

# Pure Facts

Newsletter of the Feingold® Associations of the United States



October, 1996

Vol. 20, No. 8

## Here's a *Capital* idea — Spend next year's vacation with us!

Attend workshops and seminars at the 22nd FAUS Conference, to be held in Washington.

**A**re you a history buff? Choose a war: Revolutionary or Civil. Want to ride down a water chute and test your courage on a monster roller coaster? Do you love to poke around quaint little shops, or elegant malls, or acres of your favorite name stores offering discount prices? Have you ever visited our country's most sacred monuments by the light of a summer moon? Had any really great seafood lately, or sailed on the Chesapeake Bay, or bobbed down the Shenandoah River in an inner tube? Ever wonder what our first president's house looks like, or our current chief executive's?



Would you like to see the famous inaugural gowns worn by our first ladies, or the Spirit of St. Louis or feel what it's like to fly in a glider? Want to see how real money is made or how the good guys at the FBI catch the bad guys? Ever seen a senator debate? How close have you been to the documents that created our nation? Have you read about the Kennedy Center, the Vietnam Wall, Watergate or Capitol Hill? They're all real places and they're not far from where FAUS will be holding our Annual Conference during the last week of June in 1997.

*For more information, see page 6*

## Many seek drug-free answers for ADD

It seems like every week a new book is published condemning Ritalin and promising a better way to treat the symptoms of ADD and ADHD. Many of these books end up in our mailbox.

**I**n addition to books, we receive audio tape, testimonials, and reams of literature on a variety of approaches. We are glad to see people interested in finding new ways to help those who are dealing with learning and behavior problems, especially when the new therapies appear to have little risk of harmful side effects. But it can be frustrating at times.

Many of the books give a brief, typically positive, reference to Dr. Feingold's work, and then drop it. Others speak well of our success, but scare their readers away with the notion that it requires a parent to stand guard over a child lest he come into contact with a lollipop. Many describe



how the removal of artificially colored and flavored junk food has helped children, and then attribute the improvement solely to the elimination of "refined sugar." When reactions to dyes and other additives are mentioned, they are typically regarded as allergies.

Few mention or understand salicylates. One new book, which offers homeopathy as the answer to ADD, covered the Feingold Program by quoting a negative article written in 1986 by a doctor who works for the food/chemical/pharmaceutical lobbies.

We have received many letters, tapes, and literature about various products claiming to help these children by using vitamins, minerals, herbs, enzymes, antioxidants, phytochemicals, etc. Some are in capsules or tablets, some are beverages, and others are candy-like edibles. In many cases, the product is sold through a marketing plan, and the member or

*Continued on page 3*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support its 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.

# BHT: Needed in Cereals?

by Christopher Gibson, Science Fair Project - 6th Grade,

1st place winner in Health & Medicine for the Archbishop Neale School, La Plata, MD,

What is a preservative? A preservative is an additive that helps keep foods fresh. They are supposed to keep molds and bacteria from forming. Butylated Hydroxytoluene, better known as BHT, is a petroleum based preservative.

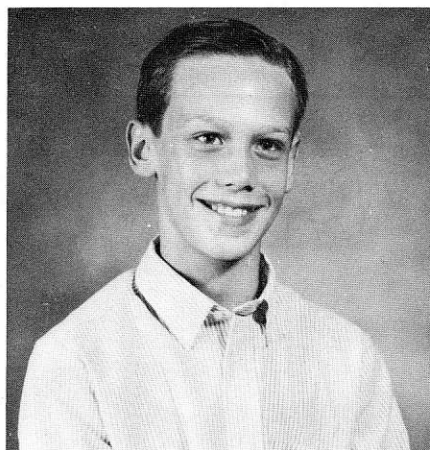
Although preservatives have been around for a long time (1000's of years), BHT was not put into use until 1947. It was used to control oxidation in rubber. It was also added to lard to make shortening. The amount of BHT the FDA (Food and Drug Administration) allows in foods is regulated by the fat or oil in the product. The amount for cereal is 50 ppm (parts per million).

