needs to do in order to care for her

children. Daniel is doing well in school now, and has been mainstreamed out of special classes since he has been on the Feingold Program. He likes getting good grades and having better handwriting.

As for Jeremy, Cynthia finds it a lot easier to prepare food than to deal with her youngest when he's had synthetic chemicals. He's a sweet natured little boy unless he goes off the diet. Then the Dorrs are in for 3 to 4 days of whining,

foot stamping and general pitching of fits. "You can tell when he gets something off the diet," Cynthia notes, "you can't handle him."

She has helped some of her neighbors succeed with the Feingold Program as well. One friend's little girl acts retarded when she eats an apple, or food with the prohibited additives. Cynthia was gratified to hear her friend say, "My children are nice! They're not hateful anymore!"

Saving Money on Food

The Dorrs and the Matthews use techniques any family would use to keep their food budget in bounds. The most expensive food in a supermarket is generally that which is highly processed, so preparing some things from scratch fits right in with the Feingold Program.

Every stage of commercial food processing offers an opportunity for more synthetic chemicals to be added, so when you do the processing in your kitchen, you have control over the final product.

Sometimes a natural product is actually less expensive than the synthetic. In one supermarket the same size box of junk chocolate chip granola bars cost more than twice the price of the natural version! Or check out synthetic whipped topping versus real cream or natural Reddi Whip — the difference in cost is small, but the difference in the contents is enormous. The same is true with real bacon bits compared to those little disasters found at salad bars.

Even if cost is not a concern, you may find there are some things you will want to make from scratch, since it isn't easy to find acceptable prepared products. Making breadcrumbs in a blender or food processor is quick and easy. Cookies and salad dressings don't take much effort, and your homemade versions will probably be preferred by your family.

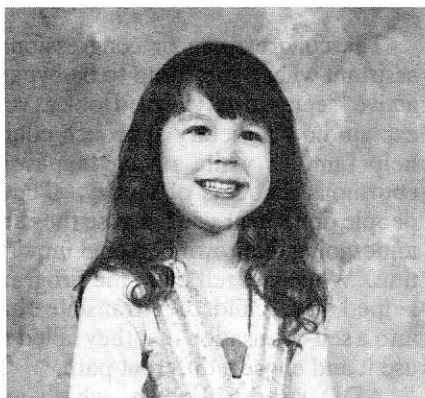
"I still hate to cook"

Nancy Lauterback was worried about how she was going to manage the Feingold Program, but things had gotten pretty bad and she didn't see any alternative.

Her 4 year old, Krissy, could change in a flash from calm and sweet to out-of-control. She was extremely destructive in preschool, throwing books and toys, talking back to her teacher, not listening, and generally doing what she wanted, instead of what the rest of the class was doing. It was only a matter of time before she would be expelled. The pediatrician said "It's just a phase", but Nancy knew better and worried for her daughter's future.

At the beginning she found the Feingold Program somewhat confusing, but now that she has been using it for about a year, Nancy says she doesn't even think about it. There are so few changes in the way the Lauterbacks eat, that at first it was hard for Nancy to identify them. Then she recalled, toothpaste, "fruit" snacks, chewing gum, and children's vitamins were the major changes.

"Krissy likes to eat the same things over and over," her mom recalled, "she ate fish sticks for five weeks!" Now she's on a "waffle kick" and likes them for breakfast", so Nancy buys a brand on her Foodlist, along with approved syrup and juice. Lunch is typically peanut butter sandwiches or cheese sticks, same as always. The major change in dinner is the switch from margarine to butter. A typical dinner for



the Lauterback family is baked chicken or fish, a baked potato, plus canned or frozen vegetables.

Krissy likes being able to choose her own snacks, and Nancy takes her to a health food store where there are so many choices. If they're out shopping, she keeps a snack bar in her purse in case Krissy gets hungry.

When the Lauterbacks go out to a restaurant, nobody orders dessert (unless they know it's natural) to support Krissy. The whole family follows the same diet, and Nancy says they all feel better.

Krissy responded to the diet in about five days, and the people who knew her a year ago are impressed at the change. The staff at the preschool has been very supportive, and let Nancy know when a

food event comes up. If another mom will be bringing in cookies or cupcakes, Nancy phones and asks her to use pure vanilla and real butter. None of the mothers have been at all offended by the request. Nancy does some baking, but generally has no trouble finding prepared treats. In fact, she has to watch that she doesn't overdo the holiday candy.

For Nancy the Feingold Program translates to reading labels in the supermarket. Krissy is not terribly sensitive, and now that she has been on the program for a year, she is able to expand her diet quite a bit. Nancy would much rather read some labels and bake cookies occasionally than deal with the behavior that kept the family in turmoil. "I used to go to bed crying every night" Nancy recalls, "I never would have survived to this point." She also recalls the anguish her child must have felt for behavior over which she really had no control.

