

Pure Facts

Newsletter of the Feingold® Associations of the United States



June, 1994

Vol. 18, No. 5

When Children Consume Pesticides

In 1988 Congress called on the Environmental Protection Agency to investigate the consequences of pesticide-laden foods being consumed by children. The EPA funded a study, conducted by the National Academy of Science.

It comes as no surprise to Feingold members that the Academy concluded that pesticide residues on food are a particularly serious problem for children. Their lower body weight, immature defenses, and the fact that children generally consume larger quantities of fruit for their size, all underscore the dangers of these added chemicals.

What is a surprise is that government agencies are now beginning to take notice of these issues which have long been addressed only by consumer advocacy organizations and some scientists.



The Clinton administration has proposed a plan which would reduce pesticide use on 75% of the farm land in this country by the year 2000.

Organic farming has changed from a "fringe" movement to a concept being taken seriously by farmers and by the Department of Agriculture. The agency had long accepted the claims of the chemical industries, that heavy pesticide use was essential, and without it crop yields would be small. But demonstration farms, such as those at the Rodale

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Two Dads Write About the Feingold Program

Our first dad, Robin McLennan-Murray has a son who has been dramatically helped by the Feingold Program. His company makes a Stge One product called Pocket Pretzels. In response to our inquiry form FAUS received a personal letter. Robin realizes the importance of natural snacks and will be launching other such natural products soon.

My son, Andrew, was diagnosed "hyperactive" at age 3 (he's now 13). The doctors recommended Ritalin and a special school as he was a severe case. He had already been expelled from two pre-schools (including Montessori!) and our family and friends had ostracized us because of our failure to control his wild behavior. Of course, we were told we were poor parents who didn't know how to discipline a child. We almost believed them and went for family counseling. Anyway, to cut a long story short, we ignored the experts and went to the library to research "hyperactivity".

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Vincent Capano, stresses that the Feingold Program needs to be a joint effort, not just one more job for Mom.

Being a Feingold parent has been most rewarding for me. Yet as many of us know, some rewards do not come easily. Good parenting, just like any other job, takes much skill, requires us to make demands both on our children and ourselves, to follow through and be consistent.

When my wife, Kathy, first started our son on the Feingold Program, I wasn't sure I wanted to be a part of this effort, nor did I think it would work after a few failing tries. And then Kathy gave up. The diet would work and then it wouldn't work; it seemed unpredictable. However, I am a very curious individual, and I began to question why the diet failed when it had worked at first. Kathy told me it would have its ups and downs, and that the key to making it work was that we would have to evaluate when a problem occurs.

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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.

Robin, from page 1

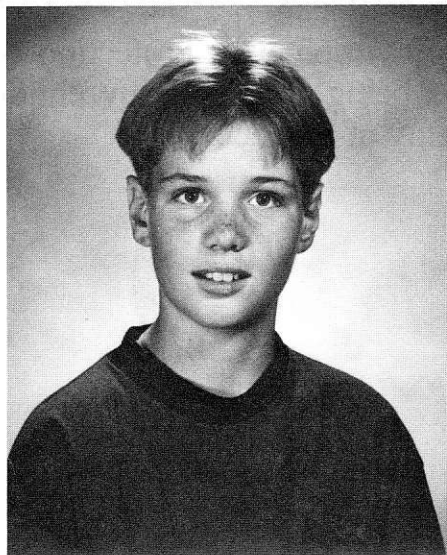
We took out every book we could find on the subject and started to plow our way through them. We had time to read as Andrew had the flu and after several days with minimal food and only water to drink he had become uncharacteristically calm, and even more surprising, "loving". Coincidentally, we had just started on the last book, Dr. Ben Feingold's *Why Your Child Is Hyperactive*. I remember saying to my wife, Carol, "What did you get this book for — I don't want to read about some strange California diet!" However, several pages into the book transformed my attitude. A few pages later, on reading other parents' experiences, we found ourselves turning the pages together with tears welling in our eyes. I tingle even now thinking back on it. We were not alone as we shared other families' experiences. We finished the book at 3 a.m. and couldn't sleep. We were so excited — was Andrew calm because for two to three days he had been starved of junk?