Antioxidants are additives that stop foods from decaying when oxygen is added to it. There are natural and synthetic antioxidants. One natural antioxidant is lemon juice. It can keep the color in apples constant by spraying its juice on it. It contains citric and ascorbic acid. It can cause tooth decay though. Vitamin C and E are also effective antioxidants. One synthetic antioxidant is BHT. It is often put in margarine, peanut butter, etc. BHT has also been known to be in the packaging of many cereals.

Processing of foods is a method used in preserving food. Most foods are processed before they go into stores. Processed foods stay fresh so people can eat them year round. Some vitamins are destroyed when foods are processed.

People aren't sure that additives are safe. So Dr. Ben Feingold started a program to help people he felt were sensitive to BHT. The diet is supposed to eliminate BHT and other artificial substances from their foods. He said that certain additives can trigger symptoms in some people.

Dr. Feingold put these symptoms in three categories. 1. "Behavioral Deficits". This is when people fidget, can't concentrate, etc. 2. "Muscle Incoordination". This is when incoordination occurs in gross and/or fine motor mus-



cles. 3. "Cognitive and Perceptual Disorders". This shows up in difficulties in school work.

Some manufacturers hide BHT in packaging that trigger these symptoms.

BHT is water and fat soluble. For this reason it can get into the brain because the brain has fat and water in it. The brain works when electrical charges run down a nerve cell and come to a synapse (the space where two nerve cells meet). The electrical charge turns into a chemical one at the synapse. This chemical is called norepinephrine. Norepinephrine is close in composition to BHT. So, when BHT or other similar chemicals are put into the brain they can interfere with normal brain activity. BHT tricks the brain into thinking it is a neurotransmitter when it is not.

Some scientists think BHT can make you live longer. Some scientists think BHT fights cancer. They say that it revs up genes that make enzymes to fight cancer. Other scientists think it doesn't make people live longer. They say it causes tumors and cancer. It can also cause some people to throw up and lose consciousness.

There have been many studies on this subject. For example, in New York, a test showed that when BHT and other additives were taken out of the lunch food, the children scored higher in their standardized tests. Another study, this one using a pregnant

mouse, showed that when she was given BHT, her babies fought more, didn't sleep as much, and didn't weigh as much.

There are other ways to preserve foods; some being: heat preservation, dehydration, freezing and refrigeration, etc.

The Henkel Corporation of LaGrange, Illinois has made a natural preservative called Covi-ox. The Henkel Corporation claims their preservative works just as well as BHT or BHA. The Wysong Medical Corporation in Midland, Michigan has also been working on a natural preservative called Oxherphol. There is new hope for the natural preservation of foods in our world.

## Christopher's Experiment:

### PURPOSE

I am conducting this experiment to see if cereals need BHT added to them.

### HYPOTHESIS

I do not think cereals need BHT because some other cereals don't use BHT in them and they stay fresh just as long.

### MATERIALS

Rice Krispies, Corn Flakes, Kix, Crispix  
8 plastic containers with lids, labels, pen, logbook, 4 people to test cereals, camera

### PROCEDURE

1. Put the cereals in separate plastic containers with lids.
2. Label cereal A-D
3. leave one container of each cereal open and leave the other one closed.
4. Set the house at a constant temperature of 18°C.
5. Observe daily for any change ie, mold, rotting or smell.
6. Have crunch test every week.

### DATA

The daily observation of these 4 cereals showed that the smell, appearance, and quality did not change. The weekly observation also showed no difference between the cereals with or without BHT. These results are restricted to the conditions of this experiment.

### CONCLUSION

My hypothesis was proven correct. The quality of the cereals without BHT stayed as constant or fresh as those with BHT.



## ADHD and Substance Abuse

In a paper presented to the Annual Conference of the American Psychological Association, Nadine Lambert of the University of California at Berkeley reported her most recent findings. In the 1960s, long before the term "ADHD" had been coined, Dr. Lambert began tracking 492 grade-school children who had these symptoms.