Mulling over what additional changes she would like to see in her five year old, the only one Nancy could come up with is, "I'd like to get her to clean her room."

Nancy will never love to cook, but she loves the calm, sweet daughter she now has, and feels, "It's just crazy not to use the diet."

Busy, Busy Mom

"My child's reacting to something. The wonderful behavior just isn't there anymore and we're seeing defiance."

The culprit for this family turned out to be too many dinners from fast food restaurants. This can easily undermine earlier success, especially when it turned out that the child's favorite food was now being fried in oil with added TBHQ.

Too much questionable restaurant food or too many new products introduced too quickly can tarnish the luster of a great response. As long as a child is doing well, you can be comfortable in eating out occasionally or in trying the new foods that have been researched by our product information committee; but if you see the old personality creep-

ing back in you may have moved too far too quickly and need to go back to more basic meals.

No time to spare

The time saved by that 99 cent kiddie meal picked up on the run could end up costing you dearly when you have a reaction to contend with. But there may be ways you can have the best of both worlds.

Is there a restaurant near you known for its natural meals? Call and ask them if they will prepare food to go; then when you leave work, stop by and pick up tonight's dinner. Since restaurant

portions are generally large, one entree may be enough to feed two. Compared to the cost of eating at the restaurant, not to mention the tip, you may end up spending less than you expected. (Note: This does not apply to families with teenage boys.)

Finding help next door

Does your baby sitter, or a teenage neighbor like to cook? See if she would be interested in earning money by coming over to your house in the afternoon and getting a simple dinner in the oven. Since all of the ingredients are your own Feingold-pure foods, there should not be any danger of a reaction. If she has access to a car and is able to drive, you may be able to turn over some of your shopping chores as well. A neighborhood chef can help you out when it's your turn to send cupcakes into school.

Moms who use Ritalin love their kids too

Editorial Comments

If the doctor had told me there was a pill that would make my child behave, I would have grabbed the prescription and run to the nearest drug store.

Back in 1975, before ADD had been invented, the diagnosis for a child who didn't behave appropriately was "poor parenting", which translated to "What is Mom doing wrong?"

I was so sold on the idea that behavior is based solely on psychological factors that it was several years before I approached the pediatrician with the question that perhaps Laura had some sort of "chemical imbalance" which would explain her exasperating behavior.

The response to my questions was a booklet on discipline. The response a mother receives today frequently depends upon the approach favored by her physician, and can vary from: referral to the Feingold Association, to a prescription, to a brush-off of "He's just an active boy."

The Guilt Glands

In the prenatal classes nobody ever mentioned that once I produced a child, there would be a mysterious physiological change. I would grow a set of guilt glands. No CAT scan has even been able to determine where these little critters are located, but every mom reading this knows they are there. Well, it seems to follow that moms of overactive kids have overactive guilt glands — like insanity, it's one of those things we inherit from our children.

By the time she is told the problem is not her fault, the typical mom of an ADD child has been badgered, blamed, and bruised. Pressure from the school, reassurances from her doctor, understanding and support from other parents, plus the promise of relief are powerful incentives to go along with a trial of drug therapy. If there is an improvement a parent is understandably reluctant to give up any benefit, even if it is minimal. That's when the guilt glands go into high gear.

Feingold parents see the signs often. When you mention to the new teacher that your child is on the Feingold Program to help overcome hyperactivity or ADD, she responds that her child has had similar problems, and after an awkward pause, changes the subject.

The congressman or congressional assistant whose son "used to be hyperactive" seems to get a glazed look as you explain how a dietary approach could help families while saving taxpayers enormous amounts of money. These people don't hear you because they are undergoing their own personal inquisition. When you tell them the program helped your child they translate that into a self-accusation that they failed to use it and chose a different path.

ADD support groups which are drug oriented have told Feingold parents they will not allow a speaker from the Association to address their group because we "would make their members feel guilty." There was never any dialogue as to what a Feingold speaker would say or what our philosophy is. The group leaders appear convinced that either: a Feingold parent would automatically sit in judgment, or that members need to be shielded from the guilt that could be generated by reminding them of other options.

It can be exasperating to try and get through to a parent who has such overactive guilt glands, but it is also clear that these parents care deeply. If they didn't, their choice would not be so painful for them.

Some Feingold kids do well on Ritalin

One of the Association's board members recently came to the decision to try giving her son a small dose of Ritalin. The diet had helped his behavior enormously, but he had long been having trouble getting his act together when it came to schoolwork. She was appalled at first by the idea, but eventually decided she needed to at least see if it would help. In this child's case a small dose of Ritalin is helping enormously, and her child has not had any noticeable side effects.

Other members have reported similar experiences, and find that because they stay on the Feingold Program they are able to obtain maximum benefits while using a small dose of the drug.

