

Pure Facts

Newsletter of the Feingold® Associations of the United States



February, 1994

Vol. 18, No. 1

Flavorings

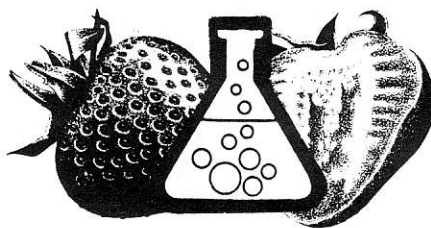
Thousands of chemicals, most of them synthetic, are used to flavor foods.

There is no way for a consumer to find out what ingredients go into a particular synthetic flavoring; an amazing collection of peculiar chemicals make up what we know as 'artificial flavors'.

Dr. Feingold pointed out that chemicals used as food additives are not required to undergo the extensive testing which is required for drugs, and need not be evaluated to determine if they can trigger behavioral changes.

Flavorings are used in more than just food. A representative of McCor-

mick & Co. explained, "You can go down almost any aisle in the supermarket and, with the exception of produce and mops, anything you pick up will contain a flavor or a fragrance. There are places flavors appear that the average person doesn't even think about. They are even in cigarettes."



Flavor chemists use sophisticated equipment to attempt to duplicate the taste and aroma of the more expensive real foods. In place of raspberry, they use: Vanillin, Ethylvanillin, Alpha-ionone, Maltol, 1-(p-hydroxyphenyl)-3 butanone, Dimethyl sulphide, 2,5-Dimethyl-N-(2-pyrazinyl) pyrrole.

Strawberry is replaced by: Geraniol, Ethyl methyl phenyl glycidate, 2-Methyl-2-pentenoic acid, Vanillin, Ethyl pelargonate, Isoamyl acetate, Ethyl butyrate, 1-(prop-1-enyl)-3,4,5-trimethoxybenzene.

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Autism

Our April 1993 issue on autism generated much interest among parents and professionals. Here is additional information we have obtained on this puzzling condition.

Research on Autism and Allergy

FAUS has a counterpart in Great Britain, called the Hyperactive Children's Support Group (HACSG). This organization, under the devoted direction of Sally Bunday, has many years of successful experience helping families of hyperactive and ADD children.

HACSG has an offshoot, called the Allergy-induced Autism Support and Self-Help Group. Coordinator, Brenda O'Reilly, has written to FAUS to share their information with our members:

"I am writing to let you know about our Support Group for children whose autism appears to be triggered by intolerance to foods/chemicals. We have been in operation since 1988, and now have well over 300 parents in the UK and in many other countries.

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Son-Rise — The Miracle Continues

This new book, by Barry Neil Kaufman, incorporates his original work, *Son-Rise*, plus greater detail of the program that transformed his profoundly autistic son, Raun. Samahria and Barry (Bears) Kaufman rejected the advice of an impressive array of 'experts' who foretold a dismal outlook for their toddler.

Rather than try to extinguish their son's behaviors, the Kaufmans joined him — with relish and enthusiasm. They were rewarded with an insight into the world of the autistic child, and gained an understanding of, and respect for, why the child behaves as he does.

By entering into Raun's world they were able to design approaches to invite him into theirs. Their success is no less than dazzling. Today, Raun is a bright, articulate

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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.

Rebecca's Story — Dealing with extreme sensitivity

Rebecca is a darling child. At five years old, she is normal in every way.

She likes music, Barbies, patent leather shoes, her friends and chocolate. She is helpful with her two younger sisters, considerate and patient. We've also been on the Feingold Program for almost three and a half years now. Why, you might ask, with such a wonderful child, so calm and patient that she sits in synagogue with her father for two and a half hours every Saturday morning, would you have her on the Feingold diet?

Well, sometimes we also forget. We hadn't had a reaction in almost two years. The mere thought of it evokes terror in all of us, Rebecca included. You see, Rebecca isn't merely 'hyper'; she becomes what the 'experts' call autistic tendencies. What this means to us is that our perfect, beautiful daughter, if given a microgram of Yellow 5 or TBHQ, et al, becomes autistic.

Unfortunately, last week we were forced to re-experience the nightmare of life with an autistic child.

We knew something was wrong when Rebecca began weeping inconsolably at 8 am. When she tried to speak, she sounded as if she had marbles in her mouth. No question here! By 10 am, she was curled up in the fetal position, squawking like a



chicken, dumping the sleeping baby from her bed, tearing at her own flesh, and later running out the front door into our busy street.