Dr. Lambert provided Pure Facts with an abstract of her paper, titled *Tobacco Use and Drug Dependence Among Samples of ADHD and Non-ADHD Subjects*, coauthored with Carolyn S. Hartsough. In it, the authors write, "The investigation explored the relationship of the severity of childhood ADHD symptoms to nicotine and other substance abuse and the additive effect of conduct problems with ADHD symptoms to adult tobacco and substance use. The objective was to generate hypotheses about the relationship of severity of ADHD symptomatology to tobacco use and drug dependence."

She found a significant connection between the severity of ADHD symptoms and lifetime tobacco use, with many of the children starting to smoke as early as age 13.

Similarly, those with severe symptoms were more likely to become dependent upon stimulants and cocaine. There was no correlation between ADHD and marijuana use. Surprisingly, the ADHD subjects who did not have conduct problems were somewhat more likely to become smokers (49%) than their counterparts with conduct problems (41%).

*USA Today* (8/19/96) described a possible connection between medication for ADHD and later substance abuse. "Cigarettes can improve mental focusing, a problem for kids with this disorder, so they may be 'self-medicating' to concentrate, Lambert says. About 80% were taking Ritalin, found in animal studies to intensify the desire for stimulants. 'That might make them biologically susceptible,' she suggests."

### Scientists demonstrate the addictive effects of nicotine

Researchers in Italy have shown that nicotine can reproduce effects in the brain which are similar to those triggered by amphetamines, morphine, heroin and cocaine. They also have demonstrated that brain chemistry is vulnerable to small quantities — those one would encounter through smoking.

Gaetano Di Chiara and his colleagues at the University of Cagliari used rats to study what happens in the brain when nicotine is injected. Their results were similar to those they observed when drugs of abuse were tested.

Both the drugs and nicotine boosted the concentrations of dopamine in the "nucleus accumbens" an area of the brain which is associated with emotions. Dopamine is a chemical neurotransmitter believed to induce a state of euphoria which is a characteristic of addictive drugs. People with "ADD" are said to manufacture insufficient amounts of dopamine and norepinephrine, another neurotransmitter.

Such research adds fuel to the Food and Drug Administration's efforts to classify cigarettes as a method for the administration of a drug.

#### Drug-free, from page 1

writer has asked us to help them promote it to our readers. We cannot do this, and we cannot endorse such products; but that does not mean we discount them or are disinterested.

The Feingold Program is just the first step for many children and adults. Some of our volunteers use additional products such as those above, and report benefits. Others tell us that the removal of certain foods or additional additives has made a profound difference.

Some children benefit from treatment for seasonal allergies, while others remove environmental irritants. Biofeedback has helped some children, and counseling has helped others. Finding just the right school can do wonders.

In other words, there certainly are additional things a parent can do, but it does not look like there is one single approach that is going to benefit all of our kids, and as a volunteer parent group, making judgments such as this goes way beyond our scope. So what does this mean for the member who is excited that she has found a way to help her child do even better in school, or has found a supplement that means her child can now enjoy the natural salicylates without any reaction?

FAUS will research supplements, as well as food, so if you want us to be aware of a product which has been helpful for your family, please fill out an index card as shown on the inside back cover of your Foodlist. We can determine if it meets the FAUS criteria, and we can include it in our literature as an acceptable item, but we

cannot promote the product, company, or the individual selling it.

FAUS feels more comfortable reporting alternative approaches if they have been written up in scientific journals. We understand it is very hard to conduct studies of supplements, let alone have such studies published in mainstream journals, but if that were to happen, FAUS would be better able to report this information.

Meanwhile, for the parent seeking to enhance a child's success, it means lots of trial and error to see what may help. If you are using our program for autism, please be aware that many of these children have difficulty handling certain foods, and can experience negative effects from some nutritional supplements. If you do test them, it would be wise to do so under the supervision of a physician.

## How a teacher can help the child with ADD — teaching math

This is the third article in a series about strategies to help the child who is having difficulty in school. It is taken from a workshop presented at our recent Conference.