We don't understand why the same chemical that seems to interfere with the program at the beginning may be tolerated once a child is well established on it. (Naturally members attempt to get the uncolored or least colored pills.) We do find that once a person's system has been free of the petroleum-based food additives, they tend to be able to tolerate many chemicals which previously would have caused problems.

What's the controversy?

The food, chemical and pharmaceutical lobbies are only too glad to supply parents, professionals, and ADD groups with their opinion of dietary management. When I hear a parent group leader speak, or read letters they have written, there are the unmistakable phrases provided by the companies selling additives and drugs. To have their profits defended by parent volunteers has got to be a marketing executive's dream.

But parents should not and need not be adversaries. I don't use the Feingold Program because of any moral superiority, but because it worked so well, and by the time I learned of Ritalin, I was convinced that diet was much easier. We have long been able to eat a tremendous variety of delicious foods, including restaurant food, convenience food and junk food. In addition to feeling so much better, my family has been spared the expenses of medical treatment and the problems of dealing with a child whose medication has worn off.

No parent should be pressured into choosing a treatment they don't want to use, whether that treatment is drugs, behavior modification or diet. Each family has a unique circumstance that deserves to be acknowledged and respected — by professionals and by other parents. Each has the right to be given the facts, without the contamination of personal philosophies or vested interests, and to choose the option that is the best fit for their family.

*Jane Hersey
Executive Director,
Feingold Association of the U.S.*

Oops! They're Back

Report from the Product Information Committee

When a change is reported in a product's label, PIC immediately begins an investigation. We send the company a detailed inquiry form, and ask them to fill it out and return it to us. This helps us determine if the food can continue to be included in our foodlists and whether any important changes need to be reported to the membership.

Occasionally, especially when a company has changed its entire product line, the onslaught of PIC forms is overwhelming to them. In these cases, we sometimes receive other types of information such as data sheets, information sheets, brochures, coupons, etc., instead of the forms. When we receive information of this type that indicates that a product may no longer be acceptable, we act on it.

In the February issue we cautioned you against using certain **Oscar Mayer** and **Louis Rich** meats because the labels had changed and information we received from the parent company (*instead of our Product Inquiry Forms*) led us to believe that these products now contained smoke flavoring (*a smoking method using liquid smoke*).

Since then the company has filled out new inquiry forms and assures us that most of their meats are naturally smoked. When liquid smoke is used, they explain, the term "smoke flavoring" is on the label.

Naturally smoked meats are generally well tolerated by Feingold members, but smoke flavoring has been so poorly tolerated that foods containing it are not included in Foodlists.

We apologize to you and to the company for any inconvenience. Products change frequently, and PIC tries hard to

protect you from reactions. In this case, however, we inadvertently overprotected you!

The following can be added back to your foodlist:

Stage 1 (non-salicylate)

Louis Rich Hickory Smoked Turkey Breast (SN), Oven Roasted Chicken Breast (CS), Oven Roasted Turkey Breast, Frozen Pure Ground Turkey, Smoked White Turkey (SN), Turkey Ham (SN), Turkey Salami (SN)

Oscar Mayer Bacon (SN), Cheese Smokies (CS, SN, MSG/HVP), Chopped Ham (CS, SN), Honey Loaf (SN, MSG/HVP), Smoked Cooked Ham (SN), Smokie Links (CS, SN, MSG/HVP), Summer Sausage (SN)

Stage 2 (contains natural salicylates)

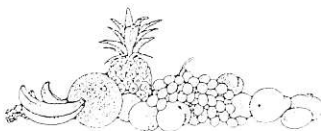
Louis Rich Chopped Turkey Ham (SN, cloves, paprika), Turkey Franks (CS, SN, cloves, paprika)

Oscar Mayer Beef Bologna (CS, SN, MSG/HVP in autolyzed yeast*, clove, paprika), Beef Franks (CS, SN, MSG/HVP in autolyzed yeast*, cloves, paprika), Bologna (CS, SN, MSG/HVP in autolyzed yeast*, cloves, paprika), Head Cheese (CS, SN, cloves), Liver Cheese (CS, SN, cloves, paprika), New England Brand Sausage (CS, SN, cloves), Old Fashioned Loaf (CS, SN, MSG/HVP, cloves, paprika), Olive Loaf (CS, SN, cloves, red peppers)

**According to a spokesperson at the company, autolyzed yeast varies widely in how much MSG it contains. They use a variety that contains a very low level of MSG.*



Fresh Fields



Last year Pure Facts described a new kind of supermarket which combines the advantages of a modern multi-service market with the wholesome approach of health food stores. Although the chain only opened its first store in 1991 there are currently seven stores, and more are due in the coming months.

Fresh Fields are now located in: Rockville, MD; Bethesda, MD; Falls Church/Tyson's Corner, VA; Annandale, VA; Fairfax, VA; Charlottesville, VA; Richmond, VA.

