

Pure Facts

Newsletter of the Feingold® Associations of the United States



December 1994/January 1995

Vol. 18, No. 10

1994

This has been an exciting year of progress in areas of great interest to Feingold members.

At the top of the list is the newest study of diet and hyperactivity/attention deficit disorder (ADD) published in *Annals of Allergy*.

The routine use of antibiotics for children with middle ear infection is being discouraged. (See *Pure Facts* for March, 1993.) While no thought appears to be given to the synthetic additives in pediatric medicines, and their potential role in triggering subsequent infections, this is a very positive step. Another drug company introduced a dye-free medicine (Triaminic).

The National Institutes of Health published *Environmental Health Perspectives Supplements*, which includes research on the effects of toxic substances on the developing brain. This follows the publication of "Redbook II", the Food and Drug Administration's draft of a book on Toxicological Principles. (More details in this newsletter).

On the downside, calls to the Association reflect an increase in the use of drugs for younger children identified with ADD or any of the various other initials currently in vogue. We are hearing of children on a regimen of both stimulant medicine and Prozac. Clonidine (trade name Catapres) is also being added to the arsenal aimed at the very young child. (And, the going rate for therapy is \$180/hour!)

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Newest study names diet as a common cause of ADHD

The recent double-blind, placebo-controlled study is the most supportive to date; 73% of the ADHD children responded to an elimination diet and symptoms returned when they were challenged with foods/additives.

The May, 1994 issue of *Annals of Allergy* contains the results of the most dramatic study to date on the effect of foods and food additives on ADHD children. Researchers Marvin Boris, MD, and Francine Mandel, PhD, selected the first 26 children referred to the allergy practice who met the criteria for a diagnosis of ADHD. The children ranged from age 4 to 11, with the average age of seven and a half.

Substances eliminated: The children were tested in their own homes, during a break from school. The first phase lasted for two weeks, and eliminated dairy, wheat, corn, yeast, soy, citrus, egg, chocolate, peanuts — foods not restricted on the Feingold diet — as well as artificial colors and preservatives. The investigators did not remove artificial flavorings or salicylates.

Ratings: Parents filled out a questionnaire (Connors Parent Rating Scale) before the start of the elimination diet, and at the end of it two weeks later.

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Help for Adults

The chemically-sensitive adult may be less visible than the hyperactive child, but the problems they face can be daunting.

What can you do when you are unable to tolerate nearly every food you try, when your skin breaks out, or peels and no dermatologist is able to help you? How can you live a normal life when you are unable to travel because you cannot tolerate the chemicals found in hotel rooms? What do you drink when you cannot tolerate the water? How can you lead a normal life when you are very sensitive and those around you wear fragrances? Who do you turn to when your doctor doesn't believe you and it seems that nobody else has these problems?

While the chemically-sensitive person is still dismissed by some professionals as the victim of a psychological disorder, thanks to the work of other physicians and many sufferers, this attitude is changing. Several government agencies now recognize MCS and EI (multiple chemical sensitivity and environmental illness) as valid disabilities.

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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.

Testing the foods/additives: The second phase of the program lasted for one month. During this time parents added back one of the eliminated foods/additives at a time every two days. If the child reacted to any of the items, it was removed and later reintroduced and tested to confirm that it had triggered the reaction. All of the 19 children who had responded were sensitive to several foods and/or chemicals. The parents were asked to identify which food/additive produced the worst reaction, and this was used as the challenge during the double-blind test period.

Double blind challenge: The term 'double blind' refers to a method of testing where neither the subject nor the researcher know whether the challenge contains the substance being tested, or a 'placebo'. A placebo looks just like the item tested, but contains an inactive ingredient.

The children whose worst reaction was to a food were tested with 5 grams (about 1 teaspoon) of the food in a powdered form. When dye triggered the worst reaction the challenge dose was 100mg.

The dyes used in the challenge materials were: Red 40 (40%), Yellow 5 (28%), Yellow 6 (25%) and small quantities of other red and green dyes.