*FAUS past president, Pat Palmer, discussed ways teachers and parents can help the child who is having problems in school. Even after a youngster is successfully on the Feingold Program, deficits may remain.*

In the area of math, make sure the child understands math symbols as well as the numbers. If a child doesn't understand the symbols used in math, he won't be able to do the work. For example, what do you have to know to add 2 plus 3 minus 1? "Plus." Does he understand that plus means to add more? Now you've added 2 more; you have 4. That's a new number. Minus 1. Does he know that minus means take away? Then you have an equal sign. All of what I've just done equals what? This isn't a simple problem, but a sequence of numbers and symbols and concepts that the child has to understand, and if he doesn't understand each of these things he won't be able to do the math.

Try to identify the "weak link" in the chain of math skills. As math advances, he will have to carry out more complex sequences. In long division you need to divide, multiply and subtract, as well as carry numbers. Any one portion that is not understood will prevent him from being able to gain the skill, so try to find the place where he is having trouble and work on that weak link. (In his workshops on helping children with learning disabilities, Dr. John Taylor has a cute saying that helps children remember



the steps they need to use for long division. The first initials for "divide, multiply, subtract and check" become: "Does Mother Serve Cheeseburgers?"

Some children who have difficulty doing math problems understand all the symbols and have the needed skills, but they can't keep the columns of numbers neatly lined up, so they add and subtract the wrong numbers. Graph paper may be helpful, but it can be hard on the teacher who has to check the work. There's a much easier solution that I like to share with the teachers in my course.

Take a sheet of lined paper and turn it on its side, so the lines are vertical instead of horizontal. Write an addition problem so that each number is in its own space. The lines will keep the columns of numbers in a row, and they can then be added up. This is easier for a teacher to read, and doesn't require special paper. What difference

does it make if the paper is held sideways? The important thing is for the child to learn the math.

Underline the actions in a math problem; ignore the words, and you can then turn it into a math problem.

Movement games are a good way to teach numbers. For example, "Every second child move left."

### Getting it together...and keeping it that way

Since these children have so much trouble trying to get things organized, they may need not only to have a planner, but should have a specific time when they work on it, perhaps right after dinner, or after homework has been completed.

Have the child collect the things he needs to take to school the next day, and put them in the same place every evening. Judy Schneider had a system that worked well for her son. She used a variety of expandable, colored file folders which are enclosed on the sides. Each subject had a different color folder. There was room in each one for his book, assignment paper, homework, pen or pencil, etc. Everything he needed in school was right there; he had only to select the right folder. This is especially helpful when a child moves to a different classroom to change subjects.

### When a child is reluctant to ask for help, problems multiply

Both teachers and parents can learn a lot about how to help a child if they find out how he or she feels about making mistakes. We adults know that mistakes are a part of learning, and a part of life itself; but don't assume that your child sees them that way.

One Feingolder encountered many problems in junior high and high school because she had the idea that she was somehow expected to know the

work being taught — even before her teachers got to it! After some heart-to-heart discussion, it came out that a teacher in elementary school had made her feel dumb because she didn't know the answer to an obscure question. (The teacher might not have intended this; keep in mind that our kids sometimes misinterpret other's words.)

She was relieved when she was assured that teachers would be out of a

job if their students knew all the answers. To overcome her shyness about asking questions in class, she was encouraged to write a note and leave it on the teacher's desk, asking for some personal help.

She also had to overcome a perfectionistic tendency. Rather than turn in a homework paper with some answers missing, she would not turn in anything at all — getting zeros rather than a B+.

# Feingold



# News

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October, 1996

## United Way

This is the giving season for the United Way and Combined Federal Campaign. FAUS can receive donations when an individual fills out a designated donor form, provided by many (but not all) agencies.

To have some or all of your United Way/CFC contribution routed to the Feingold Association, please ask your representative for a designated donor form.

If you have questions, leave your name and phone number on our tape (800-321-3287). We will call you back and work with you to have the Association added to the list of recipients.