Finally, at 11 am, our neighborhood pizza parlor was open so I could call Sammy, the owner, to ask him what he did different this time. He said "nothing, just like always: unbromated flour crust (whole wheat to boot!), tomato paste, spice and tofu". "No, Sammy", I pleaded, "SOMETHING was very different. I'm living with an autistic child today, when you saw I had a normal girl yesterday."

"Oh yeah," says Sammy, "the tofu tasted bland so I sauteed it in butter flavored oil, but I swear it's kosher." "Yes, of course it's kosher," I responded, "the Rabbis see to that. Unfortunately, nobody polices your

claim to be 'Natural' the way they police your sign that says you're kosher. This oil has TBHQ in it! I'll take my tofu bland next time please!"

Well, here it is, five days later. The reaction finally ended! My daughter spent 5 days in the house in front of old musicals on video (Oklahoma!), I didn't know what else to do with her. My husband had to stay home from work on Friday because she was too dangerous to the other two children and needed one on one supervision.

Sammy from the pizza store was kind enough to call several times to apologize. (I'm more sorry than he is, I'm sure.) My only regret was that we didn't videotape her under the dining room table, curled up, crying and squawking while trying to hit me and my three year old with a stick. Who would have believed THAT was Rebecca?

Maybe, if I could just flip on the video everytime someone criticized me for being food-neurotic, or over-protective for homeschooling or every time my mother tells me that I need psychological help because I imagine my daughter to be chemically sensitive....But they would only think she is acting, because that couldn't possibly be Rebecca!

Rachel

"Thanks so much for featuring autism in your April 1993 newsletter."

"You offered several hopeful strategies in the search for relief for our autistic children, many of which the so-called experts in the field consider a waste of time."

"But we have learned from experience to follow our own paths, including the Feingold diet, and to evaluate each new attempt in relation to our individual child's reactions.

"Our daughter is seven years old and has been labeled autistic since she was two. We have read all the books listed and have tried all the approaches you mentioned with variable results.

"Facilitated communication has been the major breakthrough so far. I

was especially pleased that you included this in your list because it has received such skepticism and negative press as of late....we and the other parents who have finally found an avenue of communication with our child are not suffering from some sort of mass hysteria, as the critics imply. The most solid validation of facilitated communication we can provide is evidence of tremendous behavior changes since the initiation of it. These include a reduction in frustration behaviors, increased eye contact and physical affection, and a feeling that our child now has the courage to join us in our world.

"We have used the Feingold program for over a year and have not seen any specific effect on our daughter's behavior, but that has not discouraged us at all. As a matter of fact, it prompted us to change our lifestyle considerably...and we have found tremendous relief of some health problems...

"We have experienced a lot of resistance to the diet from family and schools, especially since we didn't get the fast, dramatic results that some families see. But when a grandparent or school teacher 'treats' her to pizza and a soft drink we are the ones who are up at 4 am to change her wet bed."

Vanilla vs. Vanillin

Have you ever wondered why your supermarket carries two such different products? There's that huge bottle of imitation vanilla at a low price, and right next to it is that tiny little bottle with the hefty price tag. The price difference seems significant until you think of how little vanilla is called for in a recipe — about a teaspoonful.

Actually, the imitation vanilla is probably very overpriced. According to the trade publication, *Food Development*, "Fifty cents worth of vanillin is about equivalent in strength to \$35 worth of vanilla on a cost basis..."

Pure vanilla extract and vanilla beans are well tolerated by Feingold members. Imitation or synthetic vanilla — generally listed as 'vanillin' is poorly tolerated. Some vanilla extracts contain alcohol, and may have corn syrup, but neither of these is likely to affect the typical Feingolder. If you suspect an extreme sensitivity to corn syrup, however, read the ingredient information carefully. One member noted that corn syrup was listed on the box label, but not on the bottle label.

If a product, such as ice cream, is made with only real vanilla, it can be called 'vanilla ice cream'. If at least half of the flavoring is from synthetic vanilla it is called 'vanilla flavored'. Ice cream made with only synthetic vanilla must be labeled 'artificially flavored vanilla ice cream.'