Andrew has been on the Feingold diet since that day. In the beginning it was difficult, but slowly we learned to analyze labels and became detectives discovering what affected him. He was extremely sensitive — so even toothpaste, washing powder, etc. needed to be changed.

Today Andrew is a G.A.T.E. (Gifted and Talented Education) student and just placed 2nd in a National Karate Tournament. This is remarkable for a child whose gross motor skills were very poor.

Of course he's not perfect. He is lazy about his studies and has been

suspended several times (one day suspensions) for bad behavior at school. But it's a far cry from 10 years ago when the experts at Northwestern University in Chicago told us he suffered from extreme Attention Deficit Disorder and would need Ritalin and a special school. Before the diet, Andrew was uncontrollable. You could not let go of his hand otherwise he would run off fearlessly. Three times he ran into



traffic and could have been killed. Another time we found him crawling out of a window three stories up and yet another he climbed up via a chair and a sink to reach the medicine cabinet ... his stomach was pumped at the local hospital.

Anyway, thanks to that "strange California diet", our lives were transformed. Our family all eats the same food as Andrew. It's a way of life for us and we all feel better for it.

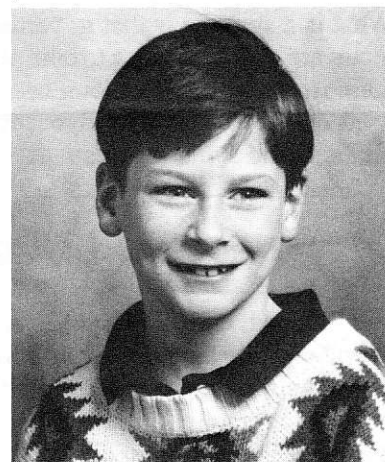
Robin McLennan-Murray

Vincent, from page 1

At this point I realized that the program had to involve a team effort and that we can't leave our spouses to take on the job alone.

A message to other dads

If you are giving total support to your wife in her efforts with the Feingold Program, then keep up the good work by remaining actively involved; and to those men, who like myself in the past, take your wives for granted and think that they are miracle workers, think again! They are not; but instead they are loving and caring human beings who go through painstaking efforts to make family life a little easier for everyone by addressing serious problems the best way they can. So don't just tell your wife that you appreciate what she is doing to make this Feingold Program work (although she needs to hear that often) but ask her what you can do to help her.



It shouldn't be that just one person goes to the supermarket, the pharmacist or to special stores to pick up the other items that couldn't be found at the supermarket, or goes by school periodically to address a food infraction by your child, or spends time each month reading *Pure Facts*, which you might have only glanced at and missed the part where it says to remove a product from your Foodlist.

Don't forget that the rewards which follow by persevering and maintaining this Feingold Program benefit not just your child, but you and every other member of your family as well.

Vincent Capano

Flying to Your Destination

Contact the airline about a week before the scheduled flight, and you may find they can provide acceptable food. If your flight is a short one it is probably easiest to just bring the food needed, but for longer flights, it's worth some advance planning. Ask about the brands of snacks and beverages the airline provides. They may have soda and salted nuts you will be able to eat. Ask what the meal options are; some airlines provide a fruit plate, or chilled shrimp (not imitation seafood, please!). For a very sensitive person or a finicky child you could probably specify exactly what you would like to have, such as a peanut butter and honey sandwich and a banana, plus a carton of whole milk. It's often easier to spell out exactly what foods you want, rather than to try to explain the ins and outs of the diet to someone unfamiliar with it.

Institute show otherwise. Some farmers have opted to switch to alternative techniques to save on the high cost of chemical fertilizers.