"Dietary factors may play a significant role in the etiology of the majority of children with ADHD"

Milk was the food used as a challenge for five of the children; food dyes were given to four, corn was used for three children and wheat for two. One child's worst offender was soy, while for another it was oranges.

The researchers were able to successfully disguise the foods/dyes used as a challenge in apple cranberry sauce (a salicylate) and in lentil soup (which may contain salicylate).

Test period: The challenging took place over a seven-day period (a very short time by Feingold standards, since a single reaction can last 3 to 4 days). Three of the children dropped out of the

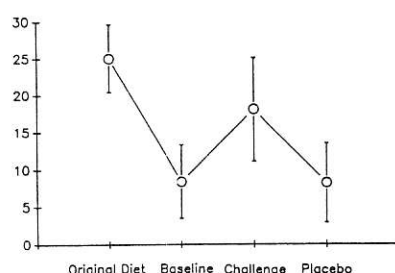
study and that left sixteen.

Parents were asked to rate their children for the following symptoms:

- impulsiveness
- tearfulness
- restlessness
- destructiveness
- incomplete tasks
- distractibility
- moodiness
- frustration tolerance
- activity level
- tendency to disturb other children.

Results: The parents used the Conners Parent Rating Scale to measure the above characteristics on each of the seven testing days. The difference in the behavioral ratings were very significant. Before any dietary changes were introduced the mean score was a high one of 25. With the offending foods/dyes removed the scores dropped to just over 8. When they were challenged, the scores rose to 18 — a dramatic jump from the low of 8, but still below the pre-diet rating of 25.

The effect of diet on the behaviors of these children was dramatic, and could be objectively measured.



Average short Conners score for all patients

Allergies: Boris and Mandel were impressed with the role of allergies in ADD and ADHD. Not only were some foods major culprits, but of the 26 children originally slated for inclusion in the study, 18 of them had allergic symptoms (asthma, skin problems, stuffy nose, hives) and showed a positive reaction to skin tests for environmental allergens such as ragweed, dogs, grasses, etc. The allergic children were found to be more likely to respond to such an elimination diet than non allergic children.

Conclusions: The authors point out the serious limitations of early studies on diet and hyperactivity. Most were 'single agent elimination' tests. Rather than remove all of the offending additives/salicylates, most of the studies focused on one (sometimes two) agents, eliminating them and then challenging with them.

The more recent studies by Egger (1985) and Kaplan (1989) were 'multiple agent elimination diets', which means they initially removed many potential offenders.

Boris and Mandel write: "In summary this DBPCFC (double blind placebo controlled food challenge) study supports the role of dietary factors in ADHD. Through a simple elimination diet symptoms can be controlled. Atopic (allergic) children with ADHD had a significantly more beneficial response to the elimination diet than nonatopic (non allergic) children.

Challenge tests after a broad elimination diet can aid in the identification of precipitating factors. It would also be important to determine whether dietary control affects any of the metabolic dysfunctions observed in ADHD.

Elimination of the causes of ADHD is preferable to the pharmacologic therapy of this condition."

Annals of Allergy, Vol. 72, May 1994, pages 462-468.

Pure Facts comments: This well controlled, objectively measured test of diet and the symptoms generally called ADD and ADHD is heartily welcomed. Nevertheless, Feingold families can't help wondering 1) why were artificial flavorings and salicylates not eliminated and 2) how much more successful would the test have been if a current Foodlist had been utilized to remove all the hidden sources of BHA, BHT and TBHQ, 3) if a more generous amount of time had been allotted, would the success rate have climbed above the 73% reported? Repeated challenges during a one week period are far too much for a sensitive child.

These are small complaints, however, in view of the success of this important work.

Alison Bass, writing in the *Boston Globe*, notes: "prescriptions of Prozac and similar new antidepressants to children have more than doubled since 1990, government statistics show."

The December issue of *Redbook* magazine carried an article titled, "The Drugging of America's Children". It describes the practice of prescribing drugs which are approved for adults, but have never been tested for use with children.