Imitation vanilla tends to have a more intense flavor and to stand up well under heat, and of course the cost difference is dramatic. For the manufacturer who is unaware of the harmful side effects, this could make the synthetic version seem very desirable. Dry powdered products such as pudding and cake mixes lend themselves to the use of powdered synthetic vanilla, and in white cakes and icings, colorless imitation vanilla avoids picking up a slight tint from the brown pure vanilla extract.

Tom Neuhaus, a nutritionist and biochemist, writes, "vanilla extract, made from dried and aged vanilla beans, is a complicated mixture of many compounds. It is prepared by

percolating alcohol and water over chopped beans for several days.

"Artificial vanilla flavoring is made by mixing vanillin, ethyl vanillin and a few other major components of the vanilla bean's flavor with water, alcohol and coloring."

In her classic book, *Consumer Beware*, Beatrice Trum Hunter notes: "Other synthetics can also replace real vanilla, notably vanildene, ketone and piperonal, a well-known lice killer."

Vanilla is derived from an orchid, and is cultivated in Mexico, Indonesia, Tahiti, Brazil, and the Malagasy (formerly known as Madagascar). When the vanilla bean ripens and ferments, it develops the characteristic flavor and aroma from the compound known as 'vanillin', which occurs naturally in vanilla beans. There are many other naturally occurring chemicals — about 140 — present in a ripe vanilla bean, but vanillin is the predominant one. When the name 'vanillin' is used on ingredient labels it refers to the imitation flavoring. For practical purposes, the consumer can regard the name 'vanillin' to indicate a synthetic chemical.



Because of the wide difference in the price of pure vanilla vs. the synthetic vanillin, there is an incentive for dishonest food processors to attempt to pass off the imitation product for real vanilla extract.

Chocolate and Vanillin

The biggest problem vanillin poses for the chemically sensitive person is that it is so widely used in chocolates. Feingold members used to be able to enjoy a number of nationally available candy bars and a well known cocoa mix. In some cases the company changed the ingredients, adding vanillin or TBHQ. Other products went 'off limits' when a candy company was bought by a larger company, which then changed the recipe.

Many consumers believe that ex-

pensive chocolate products use natural flavorings and inexpensive ones use synthetic, but this is not necessarily true. Check out the labels on those very expensive cookies, ice cream bars, and candies. Many contain vanillin. Then look at ingredient labels on bags of inexpensive foil wrapped chocolate holiday novelty candies. Some contain either pure vanilla or do not have any added vanilla at all.

There is no consistent rule on finding natural chocolate. Milk chocolate is more likely to have added vanilla or vanillin, and dark chocolate to be free of it, but there are exceptions. Food processing and marketing are not always logical.

A Scarce Commodity?

Consumers have been told for many years that there is not enough natural vanilla to meet consumer demand, but the Vanilla Information Bureau in New York disputed this in correspondence to a Feingold volunteer:

"In reply to the statement that there are not enough vanilla beans in the world to meet demand, this is an old excuse from the manufacturers who are cutting costs by the use of artificial vanillin. The truth is that there is a surplus of vanilla in Madagascar, the main source, and that that country has the potential to increase its production many, many fold. The issue is cost. Artificial vanillin is a by-product of pulp paper manufacturing (creosote) and costs a fraction of what real vanilla does."

Same or Different?

Chemists have challenged the Feingold Association's exclusion of vanillin, claiming that it is chemically identical to pure vanilla. (The Vanilla Information Bureau contends that the artificial flavoring is not identical to pure vanilla.)

But Feingold members have had a long (often painful) history of seeing the difference in a child when he eats the synthetic flavoring. Chemical compounds lend themselves to debate, but a three-day reaction does not.

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"I would like to tell you about our research programme into autism that we have at one of our universities. We have tested almost 40 children for a deficiency of a detoxification enzyme which means they are unable to excrete natural toxins from foods/substances, and also cannot properly break down amines in their own body chemistry. We have now also checked 16 blood samples and found a deficiency of a substance called sulphate, which is the substrate for the enzyme. So the children may be unable to utilise the enzyme because they lack the substance that drives it.

At present there is nothing we can do to correct the fault, except use the Feingold diet to alleviate some of the symptoms of autism. The children react to many foods and chemicals, all of which contain phenolics."

What is Allergy-Induced Autism?

The AIA brochure provides the following description:

"Autism occurs in about 15 of every 10,000 births (although this figure is increasing), and is four times as common in boys than in girls. The symptoms usually become apparent during the first three years of life.