Philadelphia members will welcome the following new stores:

April 16: 1210 Bethlehem Blvd., North Wales, PA

May 23: 821 Lancaster Avenue, Chester, PA

In June the **Annapolis**, MD store will open at 2504 Solomon Island Road.

Three stores are in the works for suburban **Chicago**:

Palatine - 1331 North Rand Road (Park Place Fashion Center)

Naperville - 1163 Ogden Avenue (Iroquois Center)

Evanston - the location to be announced

New Feingold members will find a good selection of products from the Foodlists, and experienced members will have a great time testing out products available on the shelves, in the bakery and the extensive deli.

Product Alert!

It was a big disappointment to learn that the **Roman Meal** breads and rolls listed as acceptable in last month's *Pure Facts* may not be acceptable after all.

After filling out our forms, and stating there was no BHA, BHT or TBHQ in any of the products, the company informed FAUS that each bakery buys its shortening, oil and pan grease independently. Therefore, the headquarters office cannot guarantee Roman Meal bread products are entirely free of these additives.

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.

Mother's Almanac

If you're thinking of having children, or if you have young children, or if your children are now grown, or if you are getting into the grandparenting business, this is a good book to curl up with. It's a great gift for the expectant parent, but before you let go of it, treat yourself to some warm and memorable moments.

Marguerite Kelly, who has her M.M.O.M. degree, is the author of the syndicated column "Mother's Almanac." She is also a long-time friend of the Feingold Association.

The newest version of her book, called *The Mother's Almanac - Revised*, co-authored by Elia Parsons, is filled with wit and wisdom — the sort of things you would learn if you were fortunate enough to have an experienced grandma as your next door neighbor.

The authors were not perfect moms; they lost their tempers and made mistakes, but ended up with a lot of good information to share. One of the most frustrating things about parenting is that just about the time you get the knack of it, your kids are off on their own and it's hard to show off. Kelly and Parsons found the perfect outlet for a treasure trove of hard-won experience.

The book contains many practical details of child development, but such information is generously flavored with chuckles. Here are some examples:

Lying

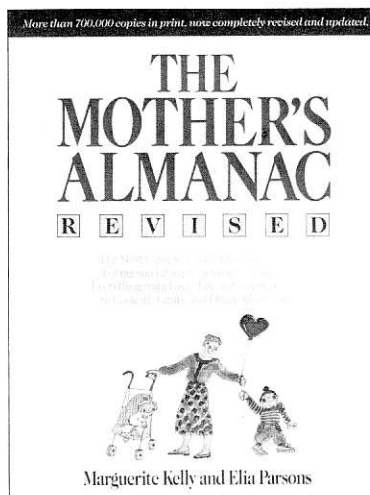
"If your child lies, try to cure it with magic first. Send her to the next room, tell her to spin herself around three times and when she comes back she'll be able to tell you the truth. It's a trick that works for many infractions, for it gives the child an excuse to change her behavior without losing face."

Spanking

"Since it often takes one or two children to learn that spankings don't work very well, you'll probably spank your first child, sooner or later."

Too Many Whys

"A child asks 'Why' for two reasons. Either she asks once because she wants an answer, or she asks over and over again because she wants attention. To break the cycle, give an answer as detailed as you think she can understand, then have your child explain it back to you. This turns a whiny why into a conversation."



Balance

"The earth is a wobbly place to a child. He needs practice to feel steady. Place a wide plank, 4' - 6' long, on bricks or blocks of wood, 6" above the floor for a young child, higher for an older one. A child automatically walks this plank a dozen times a day, without even wondering why it's there."

Pacifiers

"Most first-time mothers don't want their baby to have a crutch, but second-time mothers will take any crutch they can get. We're with them."

Books

"A Two needs books that are so good you'll enjoy reading them almost as many times as she will enjoy hearing them."

Toys

"Select toys judiciously, buying only half as many as you think he'll need — and then he will have only twice as much as he should."

Beds

"When the crib becomes more of a gym set than a place to sleep it's time to buy a bed. Then he'll have a trampoline."

Save money on spring cleaning too

Make your own glass cleaner at a fraction of the price of the blue ones.

Place in a spray bottle:
3 Tablespoons vinegar
1/2 teaspoon liquid
Murphy's Oil Soap
2 cups water



"Placebo Effect"

After being pressured by teachers to place her child on medication, despite the doctor's opinion that he didn't need it, the mother of a third grader got a prescription for Ritalin and showed it to the teacher as requested. But instead of filling the prescription she gave her son a multivitamin pill and told him it was medicine. When the teacher asked if he had taken his medicine the child said "yes".

That day the mom began receiving notes that her son had an improved attention span and stayed on task all day.

[Source: Atlanta Journal, reprinted in Fine Print]

Pure Facts

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