Side effects of the anti-depressant Prozac include: anxiety and insomnia, weight loss, seizures, and interference with cognitive and motor function. (Source: *Physician's Desk Reference*)

Critics charge that economic pressures from insurance companies and HMO's encourage physicians to resort to a quick fix of a drug, rather than opt for more expensive psychotherapy.

The use of Ritalin continues to escalate. Government statistics place the increase at nearly double in the past four years, while *Time* magazine cites a 390% increase since 1990.

Some schools have so many medicated children they are forming 'medicine clubs' to offer support.

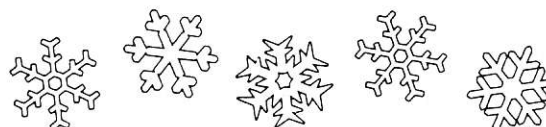
As Feingold volunteers predicted, parents of ADD children are being encouraged to write to the government and their politicians to change the policy of the Drug Enforcement Administration which places Ritalin in a Schedule II category. Schedule II drugs are controlled substances, considered to have the greatest potential for abuse.

In October, the journal *Science* published the work of researchers who report that they found a genetic flaw in children and adults diagnosed with dyslexia. A few months earlier other researchers identified another biological variation connected with dyslexia — an abnormality in the region of the brain that deals with hearing.

Dr. Feingold believed that an individual's "genetic profile" is one of the factors which predisposes them to be more sensitive than the next person. When such an individual comes into contact with toxic chemicals, they are likely to be more profoundly affected than most people.

One way to look at such data is to say that the dyslexic could be highly sensitive to chemicals in foods and the environment, and they should be avoided. Another way to look at this data is to say that such a child is 'abnormal' and thus the use of powerful drugs is justified.

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Neurotoxicity

"Neurotoxicity refers to any adverse effects of exposure to chemical, biological or physical agents on the structure or functional integrity of the developing or adult nervous system."

Toxicological Principles for the Safety Assessment of Direct Food Additives and Color Additives Used in Food - Redbook II; US Food and Drug Administration, Center for Food Safety and Applied Nutrition, 1993

The Redbook II points out that until recently neurotoxicity was recognized only when there was a dramatic effect on the nervous system, such as seizures, paralysis or tremor. Now scientists are recognizing that neurotoxicity can be seen in more subtle effects, such as "motor incoordination, sensory deficits, learning and memory dysfunctions, changes in emotion and altered states of arousal."

This report points out that exposure to neurotoxins can result in disturbed behavior, and that behavioral testing is a useful way to determine if a substance is damaging to the nervous system.

For information on ordering the report, call (202) 418-3100.

Tots and Toxins: Altered Brains

In June of 1994 the National Institutes of Health published *Environmental Health Perspectives Supplements*. Included is a selection of papers presented at the 1993 conference of the Learning Disabilities Association.

In their introduction to the papers, Terri Damstra and Audrey McMahon write: "Concern about the potential neurotoxic effects of chemicals on the developing nervous system has increased in recent years, as evidence has become available linking exposure to chemicals and drugs with long-term changes in the nervous system. The special sensitivity of fetuses, infants, and children is especially troubling, since exposures to these hazardous substances may result in progressive or irreversible neurologic or behavioral damage and rob children of the opportunity to reach their full potential.

"...injury to the developing nervous system caused by chemicals in the environment is an important public health problem, but is insufficiently studied and poorly defined. The National Academy of Sciences recently reported that 12% of the 63 million children under the age of 18 in the United States suffer from one or more mental disorders and identified exposure to toxic substances before or after birth as one of the several risk factors that appear to make certain children vulnerable to these disorders."

For a copy of *Environmental Health Perspectives Supplements*, send \$3 to cover postage to: LDA, 4156 Library Road, Pittsburgh, PA 15234.