"We consider the children in our Group to have 'allergy induced' autism, as all of them have autism that appears to have been triggered by intolerance to many foods and/or chemicals, the main offenders being wheat, cow's milk, corn, sugar and citrus fruits, although each child is different, and may be affected by different substances.

We are currently running a research study at Birmingham University which indicates that these children have a deficiency of a detoxification enzyme (called phenol-sulphotransferase-P). We have found very low levels of this in every child tested so far, and some children also have a low capacity to oxidize (add oxygen to) sulphur compounds, which is highly implicated in allergic reactions, but the cause for this is unclear.

"The enzyme deficiency means that they will be unable to get rid of natural toxins in food, and they will also have trouble coping with many of their own body chemicals, as they are broken down by this enzyme system.

"When these particular children develop autism, their diet completely changes, and they become picky eaters, choosing the foods they wish to eat and consuming them to excess, this after having followed a normal diet from birth. The children also have many almost unnoticeable physical problems, namely excessive thirst, excessive sweating, especially at night, low blood sugar, diarrhea, bloating, rhinitis, inability to control temperature, red face and/or ears, dark circles under the eyes, etc.

"If dietary intervention is used, ie., reducing the amount of offending foods eaten to lighten the toxic load, whilst this is in no way a cure for autism, it will help to alleviate some of the symptoms such as sleeplessness, aggression to self and others, hyperactivity. It will also help the child to concentrate and become more aware of his surroundings."

AIA, 3 Palmera Avenue,
Calcot, Reading, Berkshire
RG3 7DZ, England

Fragile X syndrome and autism

Fragile X syndrome is a chromosomal abnormality which is believed to affect about ten percent of autistic males. Allan Reiss, director of behavioral genetic research at the Kennedy Institute of Johns Hopkins University, suggests that since fragile X is genetically based, the same may be true of autism.

Many people carry the defective genes, but do not exhibit any of the symptoms. Males are more likely to have pronounced autistic type symptoms or retardation. Female symptoms are usually milder.

college student, with an impressive academic record, and a zest for life. Even as a child, his gentle wisdom surprised those around him, and often educated the adults who had sought to teach him.

The Kaufmans followed their hearts, first in their work with Raun, and later in the establishment of a pastoral retreat where one can challenge not only the limitations of autism, but of life itself. This philosophy teaches that an event is negative only if we perceive it as such; they believe Raun's autism was an opportunity, not a tragedy.

The author writes, "Instead of trying to discourage what others judged as our son's weird and inappropriate behaviors, we joined him lovingly and respectfully, jumping fully into his bizarre, unpredictable, and fantastic world. Unexpectedly, what began as a journey to find our son became a journey in which we found ourselves." Kaufman describes this philosophy in detail in his book, *Happiness is a Choice*.

Feingold parents will see many familiar experiences in this book. Following one of a number of professional evaluations he writes, "After the evaluations, we were left with ample diagnoses and test scores — but no help."

Readers of the first book ask Kaufman if the work with Raun had lasting effects. His response: "I will try to answer that question in several ways. It didn't just last — it kept getting better. For the nay sayers who would criticize our optimism — wow, do I have a story for you. This adventure did not end with Raun's emergence from autism. His journey became a prototype for a parent-directed, home-based program that has helped countless other children learn and grow. The key teaching: the attitude of love and acceptance. It begins with recognizing our judgments, then learning to let them go. A simple task — really! We teach it to people every day. And the benefits are enormous."

The Kaufman's retreat, called the Option Institute, is located in Sheffield, MA (413) 229-2100.

Wheat Allergy?

A good choice for people who are wheat allergic or gluten intolerant is amaranth. It can be ordered from Nu-World Amaranth, Box 2202 R, Naperville, IL 60540.

There are many other foods which can substitute for wheat flour (but are not necessarily gluten-free).

Cassava, barley, chestnut, garbanzo, millet, oat, quinoa, rice, spelt, tapioca and teff are all alternatives, though some work better than others.

For the individual who is not sensitive to gluten, spelt is a very good wheat alternative, particularly for yeast breads.

Feingold members who are dealing with food allergies may wish to subscribe to the newsletter *Allergy Hotline*. The cost is \$35 for 12 monthly issues, available from:

Hotline Printing & Publishing
P.O. Box 208
Williston, ND 58802.