## Message from Ruth Ann Nelson, Region 6 Director

I'm the director for the states of Arizona, California, Colorado, Hawaii, Nevada, Utah and Wyoming. We need volunteers to help:

- \* Distribute information cards at your local health food stores, libraries and office of supportive care givers.
- \* Allow your name to be listed as a Program Assistant so new members can call you if they have questions. Members who have successfully used the Program for 6 months or more qualify to become a Program Assistant.
- \* Submit promising new foods — especially breads — for us to research
- \* Ask your library to order the Feingold videotape (\$10) and *"Why Can't My Child Behave?"* (\$22).
- \* We need positive articles written about Feingold and submitted to local parent's magazines.
- \* Contact FAUS to borrow a display and handouts for use at health fairs and PTA events.
- \* A book review of *"Why Can't My Child Behave?"* would help spread the word.

Ruth Ann Nelson

Colorado Springs, CO (719) 536-0647

## "Mega Answers to Attention Deficit Disorder"

Dr. John Taylor's popular workshops have been scheduled for Portland in late November and Dallas/Fort Worth in December.

A long-time supporter of the Feingold approach, Dr. Taylor's presentations are as funny as they are practical. Unlike many speakers on the subject, he shows parents and teachers how the child's mind works, why so many of the approaches often recommended fail to help, and how to find the strategies that work. This is helpful information both for "Feingold kids" and for "Regular kids" as well.

For details and other upcoming workshop locations, call 1 (800)VIP 1 ADD.

## Thank You Thank You Thank You Thank You

...to you for your donations to our annual School Year Calendar fund raiser. Don't forget to share the photos and stories with your children; they may enjoy knowing about the other kids on the Program.

...to Arlene French for her excellent letter to the publisher of *Eating Well* magazine, pointing out the factual errors in their September/October issue. The magazine's nutrition editor, Elizabeth Hiser, wrote: "The sugar/hyperactivity connection has its roots in the Feingold diet, an eating regimen first popularized in the '70s for treating hyperactivity by limiting certain food components and sugar." (Many people still believe the Feingold diet removes sugar, but this has never been the case.)

A second false statement, "Since then, the effectiveness of the Feingold diet has been discounted by several studies sponsored by the National Institutes of Health..." (The National Institutes of Health has never — to our knowledge — sponsored a study of the Feingold diet. They did sponsor a 3 day conference in 1982 to review the studies sponsored by others. Their conclusion was that the studies to date were badly flawed, and since most investigated only the food dyes, none was an actual test of the Feingold diet.)

FAUS appreciates your help in alerting us to such items as they are published. Contact us if you would like us to send you documentation to respond to misinformation.

## Greater Washington Family Expo

FAUS will participate in the Family Expo, the area's largest family consumer show. It will be held at the Capital Expo Center in Chantilly, VA on Saturday, November 2 and Sunday November 3. There will be many different activities for both parents and children — a day of family fun.

## Prince William Co., VA

"Circle of Support" is the title of a conference for families of children with special needs. It will be held on Saturday, November 2 from 8:30 am until 3:30 pm.

Call (703) 730-3124 for details. The conference is sponsored by the Inter-agency Coordinating Council and the Association for Retarded Citizens.

## Marina del Ray, CA - Oct 25 - 27

NO-MSG (National Organization Mobilized to Stop Glutamate) will be holding its 4th annual conference. Call 1 800 BEAT MSG for details.



## Note from Donna Curtis, Director of the FAUS Product Information Center

### Product Alert!

TRADER JOE'S Chicken Taquitos now have paprika and should be moved to Stage Two. They also list dextrose (from corn). The Taquitos are available in Regions 6 & 7 in the following states: CA, OK, WA, NV, and AZ. Also available in Boston, MA.

### Other notes

FRUITFULL - These are the delicious frozen fruit bars served at our Conference in June. They are available in all states except: Alaska, Arkansas, Idaho, Iowa, Louisiana, Montana, Nebraska, New Hampshire, North Dakota, Rhode Island, South Dakota, Vermont, and Wyoming.

SHELTON'S - If you are a regular user of Shelton's Poultry you may have noticed the strange pink ring around their Bologna. We called the president of the company, who was quite thorough in his explanation of this change in appearance. First of all, it is completely safe and there has been no change in formula. Following a switch to a new packer, they discovered that the new source of heat, natural gas, produced nitrous oxide which combines with a component of red meat, which in turn causes a natural preservative to penetrate the bologna during the three and a half hour cooking process.