Editorial Notes:

While pesticides and other chemical compounds, such as Alar, are not eliminated on the Feingold program, the attention they bring to food safety issues is important. The current publicity has focused on two key concepts: 1) The foods consumed by children are different from those consumed by adults, and 2) Children are more vulnerable to toxic chemicals than are adults. The word "pesticides" could be replaced by "artificial colors and flavors" and the same safety issues apply.

Feingold parents know that the effects of synthetic colors and flavors are far more damaging for most people than the effects of pesticides. Yet they rarely are considered by the media, government agencies or other nonprofit organizations.

Several years ago the Department of Agriculture suggested the dye Red No. 22 was an effective herbicide. This petroleum-based dye has been banned from use in foods, but is permitted in cosmetics, where it can be absorbed into the body. Wouldn't it be odd if the EPA decided to protect our environment by removing this additive, while the Food and Drug Administration continues to allow daily exposure to it by millions of American consumers?



Slow Progress in Pesticide Review

According to Peter F. Guerrero, Associate Director for Environmental Protection Issues, the EPA will not be able to reregister all pesticides by 1998, though they are required to do so by law.

Our Toxic Times, a newsletter devoted to assisting those who have been injured by exposure to chemicals, has reported the following:

"As of September 1993, EPA has registered 250 of the 20,000 older pesticides now registered. EPA estimates that it may not complete reregistration until 2006."

Pest Control for Home and Garden: The Safest and Most Effective Methods for You and Your Environment,

by Michael Hansen, Ph.D., and the editors of Consumer Reports Books

A review by Julie McMaine Accola

If you're looking for a well-organized, easy-to-read book that will convert family and friends to least-toxic pest control, here it is.

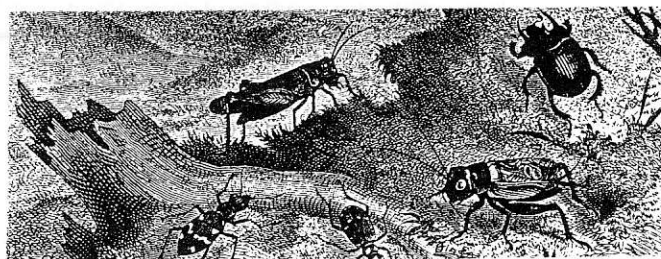
Chapter 1, "The Case Against Pesticides," summarized the chronic, acute and long-term effects of pesticides on humans. Little research has been done on the neurotoxic effects or synergistic (combined) effects of pesticides or their inert (so-called "inactive") ingredients, the authors remind us. This chapter also discusses how pesticides contaminate the environment and how pests become resistant to pesticides, which often leads to increased pesticide usage.

Chapter 2 introduces integrated pest management or IPM, a safer, more effective approach to pest control, and details the six steps of IPM:

IPM techniques for outdoor pests in the lawn and garden are covered in Part Two. A section is included on creating a healthy lawn — the best way to prevent lawn pest problems. Other chapters in the book cover IPM for household insects such as termites, ants and moths; rodent pests; and pests on pets, such as fleas, ticks and mites.

It lists suppliers of non-chemical pest control products, safety ratings of products and an analysis of the potential adverse effects of dozens of chemicals found in insecticides, herbicides, etc.

The book is a hardcover available from Consumers Union, 9180 LeSaint Drive, Fairfield, OH 45014, (800) 272-0722. \$22.95 plus \$2.50 shipping.



Common-Sense Pest Control: Least-toxic solutions for your home, garden, pets and community,

by William Olkowski, Ph.D., Shelia Daar and Helga Olkowski of the Bio-Integral Resource Center in Berkeley, CA.



This ambitious text of over 700 pages provides detailed information on pests of every type: those which afflict humans, animals, plants; those which pose a danger and beneficial pests; indoor, outdoor and pests such as termites which damage structures.

Integrated pest management techniques are described in detail, along with resources for obtaining supplies and equipment. Drawings and diagrams provide additional detailed information.

The cost of the book is \$39.95. It is available from Taunton Press (800) 888-8286. Ask for operator 77.