Allergy Hotline suggests two cook-books: *Allergy Recipes* by Sally Rockwell and *Allergy Cooking with Ease* by Nicolette Dumke.

Versatile Spelt

A wealth of information on spelt is available from Purity Foods, a company offering not only the flour, but breads, pastas and a pancake/muffin mix. Marketed under the name "Vita-Spelt", it's available in many health food stores, or Purity can send you a list of distributors for the products.

For more information, contact:

Purity Foods, Inc.
2871 West Jolly Road
Okemos, MI 48864
(517) 351-9231

Truth In Advertising?

One of our members pointed out the appropriate names given to the new Squeezit drinks from General Mills.

These artificially colored and flavored beverages have the following names:

Mean Green Puncher®
Chucklin Cherry®
Smarty Arty Orange®
Silly Billy Strawberry®
Grumpy Grape®
Rockin Red Puncher®.

Concerned Chefs

The Cleaner Foods, Cleaner Kitchens Alliance is a project initiated by chefs in some of America's restaurants and hotels.

A logo will identify restaurants following the directives, which include:

- * Additives - seek out foods free of chemical additives, and free-range meat and poultry
- * Labeling - identify irradiated and genetically engineered foods, require complete ingredient listing from suppliers
- * Pesticides - encourage the use of organic foods
- * Beverages - offer non-alcoholic beverages and check water for lead
- * Environmental - avoid harmful refrigerants and use biodegradable cleaners



Gluten Intolerance

Celiac disease, or gluten-sensitive enteropathy, affects an estimated 1 in 2000 people. These individuals have a permanent intolerance to gluten, the sticky protein part of wheat, and to similar proteins (commonly also referred to as "gluten") in rye, barley, triticale, and sometimes oats.

The reaction to these proteins can include such symptoms as diarrhea, abdominal pain, fatigue, nausea, headaches, and skin rash.

Because gluten will damage the intestinal lining in sensitive people, they do not properly absorb nutrients, leading to growth retardation in children and to bone weakness and anemia in adults.

The Celiac disease sufferer treats these symptoms by avoiding foods which contain gluten, but this is not always easy. As Feingold members know, ingredient labels can be misleading. Many products contain gluten as a binder, but do not list it on the ingredient label. These include: soups, desserts, candy, processed meats, and some pharmaceuticals. Gluten may be referred to as "vegetable protein" or "thickener" on ingredient labels. Even a label of "gluten-free" is no assurance that a very sensitive individual will tolerate a product.

An Australian company has developed a gluten home test kit that celiac sufferers can use to identify the presence/quantity of gluten in foods before they consume them.

For more information contact:

Glengarry Biotech
850 Boundary Road
Cornwall, Ontario K6H 5R5
Canada
(613) 936-2722

Did you know?

...cooking or freezing a food can change it enough that some allergic individuals may be able to tolerate it? Devin, an allergic pre-schooler, can enjoy bread if it has been frozen. Apparently the freezing changes the structure of the gluten. Similarly, fresh pineapple is a problem for some of our salicylate-sensitive members, while the processed pineapple (canned or frozen) is well tolerated.

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.

An Unsavory Flavor

There are many ways to obtain imitation vanilla flavoring, but one of the most harmful comes from a plant, not from industrial waste products.

The tonka bean, a member of the pea family which grows well in Mexico, yields a substance called coumarin, or tonka bean extract. This tastes and smells like vanilla, and is sold for a fraction of the cost of pure vanilla.

Years ago the U.S. Food and Drug Administration found that coumarin can cause liver damage in animals, and banned it as a food additive in this country.

The Flavor Chemist

Feingold members are accustomed to hearing about the adverse effects of artificial flavorings on the consumer, but who would consider the problems they can cause for the chemists who create them?

One of our members is a flavoring chemist who has suffered a deterioration in health as a result of working with such potent compounds. A new career is being planned, as well as a regimen of super nutrition to try and repair the damage.

This member has given FAUS a look at the other side of the industry, and generously offers information and assistance.

Latitudes

Exploring Alternative Treatments for Attention Deficit Disorder, Hyperactivity, and Tourette Syndrome

The November 1993 *Pure Facts* described the work of the Tourette Syndrome Association and the Alternative Therapy Network for non-drug techniques.

Latitudes is the name of the newsletter which will serve as the vehicle to gather and disseminate this information. The name, latitudes, was selected because it means freedom from narrow restrictions; freedom of action or choice.