Adult, from page 1

Ecology House: An eleven unit apartment complex designed for the chemically sensitive individual has been opened in San Rafael, CA. It is the first such project to be federally subsidized. Each unit is free of the materials which are offenders for highly sensitive individuals. In place of traditional materials, the units have concrete and tile floors as well as metal cabinets.

The project has not been free of problems and some residents have had to leave due to unexplained reactions, but it remains an exciting precedent.

The University of Iowa's Hancher Auditorium urges theater-goers to refrain from using cologne, perfume or after-shave lotions for the benefit of their chemically sensitive patrons.

Similarly, the University of Minnesota's School of Social Work requests that perfumes, colognes, or other scented products which can trigger reactions be avoided.

This past May Canadian Health Minister, Ruth Grier announced the establishment of a research center at the University of Toronto to study the diagnosis and treatment of multiple chemical sensitivity (MCS).

Solutions

There are good resources and excellent support organizations to help the MCS adult. They can provide a wealth of information.

We also have found that one of the best sources of information is our chemically-sensitive members.

Hair gel - Having trouble finding a product free of perfumes or other irritants? Did you know that you can substitute aloe vera gel? One member uses Lily of the Desert 99% Aloe Vera Organic Gelly; she says it isn't sticky and is as effective as gels.

Hand lotion - Highly sensitive people may want to try organic olive oil. Spread it on your hands and leave it for a few minutes; dab off the excess. It is not greasy and will leave your hands feeling soft.

Sugar - Can't find a sugar you can tolerate, perhaps because of an allergy to sugar cane? One member orders confectioner's beet sugar from the Colorado Spice Company, 5030 Nome St., Bldg. A, Denver, CO 80239 (303) 373-0141.

Hotels and motels - Do you react to the bedding? Consider purchasing some barrier cloth and seaming it to make a piece large enough to cover the hotel bed. Spread it out, right on top of the bedspread, then place your own bedding on top for a restful night's sleep. Barrier cloth is made from untreated cotton which has been very tightly woven to insulate you from chemicals in the bedding or in the detergents used. For information on ordering barrier cloth, contact Janice Cottons at 1-800-526-4237.

Drinking water - Feingold member, Sharon Hunzicker of West Covina, CA, has done extensive research to find a clean water system for her family. She has offered to share her information with others (818) 919-3320. (Sharon does not sell any product or have any business affiliation with any water system company.)

Madison Plantation spring water is featured by **Traditional Provisions**, a mail order business in West Virginia, calling themselves "purveyors of chemical-free food, clean water, and earth-friendly cleaning products". Their catalog includes organically grown meats and produce. For information, call (304) 725-6322

Water for bathing - Another Feingold adult found that the softened water in her new home caused severe peeling of her skin. When she switched to untreated 'hard' water, the problem stopped.

This same woman tracked down the cause of severely irritated skin on her hands — after many doctors were unable to help. She is extremely allergic to corn, and was reacting to the cornstarch routinely used on the inside of rubber gloves.

She and her husband now live happily in the hilly country of Arizona, in a home that has painted cinder block walls, and no rugs. P.S. She feels great!

Resources for the highly chemically-sensitive:

Chemical Injury Information Network, P.O. Box 301, White Sulphur Springs, MT 59645

Human Ecology Action League (HEAL), P.O. Box 49126, Atlanta, GA 30359 (404) 248-1898

National Center for Environmental Health Strategies
1100 Rural Avenue, Voorhees, NJ 08043

Information

If you would like to educate yourself, or others, on the problem of sensitivity to chemicals in our food and environment, then you will want to order a 'white paper' titled: "The Human Consequences of the Chemical Problem," by Cindy Duehring and Cynthia Wilson. Duehring is director of research for the Environmental Access Research Network and Wilson is executive director for the Chemical Injury Information Network.

This 65 page book is filled with a remarkable documentation of the use and misuse of toxic substances in our society. It is scholarly, but at the same time highly readable. If you write on the subject of chemicals in the environment, this is a valuable resource for data, well documented by footnotes. [The publication is available from TT Publishing, Post Office Box T, White Sulphur Springs, MT 59645; the cost is \$5.95 - U.S. funds.]