So, the bologna is perfectly safe although it looks strange!

### Resources

Michelle Turi tells us that Talley's Green Grocery in **Charlotte, NC**, has many acceptable foods. The store is located at 1408 East Blvd, Charlotte, NC.

Straight from the Crate south of **Alexandria, VA**, is a good resource for area Feingolders. It is located in the Penn Daw shopping center, just off Route One (near the Crown Books and Shopper's Food Warehouse).

Did you know that **Bread & Circus**, one of a chain of healthy supermarkets, has a **mail order catalog**? Even if the item you need is not listed, they will try to help you track down what you want. You can call (800) 780-3663 to obtain a copy of the catalog or request help.

Bread & Circus is one of a chain of stores owned by the Whole Foods company, headquartered in Austin, TX.

A new addition to the chain is the Unicorn Whole Foods Market in **North Miami Beach, FL**. The store is located at 3565 NE 207th Street.

Eventually, all of the stores will operate under the Whole Foods name.

## PIC Report

The following products have been researched or re-researched and may be added to your Foodlist.

### Stage One

CANOLEO\* Premium 100% Canola Margarine  
EUROPEAN SAUSAGE CO. Bockwurst,  
Cooked Bratwurst (German Brand Sausage),  
Fresh Kolbasa (CS), Kolbasa Polish Sausage (N,CS)  
Potato Sausage - available in Colorado - also mail order (719) 596-9320  
FOR PETE'S SAKE Biscotti: Chocolate Vanilla Chip,  
Chocolate Walnut, Cinnamon  
mail order from For Pete's Sake (800) 864-7383  
KUSHI CUISINE\* Pinto Beans w/Garden & Sea  
Vegetables, Vegetarian Soybean Stew  
KUSHI CUISINE\* Premium Traditional Soy Sauce,  
Premium Wheat-Free Soy Sauce  
KUSHI CUISINE\* Brown Rice Vinegar  
KUSHI CUISINE\* Sesame Garlic Salad Dressing  
KUSHI CUISINE\* Tomato-Free Red Pasta Sauce,  
Marinara (uses beets, carrots, red miso)  
SACO Real Semisweet Chocolate Chunks  
TYSON Roasted Chicken, Ready to Eat (CS)

### Stage Two

EUROPEAN SAUSAGE CO. Fresh Bratwurst  
(CS,paprika), Fresh Bratwurst with Beer (CS,N,SF,  
paprika), Fresh Bratwurst with Pineapple(CS,paprika)  
EUROPEAN SAUSAGE CO. Smoked Bratwurst  
(N,paprika), Knackwurst (CS,N,paprika),  
Andouille Sausage (CS,N,red pepper,paprika),  
Fresh Hot Italian Sausage (CS,red pepper,paprika),  
Polish Sausage (N,red pepper, paprika),  
Fresh Italian Sausage (CS,paprika)  
available in Colorado & mail order (719) 596-9320  
FROOKIE\* Dream Creams: Yogurt Cream Wafers,  
Vanilla (grape juice)  
LA YOGURT Sabor Latino Low Fat Yogurts: Guava  
(orange oil,oil of wintergreen), Mango (orange oil),  
Papaya (orange oil), Passion Fruit (orange oil),  
Strawberry Kiwi (strawberry essence)  
available in: NJ, NY, MD, FL, VA  
KUSHI CUISINE\* Snack Bars: Crispy Rice - Apple (CS)  
Crispy Rice - Raspberry (CS), Toasted Almond & Oat  
Bran (CS)  
KUSHI CUISINE\* Quick: Morning Millet w/Maple Sugar  
(raisins), Morning Porridge w/Raisins & Maple Sugar  
ROSARITA "New Improved" Vegetarian Refried Beans  
(chili pepper)

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.

## Mrs. Fanning's Bread 'n Butter Pickles

There are not many foods Feingold members have difficulty locating, but pickles have been a problem, especially if your local health food store does not carry them. Because cucumbers are a Stage Two food (a natural salicylate) new members must avoid them, but when it's time to reintroduce salicylates, pickles have been hard to find.