Editor, Sheila Rogers, has produced a handsome and informative publication which will investigate new approaches to attention deficit disorder and hyperactivity, as well as Tourette syndrome. She invites *Pure Facts* readers to send for a complimentary copy of her premier issue.

Mail your request to:

Latitudes - Subscriptions

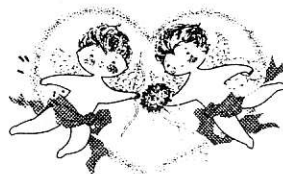
1120 Royal Palm Beach Blvd. #283
Royal Palm Beach, FL 33411

Annual subscription (6 issues) is:

United States: \$24

Canada: \$29

elsewhere: \$36 (air mail)



"Natural and Artificial Flavors"

One of the most interesting pieces of information we have learned from our 'resident flavor chemist' concerns the widely used notation on food labels: "natural and artificial flavors".

Avid label readers know that the order of the ingredients listed must reflect the amounts present in foods. For example, if a product lists: sugar, flour, shortening, baking powder, vanilla, then this means that the product contains more sugar than any other ingredient. Flour would be the next in quantity, and the last ingredient, vanilla, would be present in the smallest amount.

One would conclude that 'natural and artificial flavors' indicates that most of the flavoring is natural, and artificial flavors are present in smaller amounts. If the artificial flavor predominated they would have to call it 'artificial and natural flavoring', right?

Guess what! The rules don't apply here. Food manufacturers can (and do) use this designation when they add a drop of natural flavoring to an entire vat of synthetic flavorings.

Fatal Form of Asthma

Researchers at the Mayo Clinic in Rochester, MN, believe they may have discovered a new, deadly form of asthma. The cells found in the airways of victims differed from those generally found in asthmatics.

Called SOFA, or sudden-onset fatal asthma, the syndrome can cause suffocation quickly, unlike most forms of asthma, which restrict air intake, but generally allow for enough time to get aid.

The *American Review of Respiratory Disease* described these new findings, and noted that the increase in asthma fatalities in the United States rose dramatically in recent years. About 2,600 Americans died of asthma in 1979, but by 1991, only twelve years later, that number had risen to approximately 5,100.

The July/August 1993 issue of *Pure Facts* focuses on asthma. Some food additives and salicylates, as well as 'allergy foods' have been found to trigger asthmatic attacks in sensitive people. The increase in asthma among children in the United States has been especially startling.

Contact FAUS if you would like to have a copy of this newsletter.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

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

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

February 1994

Meet...

Barb Keele

The Foodlist most Feingold members use was generated in a computer located in a restored Victorian house in Iowa. Many of your favorite recipes came from the kitchen of that same home.



In fact, most of your printed materials passed through the talented hands of FAUS's Director of Communications, Barbara Keele.

Because of a salicylate sensitivity in the Keele household, Barb became involved in the Feingold Association in the early 1980's. She volunteered in her local association and then went on to serve FAUS in many capacities, including Regional Director, First Vice President, and as the FAUS President for three years.

Her experience at both local and state levels of the General Federation of Womens Clubs was valuable preparation for leading a national organization, and Barb has stayed active in the Feingold Association, sharing her talents with her colleagues.

Having lived in Australia, France, Southern California and suburban Philadelphia, Barb decided to test out another region of the country, and graduated from Cornell College in Iowa where she met her husband, Jim Keele. Along with her Feingold work, Barb is active in the community and follows the athletic and musical activities of her two sons. She also finds time to help Jim prepare tax returns for his clients.

Although she became active in the association after Dr. Feingold's death in 1982, and did not personally know him, Barb has always had a clear understanding of his vision for the Association, and has worked in FAUS to further this vision.

Northern Maryland

The Feingold Association writes, "We have voted to become members of the FAUS Endowment Fund 5000 Club. This means the association has agreed to try to raise \$5,000 for the fund.

"Such a project has only been made possible by the success of our theatre shows. Call us at (410) 252-0118 if you are interested in knowing more.

We had a successful booth at the Maryland State Counselor's Association annual conference and as a result have received numerous requests for speakers. This has also led to closer ties with the school board.

We are looking forward to having Gail Wachsmuth in our area.

Long Island, NY

There will not be a support meeting in February. Call Diana Kane at (516) 724-2608 for information on future meetings.