Portions of the white paper were taken from Cynthia Wilson's book *Chemical Exposure and Human Health, A Reference to 314 Chemicals with a Guide to Symptoms and a Directory of Organizations* [\$45, published by McFarland & Co.]

A Cookie for Children of All Ages

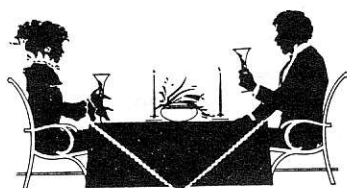
Nostalgic for that chocolate sandwich cookie with the white cream filling? Check out Creme Supremes.

Tree of Life, a major producer/distributor of health foods, has hit the jackpot with its new 'cookie lovers' treat that is a dead ringer for Oreos. While the taste is not identical (it's better, say some tasters) it's nothing like the stereotype 'health food' cookie.

It has none of the additives eliminated on the Feingold Program (but does contain fructose, a potential problem for those sensitive to corn syrup). It is also free of natural salicylates.

Creme Supremes are sold in various health food stores throughout the United States and are available in an 8 ounce package and a two-pack individual serving, just right to pop into a lunch box (or briefcase).

Ingredients: organic unbleached wheat flour, organic dehydrated cane juice, canola oil, fructose, cocoa, pure vanilla, baking soda, sea salt, soy lecithin.



A Feingold Couple

"We had been on the Feingold Program for many years," Joanne Walp told *Pure Facts*, "since my children were little. But they are grown now, and my husband and I didn't realize how far we had veered from the diet...at least not until a recent weekend.

"One Friday afternoon I had lunch at Wendy's and it included a Frosty. (Many years ago Wendy's Frostys were acceptable for Feingold families, but no longer are.) My husband, Bob, later recalled having a chocolate doughnut at work.

"We bickered all weekend long, and this is not the way we are! Then by Sunday evening I remembered the Frosty, and began to think back on how many additives have managed to slide into our lifestyle — it was amazing how many small slips there were.

"The following day I went back to Wendy's and ordered the same meal, but minus the Frosty; and there was no reaction. By this time my husband had mellowed out too.

"Bob and I talked it over and decided it was time to come back home to Feingold. I have begun doing most of my shopping in Philadelphia at Fresh Fields (a natural foods market). Even though it's a 45 minute drive it's worth the weekly trip. And Bob has gladly offered to pass up the doughnuts at work if I will pack one of Fresh Field's delicious natural cheese Danish pastries with his lunch.

"My weight has stabilized without dieting; I just eat good food. And we both have so much energy now. Instead of feeling washed out on the weekend we go places and do things we've wanted to do for a long time, in fact we recently painted our house. I no longer find myself feeling disoriented, and can accomplish so much more.

"I have a reputation in my family for elaborate desserts; nothing has changed this holiday, except that now the treats are *naturally* good."

Dear FAUS,

Our family has been on the Feingold Program for four months. We are amazed at the results in our children's behavior. Though these changes have been obvious in our children, extended family (especially grandparents) have been skeptical.

Recently, they read the enclosed article about **BHA and BHT** ["Food preservatives may help body fight cancer" based on a Cornell Medical College report]. The grandparents question the need to eliminate them, especially now that they have been found to be 'good' for us.

I'd like to see an article in *Pure Facts* that discusses this. Thank you!

EA

Dear EA,

We have heard similar reports over the years. [In this one, researchers found that these antioxidant preservatives 'revved up' the gene for an enzyme that helps destroy carcinogens before they trigger tumors.] In fact, there are even some health food stores which sell capsules of these additives (to help 'preserve' people?).

Now at first glance, preserving people sounds like a good idea, as does preserving food. Lettuce can be treated with chemicals, and will remain unchanged — at least in appearance — for weeks without refrigeration. But is this really desirable? We want to live long, healthy lives, but not through drug-like chemicals; besides, why attempt to fight one carcinogen with another? (The state of California lists BHA as a cancer-causing agent.)