Summer Traveling — Booking a “Green Room” in the U.S.

Hotels are beginning to pay more attention to the needs of travelers who must, or who wish to avoid exposure to synthetic chemicals.

A green room may contain water and air filters, biodegradable soaps, untreated cotton linens, recycled paper products, and of course, smoking is not allowed. Travelers can obtain more information about the location of green rooms or suites from two sources: Green Suites International in Los Angeles (310) 772-2892 and Environmentally Clean in Connecticut (800) 229-2237.



Traveling Abroad — a Hidden Hazard

Life in the skies may not be friendly when airplane cabins — and passengers — are treated with pesticides.

It is common practice to treat both the cargo holds and cabins of airplanes with pesticides. The purpose of the spraying is to prevent the importation of insect pests, but critics contend that this practice does not accomplish its intent, but is merely a token gesture for the benefit of agriculture officials.

The most commonly used spray, Sumithrin, contains instructions on its label that the product should not come in contact with the skin or be inhaled by humans, and that clothing exposed to it will be contaminated. This is the same product that some airlines spray throughout the cabin — on their passengers — shortly before the plane arrives at its destination. In some cases, the pesticide is not sprayed directly on the passengers, but is piped in through the ventilation system. Some planes are treated with an insecticide ‘bomb’ in the hanger. Another pesticide commonly used is called Airosol Aircraft Insecticide, which has the same formulation as Black Knight Roach Killer.

Writing in the Jan/Feb 1994 issue of *Informed Consent*, Karen Winegar notes that the “inert” ingredients in a pesticide may be even more toxic than those listed on the label. These inert ingredients, which may represent the bulk of the product, can include the following toxins: xylene, toluene, DDT, trichloroethylene, trimethylbenzenes, ethylbenzene, ethylene oxide and arsenic.

The lack of regulation in this area leaves the consumer with little recourse to protect himself. Airline representatives don’t always know if pesticides are used, and even bringing a letter from you doctor does now insure you will be spared direct exposure to these chemicals.

Informed Consent lists the following countries which require planes to spray the passenger cabin with pesticides prior to landing: Antigua, Argentina, Australia, Barbados, Belize, Bolivia, Brazil, Chile, Columbia, Costa Rica, El Salvador, Guam, Guatemala, Jamaica, Mexico, New Zealand, Nicaragua, Northern Mariana Islands, Panama, Peru, St. Lucia, St. Martin, Venezuela.

Pure Facts readers who wish to have in-depth information on issues of chemical exposure may request a free sample issue of *Informed Consent*. This is an outstanding new publication from the nonprofit International Institute of Research for Chemical Hypersensitivity. Send your request to *Informed Consent*, P.O. Box 1984, Williston, ND 58802-1984 or call (701) 774-7760.

Foodlists are Available for the Feingold Traveler

Any current Feingold member may purchase a copy of a foodlist for any area of the country. The cost is just \$5 per book. Please allow several weeks, if possible. Also: FAUS has additional copies of our articles on Disney World (*Pure Facts*, June 1991) and on finding suitable food in restaurants (*Pure Facts*, June 1992). To receive a copy send a long, self-addressed stamped envelope to: FAUS PF Travel, P.O. Box 6550, Alexandria, VA 22306.

Air Travel - a hopeful sign

Reprinted with permission from *The Delicate Balance*, published by the National Center for Environmental Health Strategies, 1100 Rural Ave., Voorhees, NJ 08043 (609) 429-5358.

The U.S. banned in-flight spraying of insecticides on domestic flights in 1979. However, the government does not have the authority to impose such a ban on international flights departing the U.S.

In light of recent medical and legal attention to health problems associated with airline pesticide applications, officials at the Dept. of Transportation and the Environmental Protection Agency have announced that they may take the first steps toward alerting passengers to spraying that may take place on their flights. The Transportation Dept. has the authority to require passengers be told in advance of pesticides used before they buy airline tickets.