Now Mrs. Fanning's Bread 'n Butter Pickles have just been added to our list of acceptable Stage Two products.

In case you have ever wondered where they got their name, GFA Brands, which owns Mrs. Fanning's, has supplied the background.

In the early part of the century Cora and Omar Fanning of Streator, IL found themselves short on cash. What they had



going for them, however, was a reliable crop of cucumbers and Mrs. Fanning's great recipe for sweet & sour pickle chips. Mrs. Fanning worked out an agreement with a local grocer, who gave her groceries — including bread 'n butter — in exchange for the pickles.

The name stuck, and has been used by many companies (who add chemicals, such as yellow dye).

GFA Brands uses the old recipe, with the exception of added corn sweeteners, and still allows the pickles to cure in the jar before shipping.

Although Mrs. Fanning's pickles began in the Midwest, they are not widely distributed there, but are more readily found in the Eastern, Southern and Western states.

## Against the Grain

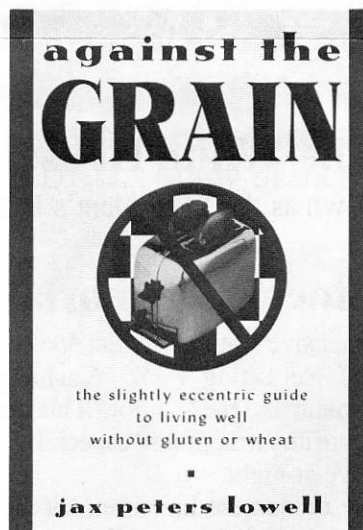
*The slightly eccentric guide to living well without gluten or wheat*

Feingold members using diet to help alleviate the symptoms of autism will find this book both helpful and amusing.

Jax Peters Lowell is a funny lady, and it is this sense of humor which has enabled her to not only cope with, but to conquer a difficult handicap: gluten intolerance. She endured many years of sickness before finally learning that gluten, a protein found in most grains, was the source of her suffering. Families using FAUS's Autism/Intolerance/Allergy program face a similar challenge. People with symptoms of autism generally must eliminate both gluten and casein (the protein found in milk).

The author provides a breath of fresh air, and a look at her restrictions from a more positive perspective. It is entertaining enough that you need not feel reluctant to ask relatives to read it so they will have a better understanding of your food needs. (This is a good eye-opening book for any Feingold member who feels *our* program is hard!)

Despite having to bid farewell to many favorite foods, Lowell has been able to replace most with new favorites. In her own words, "*Against the Grain* is really about how I saved my



own life and ate happily ever after. While it may be true that the oddball and slightly eccentric behavior that led to it is purely genetic, it's a skill anyone can learn easily. In fact, with a pinch of creativity, a dash of chutzpah, and a more than passing acquaintance with a UPS person, a fax machine, and a phone book full of 800 numbers, life can be very good again."

Many mail order sources are listed, along with some of the author's favorite recipes. An impressive plus is the

inclusion of twelve gluten-free recipes created by top chefs. Lowell challenged them to squeeze their creative juices, and they rose to the occasion.

One of the hardest challenges for those eliminating gluten is finding acceptable food away from home. This book takes fearlessly to the road, or the air. And when you arrive at your destination, you will be able to give the chef a card which describes your wheat allergy or gluten intolerance problem — even if the chef speaks only Japanese or Swedish, Greek, Hebrew, etc.

Some foods are listed by brand name, and not all of them are compatible with the Feingold Program. But by the time she has finished this book, the resourceful reader will have the ability to do some food research of her own, and identify suitable products.

Cutting out gluten will never be easy, but the positive spin Jax Lowell gives it may help you to see it in a different light. Even if it were less interesting to read, the book would still be a treasure for the gluten-intolerant.