Athletes find well developed muscles to be an asset, but if they are the result of steroids the price the athlete pays in long-term effects is terrible.

Dr. Feingold used to remind us that except for terminology, there is no difference between a chemical we call a food additive and a chemical we call a drug. So, consider BHA and BHT as you would drugs, and evaluate them in the same way. Drugs have positive effects; if they had no benefit, nobody would use them. But they also have certain risks.

For the sensitive Feingold member, the risk is far greater than any perceived advantage. We eliminate BHA and BHT because we have seen that they can trigger learning, behavior, and health problems in sensitive people.

Feingold



News

Published by the Feingold® Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS

December, 1994 \ January, 1995

The many ways to help

One generous gesture of help came to FAUS recently from a 13 year old boy. His dad writes, "My son, Matthew, became a Bar Mitzvah [in April of this year]. As you may be aware, in some congregations it is traditional for the child becoming a young Jewish adult to express his thoughts on this occasion...In Matthew's case, these dealt with handicaps and the prejudice or discrimination of others against people afflicted with such medical conditions.

"There is also a tradition of charity as part of the right of passage, and also as an obligation of a thinking and caring person and community. "Matthew decided to donate a portion of his Bar Mitzvah gifts to charitable organizations, and a check for such a contribution is enclosed to FAUS."

Matthew told his friends and family, "I have ADD. I feel having this problem has made me more sensitive to other people's differences. There have been people in the past, many of you who are present, who despite my acting out at times have taken the time and given me the love and support that have helped me become the person I am today."

You sound like a terrific person, Matthew. Thank you!

Lots to write about

The Armine family has been using the Feingold Program for less than a year, but with typically terrific results.

Barbara has written to Oprah Winfrey, encouraging her to look into the Feingold Program as a topic for her show.

She has written letters to the *Philadelphia Inquirer* and to a nursing journal she receives.

Hubby is Dr. Jess Armine, who publishes a newsletter for his patients. In the December issue he writes, "Kyle [the Armine's little three year old] did not sleep very well and had frequent colds and ear infections. He had a short temper, was very destructive, irritable, impatient, and got upset too easily.

"We contacted the Feingold Association and received all the information necessary to put Kyle on their diet. After two weeks he was sleeping through the night and was a calm, fun-loving little boy. I was amazed at the results achieved in such a short period of time. Further, I was happy to realize that Kyle didn't need medicines at all." Thanks to you, Barbara and Jess, for letting other families know of the help available.

Thank You Thank You Thank You Thank You

...to Kathy Beck for inviting FAUS to speak at the Spring Mar Pre School in West Springfield, VA and for arranging for another presentation, due to be held in March at Tyson's Corner.

...to Debbie Jackson, our lady of many talents, who assisted in interpreting the new study on foods/additives and ADHD. Debbie is a former dietitian, and is director of our Product Research office.

Bay Area, California

On Sunday, January 15, the Feingold Association of the Bay Area will be holding a Volunteer Training/ Refresher course in San Jose, CA.

They will be exploring how to help new families on the Program, trouble shooting when someone isn't seeing results, the latest in supportive studies, how the Association does product research and many other topics of interest.

All Feingold members are invited to attend, even if you don't plan on volunteering. If you're having trouble getting started on the Program or just want to meet some other Feingold parents, this session is for you! For details call Debbie Jackson (408) 729-6152.

Tax Deduction Time

Your donation of used office equipment to the Feingold Association could provide a tax credit; or perhaps you would like to write off your old computer when you upgrade to a new model. Looking for a home for your old thermal FAX machine as you move up to plain paper?

We have volunteers in many areas of the country who would put this equipment to very good use.

Are you a printer who would like to take on a small project and take the expense off of what you owe Uncle Sam? Or perhaps you have a donation or skill that would enable you to help FAUS and yourself at the same time.