Another problem for travelers is the lack of fresh air supplied to the passengers. Most jets provide only 40% to 60% fresh air; the rest is recirculated, usually through a filter that does not remove germs.

Since deregulation in 1978, pilots routinely turn off one-third of all passengers’ airflow because it reduces fuel consumption. First class gets three times as much air per passenger as economy, and ventilation for the pilot is ten times that of the economy passenger.

For details on air travel for the chemically sensitive, NCEHS recommends the book *Jet Smart*, which provides detailed information about air travel. The cost is \$12.95 + \$2 shipping from Flyana Rhyme, Inc., P.O. Box 300, Makawao, HI 96768 or phone (800) 524-8477.

Feingold



News

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June 1994

Bay City, Texas

Cynthia Sutton writes: Our first Feingold meeting was a great success...my moms want to meet every two weeks instead of once a month. I was told the word of our support meetings has been spreading.

We are grateful to Mac Rents for donating the use and delivery of the TV/VCR. Mac Rents is to be commended and so is the video! Heads nodded all during the film, and experiences flowed afterward. I could see my life flash back to all those years ago when I thought I was the **only** one with a kid like mine!

I shared with them Steve's (now 20 years old) latest accomplishments. Sharing this with my moms gave them hope that perhaps their kid won't be in reform school or prison after all!

My main goals were to raise awareness and to just get one kid off drugs. It's a natural 'high' to have one's goals so far exceeded. I will continue to write letters to the newspaper in order to raise awareness.

The *Tribune* syndicates "Dear Abby", but I have never seen anything about Feingold, even with all her public health awareness. Shall one of us write?

Editor's note: Yes, please write; if enough people do, perhaps one letter will make it.

Burger King

Burgers

Buns for Whopper Burger and Specialty (CS,CP)

Meat:

Whopper, Burger Patties
BK Broiler Chicken Breast Patty (MSG)
(*not Chicken Specialty Patty*)

Bacon (N)

Ham (CS,N)

Bacon Bits (N)

Condiments

Ketchup* (CS, pos MSG)
Mayonnaise (CS)
Mustard
Tartar Sauce*

Toppings

A.M. Express Grape Jam* (CS)
A.M. Express Strawberry Jam* (CS)
Bull's Eye BBQ Sauce*
Barbecue Dipping Sauce* (SB)
Honey Flavored Dipping Sauce (CS, pos MSG)
Ranch Dipping Sauce (MSG)

Burger King, continued

Sandwich Garnishes

Cheese - Processed American
Cheese - Shredded Cheddar
Lettuce
Tomato*
Onion
Pickles* (SB)

Salads

Fresh Vegetables
Croutons (MSG)

Salad Dressing

Bleu Cheese (CS)
French* (CS, pos MSG)
Ranch (pos MSG)
Reduced Calorie Light Italian*
Thousand Island* (pos MSG)

Beverages

Milk - request whole milk
Orange Juice*
Coffee*
Decaffeinated Coffee*
Coca-Cola Classic (CS)
Sprite (CS,SB)

Dear Dads

FAUS has many talented dads among our membership. Do you see a place where your skills could help the Feingold Association? We'd love to hear from you. Please call FAUS at 1-800-321-3287 and leave your name and phone number; we will get back to you.

Fliers, Brochures, Business Cards

FAUS has all of these available for members who want to have information to pass out to friends, or to post on the bulletin board in your company, church or club. We can also supply brief informational articles that are suitable for use in a newsletter. Just let us know what you need.

Houston, TX

Thanks to Mary Ann and Harry Durham of the Del Oro Pharmacy, 7800 Fannin, Houston, TX 77054, phone (713) 797-1584

When customers come in with a prescription for stimulant medicine for ADD and ADHD these pharmacists refer them to the Feingold Association.

Northern Maryland

There will be no support group meetings during July and August. They will resume on September 12th.

Many thanks to Mary Bisker for offering to become a Program Assistant. Mary has been a member since 1992 and currently mails out our new member packets.