*The book is available through the FAUS Resource Catalog.*

# The United States Capitol

## Where the nation's business takes place

**B**oth a monument and a working building, this impressive structure was begun in 1793 when George Washington supervised the laying of the cornerstone (a sandstone block taken from his own quarry). New sections were gradually added, but the major portion of the Capitol was completed in 1819, after the damage inflicted by the British was repaired.

The historic backdrop for the inauguration of our presidents, our Capitol has echoed Franklin Roosevelt's comforting words that "the only thing we have to fear is fear itself," and John Kennedy's challenge to "ask not what your country can do for you, but what you can do for your country."

**T**he long lines of tourists waiting for a tour of the White House may discourage you from visiting the home of our first family, but the view from the outside is a treat.

Although he never lived there, George Washington played a key role in this landmark as well. He selected a site that would overlook both the Potomac and his own town, Alexandria.

There are frequent daily tours of the Capitol, and they are free. In the summer months they begin every 5 to 10 minutes and last 30 - 45 minutes.

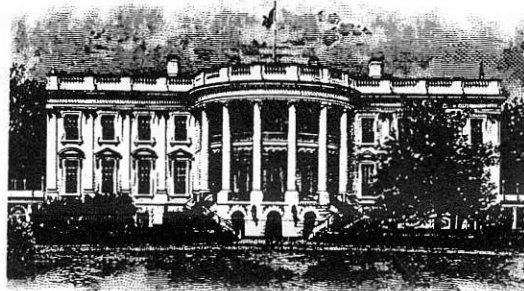
You can obtain the name and office location of your representative by calling the Capitol's switchboard at (202) 225-3121. The number for senate information is (202) 224-3121.

Free concerts are held on the Capitol's West Terrace during summer evenings. The bands are supplied by the Navy, Air Force, Army and Marines.

For 25 years a grateful immigrant, Constantino Brumidi was at work painting the rotunda ceiling and other portions of the building. Its beautifully adorned interior once housed wounded Civil War soldiers.

Revolutionary heroes are not the only people represented in its halls. Each state has contributed statues of its most celebrated citizens, and Oklahoma chose Will Rogers.

You will be able to visit the office of your senator or congressman, and obtain a gallery pass. It's easy to get to your senator's or representative's office via the Capitol subway. Who knows, you may even share a ride with a familiar face from the evening news!

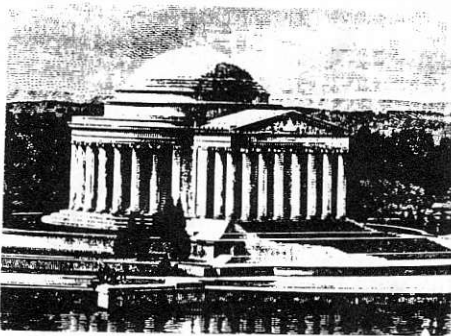


## The White House

(first known as the "President's Palace")

After the British left their mark on this other national treasure, the Virginia sandstone was given a coat of paint to disguise the fire damage. It was white paint.

The White House has been re-decorated many times, but no first lady had the impact of Jacqueline Kennedy, who restored it with original artifacts which had been scattered around the globe.



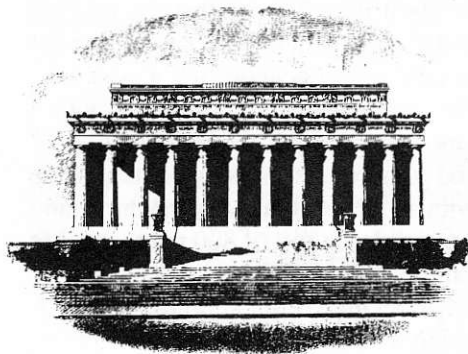
## Jefferson Memorial

Located at the lovely Tidal Basin, the site of Washington's glorious cherry trees, a 19 foot bronze statue of America's third president dominates this monument. Passages from the Declaration of Independence and other of Jefferson's famous writings are inscribed in the stone.

## Lincoln Memorial

A pensive 16th president looks out on the Reflecting Pool, Washington Monument and the Capitol. This must-see favorite attraction is especially impressive at night.

The monument has often served as the backdrop for those rallying to gain or celebrate freedom.



## Pure Facts

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