Scholastic Parent & Child

Thanks go to Gary & Johanna Sweaney of Claremont, CA, for their letter which was published in the fall issue. They described the help the Feingold Program had provided for their family.

Product Alert!

In the November issue, we advised you to move SORBEE Sugar Free Hard Candy to the Stage Two section of your Foodlist, based on new information received from the manufacturer. Unfortunately, the company failed to mention that they make several varieties of Sugar Free Hard Candies and that some of them contain synthetic dyes. Please remove them from your Foodlist. Always read those labels!

R.W. KNUDSEN FAMILY Pineapple-Coconut Juice now contains white grape juice and should be moved to Stage Two.

For members who are unable to use SWANSON'S Natural Goodness Chicken Broth due to the MSG/HVP recently added, we now have research on SHELTON'S All Natural Chicken Broth. It is acceptable for Stage One, does not contain any other additives we note on Foodlists and can be found in health food stores.

NABISCO Vanilla Teddy Grahams Graham Snacks are now packaged with their unacceptable Chocolate flavor which contains artificial flavoring. Please note that the Honey Teddy Grahams Graham Snacks now contain CS.

Original * Low-Fat * No-Fat

Please note that some of the acceptable products on our Foodlists have low-fat or no-fat alternatives that appear to be nearly identical, but have not been researched or are not acceptable. Fat provides much of the taste in a food, and when that is removed, some companies may add synthetic additives in its place.

One member reported a reaction after buying a 100% fat free sliced turkey lunchmeat. The approved product was 98% fat free. The only difference in the label was that the 100% fat free version contained "flavor", which can mean many things.

Breyer's Ice Cream

Thanks to the North Carolina members who told us that Breyer's Ice cream is available in her area (it was not included in the 1994 edition of the Southeastern Foodlist).

We suggest you remove the plastic strip that covers the ice cream in the rectangular half-gallon box, and then scrape off and discard about 1/4" of ice cream off the top. We suspect the plastic strip may still be treated with BHT, and very sensitive members could react.

The round tubs do not have this plastic strip.

PIC Report

The following products have been researched or re-researched and are acceptable to add to your Foodlist.

Stage One

BASIS Superfatted Soap
CREME SUPREME* Cookies
DUTCH MILL Carrot Muffins (Northeast)
EAST WIND* Cashew Butter, Peanut Butters, Roasted Peanuts, Tahinis
ESTER-C* Vitamin C 500mg Tablets
FISHER Honey Roasted Peanuts, Unsalted Sunflower Nuts
GRAND UNION (Grand Union) Ice Cream Cups (CS) (Northeast)
HAAGEN-DAZS Sorbet: Zesty Lemon(CS)
KELLOGG'S All Bran - Original(CS), Bran Buds(CS), Bran Flakes(CS), Cracklin' Oat Bran (CS)
PRECIOUS Mozzarella Cheese, Ricotta Cheese
PRINGLES Lite Original Chips (CS)
R NATURALS Organic Spaghetti Squash - frozen
SACO Cultured Buttermilk Powder, Premium Baking Chocolate

Stage Two

ACME (Acme) Cranberry Juice Cocktail (CS)(Northeast)
EREWHON* Apple Stroodles cold cereal, Raisin Grahams
FOOD CLUB Jellied Cranberry Sauce(CS)
HY-VEE (Hy-Vee) Chicken Noodle Soup (CS,MSG/HVP, paprika) (Midwest)
MARANTHA* Roasted Almond Butter
NATURE'S PATH* Cereals: Blueberry Muesli (almond,raisin), Heritage Muesli (raisin,raspberry)
NECTAR NUGGET* Almond Butter Crunch (CS)
LIPTON Country Cranberry Herbal Tea (almond, orange,cranberry), Natural Lemon Flavor & Sugar Iced Tea Mix
SHADY BROOK FARMS Sweet Italian Turkey Sausage (paprika), Turkey Breakfast Sausage (chili pepper)
TALK O' TEXAS Crisp Okra Pickles (chili pepper)
WELCH'S Frozen Grape Bars (SB in flavor)
WELCH'S Grape Jelly (CS)
WELCH'S Grape Juice , Frozen Concentrated Grape Juice

CS = corn syrup; SB = sodium benzoate; N=nitrites
CP = calcium propionate; MSG/HVP=monosodium glutamate/hydrolyzed vegetable protein

The Feingold® Association does 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.