Hats off to Mary!

Wisconsin

Eight year old Shana Dennis of Random Lake feels like she's the **only** kid on the Feingold program! She will be joining the FAUS Pen Pal Club, but would also like to hear from other kids, especially those living in her area.

You can reach Shana via the FAUS office.

Moving this summer? Please send us your new address so you won't miss your newsletters.

Fast Food Guide

June, 1994

Based upon the information provided by these restaurants we believe the products listed do not contain synthetic dyes, artificial flavors, BHA, BHT or TBHQ. Feingold members who are well established on the program may test out restaurant food.

It is not possible to research restaurant food with the same accuracy as brand name products. Most food chains use many different suppliers, who purchase their ingredients from a variety of manufacturers. Different branches of the same chain can use different products, and products can change at any time.

McDonald's

Buns (CS,CP)

Breakfast Foods

Egg McMuffin

Egg

Cheese Slice

Canadian Bacon (CS,N)

Bacon (N)

Buttermilk Biscuit

(not biscuit spread)

English Muffin (CS,CP)

Honey

Jams: Grape* (CS), Strawberry

Preserves*

Chicken

Chicken Breast Fillet (pos MSG)

Chicken Strips - Fajitas (CS)

Flour Tortilla (CP)

Hamburgers

Beef Patty

Big Mac Sauce* (CS,MSG)

Salads

Bacon Bits (N, pos MSG)

Carrot

Celery

Chicken (CS, pos MSG)

Croutons (CS,CP)

Cucumber*

Green Pepper*

Ham (CS,N)

Lettuce

Radish

Tomato*

Turkey

Salad Dressing

Lite Vinaigrette*

Ranch (SB, poss MSG)

Red French Reduced Calorie*

(CS, pos MSG)

Sauces

Big Mac Sauce* (CS,MSG)

Herb Sauce*

Hot Picante Sauce* (CS,SB, pos MSG)

Mild Picante Sauce* (CS,SB, pos MSG)

McDonald's, continued

Toppings

Ketchup* (CS, pos MSG)

Lettuce

Mayonnaise

Mustard (*paprika)

Onions

Pickle Slices* (SB, pos MSG)

Tomato*

Beverages

Coffee*

Coca-Cola (CS) not diet

Grapefruit Juice

Orange Juice*

Sprite (CS,SB)

Tea*

Wendy's

Hamburger Patty

Buns (CS)

Breaded Chicken Breast Fillet

(not Grilled Chicken Breast Fillet)

Toppings

Lettuce

Onions

Tomatoes*

Bacon (N)

Honey Mustard (CS,SB, pos MSG)

Ketchup* (CS, pos MSG)

Mayonnaise (CS)

Mustard (pos MSG)

Pickles* (SB, pos MSG)

Potatoes

French Fries (CS)

Baked Potato - plain or with sour cream and/or chives

Chicken Nuggets (CS, pos MSG)

Barbecue Sauce*

(CS,SB, poss MSG)

Honey

Sweet Mustard

Salad Bar

Fresh Fruits & Vegetables

Applesauce* (CS)

Cheddar Chips

Wendy's Salad Bar, continued

Chicken Salad* (pos MSG)

Chow Mein Noodles

Cole Slaw (CS,SB)

Cottage Cheese

Croutons (CS,MSG)

Eggs - chopped (SB)

Green Peas

Jalapeno Peppers*

Olives - black

Pasta Salad* (pos MSG)

Peaches* (CS)

Pineapple Chunks

Potato Salad (SB)

Strawberry Banana Dessert*

Sunflower Seeds & Raisins*

Turkey Ham (N)

Salad Dressings

French* (CS, pos MSG)

Italian Caesar (SB,MSG)

Reduced Fat Blue Cheese (SB,MSG)

(not regular Blue Cheese Dressing)

Salad Oil

Sweet Red French* (CS, pos MSG)

Thousand Island* (MSG)