New Program Assistants:

Welcome! to our new volunteers. They are members who are successfully using the Program and have volunteered to help other families get started.

Delaware - Newark: Gloria Casey (302) 455-9455

Michigan - Westland: Nora Manwiller (313) 467-9038

Washington - Tacoma: Nancy Burrows (206) 964-4238

If you have been successfully on the Program for six months or more and would like to offer support to other parents, contact FAUS or your local Feingold representative.

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School Year Calendar

Do you have a favorite photo of your Feingold child or teen? We are again looking for photos of your youngsters to include in the next edition (Sept 1994 - August 1995) of the Feingold School Year Calendar. (Photos will be returned after the calendar is printed.)

We are seeking informal shots, not portraits. Pictures that have a seasonal theme are especially good, and they can be either black and white or color. It is essential that they not be blurry.

Please put your child's name on the back, and send your favorites to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.

And grateful thanks to our members for your donations to our 1993-1994 calendar fund raiser!

Family Based Services Conference

In November, Feingold mom, Shula Edelkind, represented FAUS at a conference in Florida, composed of professionals who work in social services. Shula reports:

Many of these people visit their clients, either in the inner city or in rural areas. When asked whether they worked with ADD or hyperactive kids, everybody — without exception — said yes.

The Feingold Program received a very positive response from the attendees. Many had tried diet manipulation of some type with clients — generally recommending the elimination of sugars.

I created two large notebooks, labeled "Food for Thought". They contained plastic sleeves, and I put various issues of *Pure Facts* in them for people to browse through

One lady complained that her school aged clients receive Ritalin delivered to the school; they are given none at home. She felt this was hard on the parents who have to deal with the same kid at home. Perhaps these are families not considered responsible enough to deal with this type of drug, or parents may be addicts.

Many visitors to the booth pointed out the preponderance of dysfunctional kids coming from dysfunctional families. One professional was surprised when I mentioned that ADHD does seem to run in families and we find that more than just the target child usually benefits from our program. He had figured that the child's problems were caused by the dysfunctional family; he hadn't thought about the fact that the parents may be just as ADHD as the kids.

Thank you, Shula, for your dynamite display, your many hours of work, and your enthusiasm!

Help Wanted

FAUS is looking for volunteers who would like to help on various projects and committees.

Endowment Fund: Members with experience in finances are invited to share their expertise. The amount of time required is very small.

Pen Pal Coordinator: Match Feingold kids up with a pal so they can correspond, share experiences and have a good reason to polish their writing skills.

Contact FAUS President, Pat Palmer at (516) 369-9340, or call 800-321-3287, if you would like more information.

PIC Report

from the FAUS Product Information Committee

PIC has received information on a tremendous number of Hillshire Farm and Kahn lunch and deli meats, some of which are listed below. Most of these products contain nitrites, an additive some Feingold members avoid. Many have corn sweeteners and some contain salicylates.

Those listed below do not contain MSG, another additive avoided by many Feingold families.

Stage One (non-salicylate)

HILLSHIRE FARM Beef Summer Sausage (CS,N), Bunsized Beef Wieners (CS,N), Bunsized Cheese Wieners (CS,N)

HILLSHIRE FARM Deli Select: Brown Sugar Baked Ham (N), Ham w/Natural Juices (N), Honey Ham (N), Oven Roasted Cured Beef (N), Smoked Beef (CS,N), Smoked Ham (N), Turkey Ham (N)

HILLSHIRE FARM Summer Sausage (CS,N), Summer Sausage with Cheese (CS,N), Thuringer (CS,N)

KAHN'S Beef Salami (CS,N), Bratwurst (CS), Chopped Ham (CS,N), Cooked Ham (CS,N), Cooked Salami (CS,N)

KAHN'S Deli Fresh: Lite Cotto Salami (CS,N), Lite Imperial Club Ham (CS,N)

KAHN'S Hickory Grove Select Ham (CS,N), Liver Loaf (CS,N), Liverwurst (CS,N)

Stage Two (salicylate)

HILLSHIRE FARM Beef Hot Links (CS,N,red pepper), Bologna (large) (CS,N,paprika), Bunsized Wieners (CS,N,paprika), Deli Select Corned beef (N,cloves, red pepper), Honey Roasted Turkey Breast (CS,red pepper), Light Bologna w/Pork, Turkey & Beef (CS,N,paprika), Oven Roasted Chicken Breast (CS,red pepper)