Past Issues of Pure Facts Available

During the past year major articles which have appeared in *Pure Facts* include:

Dec 1993/Jan 1994

Health care awareness
Wine
Phosphates

Feb 1994

Flavorings
Autism - new research
Wheat & gluten

March 1994

New studies on diet & ADD
Behavior problems increase
Natural Nibbles mail order

April 1994

Why won't the even try diet?
Smoking
Who owns the food companies

May 1994

Navigating the Rough Waters of the IEPs, part one
Welcome Home article

June 1994

When children consume pesticides
Fast Food Guide '94
Non toxic pest control
Air travel

July/August 1994

IEP, learning problems, part two
Remembering Alex
Chlorine

September 1994

IPM and pesticides in schools
Dr. John Taylor's workshop
Cereals

October 1994

Finding suitable medicine
New help for autistic children
Brownies!

November 1994

Stimulant medicine- long term use
Helping children with learning problems
Breads
Holiday visits

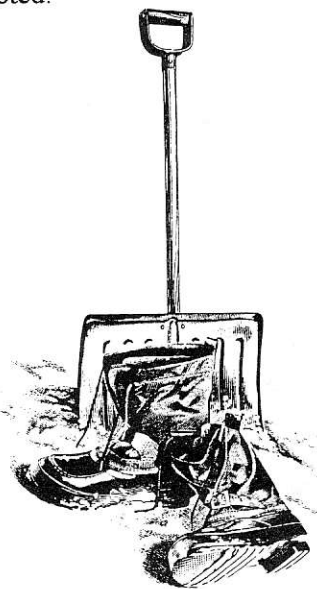
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Drug therapy is routinely used for children suffering from seizures. Dr. Feingold believed that this was often necessary, and the Association does not take a stand against this practice. It was very interesting to learn, however, that some children benefit dramatically from a special diet, and do not require drugs at all. This was described on a segment of the TV news show Dateline.

Jim Abrams' little boy suffered from seizures, and the experts he consulted placed the pre-schooler on a variety of powerful, debilitating drugs. Out of desperation, Abrams read everything he could find on epilepsy. His research led him to a program which was developed at Johns Hopkins University in the 1920's and is being supervised today by Dr. John Freeman. For some reason, the doctors at Hopkins found that if they gave children a diet extremely high in fats, and continued this for two years, not only did the seizures cease in about half of the children, but those youngsters remained seizure-free, even after the two year period when they returned to a normal diet.

When Abrams' doctor was asked why he had not told the Abrams family of the high-fat (ketogenic) diet, he told the interviewer "There were a lot of drugs we hadn't tried yet." Apparently most doctors are aware of this dietary approach, but seldom tell parents about it. In an especially candid moment, the doctor said that if a company could make a lot of money on a high fat diet, it would probably be promoted.



The report stressed that the staff at Hopkins has refined this dietary approach over the years, and parents should not simply increase the fat intake of an epileptic child without professional guidance. Families wishing to obtain more information about the ketogenic diet may call 1-800-367-5386.

Parallels between Dr. Feingold's work at Kaiser and the physicians at Hopkins are clear.

Powerful resistance on the part of the Establishment to any new (or less profitable) techniques is the subject of a book called: *Racketeering in Medicine; The Suppression of Alternatives* by James P. Carter, M.D., Dr. P.H. Dr. Carter notes, "Despite the unprecedented advances from modern research, there exists a strong inertia, a resistance to change, in science and medicine. Corporations now control the practice of medicine with the weight of their wallets."

The book is published by Hampton Roads Publishing Company Inc. and may be ordered by calling 1-800-766-8009.

Pure Facts

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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.