Superbar

Romano/Parmesan Cheese Blend

Rotini

Spaghetti Sauce* (CS)

Spaghetti Meat Sauce* (CS)

Taco Chips

Taco Sauce* (MSG)

Taco Shells

Tortilla, flour

Beverages

Cola (CS)

Lemon-Lime (CS,SB)

Lemonade (CS)

Coffee*

Decaffeinated Coffee*

Tea*

CS = Corn Syrup

SB = Sodium Benzoate

CP = Calcium Propionate

N = Nitrites

MSG = Monosodium Glutamate

* = contains natural salicylate

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.

Science for Sale — more on 'industry front groups'

If you've ever wondered why more people don't know about the Feingold Program, or why you had so much difficulty finding our association, or why so many harmful and unnecessary chemicals are allowed in foods, then find a copy of the May issue of *Consumer's Reports*. Read their excellent article: "Public Interest Pretenders, That group with the do-good name may not be what it seems."

You will get an inside look at the ways corporations influence public policy through organizations that look and sound like grass-roots consumer groups.

The October 1992 issue of *Pure Facts* listed many of the vested interests and their innocent-sounding names. *Consumer Reports* goes back to the late 1930's to describe the first organizations of this type: Consumers Foundation and National Consumers Tax Commission.

Newer organizations include: Workplace Health & Safety Council (made up of companies opposing better workplace safety regulations); Coalition for Health-Insurance Choices (insurance companies wanting to keep the current health care system); Citizens for Sensible Control of Acid Rain (coal and utility companies opposing stricter pollution regulations); Americans for Medical Progress Education Foundation (United States Surgical Corp. which uses animal experiments); Californians Against Unfair Tax Increases (tobacco companies opposed to a cigarette tax increase proposed for California).

Astro-turf?

The art of developing phony grass-roots organizations (called 'astro-turf') has become an occupation in its own right. P.R. specialists identify a key legislator who will be handling a controversial bill. Then they set up a sham consumer organization in his district, contact groups in the area likely to be concerned about the issue, provide information (which may not be accurate), attract media publicity and supply the postcards, etc. for the group to deluge his office with mail.

FAUS Annual Conference ~ Last Minute Notes

Feingold members living in the Fort Worth area will be particularly interested in attending the Saturday session of our Conference.

Dr. John Taylor will be our keynote speaker, addressing parents on strategies that can be used to help their child function well in the classroom.

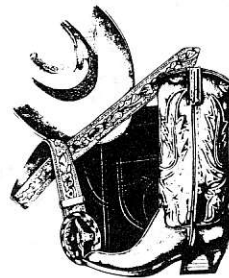
The cost of the Saturday program is \$75, which includes lunch. Members who wish to attend the Saturday night banquet may do so for an additional \$15.

Other programs will show families how they can tailor the Feingold Program to their child's individual needs.

In-house workshops will deal with setting up Feingold exhibits at conferences and health fairs, and how to develop support groups and organize meetings.

Come meet your Feingold board and get to know the people whose work affects your family's life.

For more information: (817) 244-0684 or (800) 321-3287.



"The Great Defender of Petro-chemical Companies"

Consumers Reports devotes an entire page to an organization the Feingold Association has long followed — the American Council on Science and Health (ACSH). This is a spin-off from another organization — the Nutrition Foundation. The Nutrition Foundation, made up of major food, chemical and pharmaceutical manufacturers, was the primary industry group to oppose Dr. Feingold's work when it was first brought to public attention.

The Council sees its role as countering nonscientific approaches to public health issues, and as representing mainstream thinking.

Consumers Reports lists some of the chemicals the ACSH has defended over the years: saccharin, urea formaldehyde foam insulation, the pesticide ethylene dibromide, PCB's, asbestos in schools, the herbicide 2,4,5-T, Alar - a chemical used to treat apples, and two products from Monsanto - NutraSweet and the recently approved bovine growth hormone.

The Council's funding comes from major food, chemical and pharmaceutical companies, and from foundations set up by these companies.

Helping the child with learning problems

Watch for the second part of our article on IEP's and ways to help the child with learning problems in our July/August combined issue.

MSG & "Food That Hurts"

On July 15 - 17 the nonprofit organization NoMSG will hold a seminar at the Chicago Marriott Downtown Hotel.

The program will describe symptoms of MSG sensitivity, hidden sources of the additive and strategies for avoiding it, as well as information on the research, labeling and politics behind this often-hidden food additive.

To receive more information on the seminar please send a self-addressed stamped envelope to: NoMSG, P.O. Box 118255, Chicago, IL 60611.

Dear Ralston Purina,

Thank you for your new line of natural cat foods. Your ads state: "Are there cat foods with no artificial colors or flavors? Absolutely. Better care makes better cats."

Our Taffy, who runs the household, likes the new Cat Chow. She understands that cats are far more important than people, but still she wonders why you don't make some human foods that are as natural as Cat Chow. A cereal without petroleum-based additives would be really nice.

Dear FAUS,

I have begun to attend ADHD seminars and support group meetings in my area. I was amazed to learn a few things:

1. Most of these parents have a locked refrigerator or snack cupboard.
2. They mention strange cravings for sugar cubes, diet sodas in excess (50 empty cans were found under the bed of one boy!) and hidden salt shakers.
3. Most of these parents already suspect one or two foods as 'setting their child off.'
4. Doctors at the seminars frequently say that the Feingold diet does not work; however, when you get them alone, they acknowledge that some children do seem to respond to diets.

Several parents here asked me about the diet. I gave them the 800 number to call and a few brief comments about how the diet works and how it helps my son.

I am going to contact our support group's leader before the next meeting to see if I can leave some of your handouts on the table for the parents. I'm guessing it will be ok since she plans on trying diet this summer.

Thank you so much for your help. My son is unknowingly awakening so many people to what we are doing to our food and environment! I don't know what I would have done without FAUS

Remembering Dr. Feingold

June 15th would have been Dr. Feingold's 94th birthday.

The approach he advocated, — using a brief elimination diet to identify potential triggers for learning, behavior or health problems — is conservative, traditional medicine at its best. He wrote:

"Drugs cure nothing. They are merely palliative. The diet, when successful, removes the cause, resulting in a perfectly normal functioning individual.



Dr. Feingold in 1969

"With the persistent use of drugs it is becoming more and more apparent that a variety of side reactions and complications develop. The concern for drugs is apparent, even among physicians who prescribe them, by the common practice of omitting drugs over the weekends, out of school — why?

"Further, there are no criteria to determine the drug of choice for an individual or the effectiveness for any one individual. It is all a matter of trial and error, with no precise guidelines or criteria. As a result, children are frequently encountered who are receiving inordinate doses of drugs, e.g. 100 mg or more of amphetamine-like drugs, 100 to 300 mg of Ritalin. Although the pharmaceutical companies caution against them for very young children, such practices unfortunately are frequently encountered."

Dear Pure Facts:

I wish you would mention to the members that if they are not getting good results on the diet, they may want to try omitting sugar from their child's diet.

My son was having inconsistent results until we figured out that he is sensitive to sugar. It took months of being on the diet but we finally figured it out.

Also, I saw a lady on TV who was highly allergic to a certain chemical. She couldn't have sugar because that chemical is used in the processing of sugar. I had always assumed sugar was natural.

P.R., Mableton, GA

Please send me information on the Feingold Program. My kids get unruly and belligerent when they've eaten candy and some snacks. I always thought it was the sugar but was suspicious about the artificial colors and flavors. Now I know better thanks to the article in *Welcome Home*.

M.B. Lancaster, PA

Editor's Note: Sensitivities vary enormously. Some children who can't tolerate sugar can handle honey; others do well with Sucanat, made from sugar cane juice which has been dried. It is available in many health food stores.

Pure Facts

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