

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.Feingold.org

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Food Allergies, Food Intolerances

The term "allergy" is often used to describe the unwanted reaction a person has to a food. But the reaction could actually be a food or chemical intolerance.

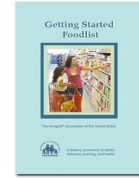
According to the Cleveland Clinic, "A **food allergy** is an immune system response. It is caused when the body mistakes an ingredient in food -- usually a protein -- as harmful and creates a defense system (antibodies) to fight it." The reaction takes place soon after being exposed to a particular food, either through smelling, touching or eating it. This triggers the immune system to over-react, releasing histamine and causing symptoms that range from mild to severe, including hives, itching, trouble breathing, wheezing and anaphylaxis.

The digestive system versus immune system—A reaction that looks like an allergy may actually be an intolerance.



"**Food intolerance**," notes the Cleveland Clinic, "is a digestive system response rather than an immune system response. It occurs when something in food irritates a person's digestive system or when a person is unable to properly digest, or break down, the food."

"There are many factors that may contribute to food intolerance. In some cases -- as with lactose intolerance -- the person lacks the chemicals, called enzymes, necessary to properly digest certain proteins found in food. Also common are intolerances to some chemical ingredients added to food to provide color, enhance taste and protect against the growth of bacteria. These ingredients include various **dyes** and **monosodium glutamate** (MSG) a flavor enhancer." The Cleveland Clinic also notes that other common culprits are **sulfites** (used as a mold inhibitor and preservative) and **salicylates** (which include **aspirin** and many foods that have a naturally occurring chemical that is similar to aspirin).



Getting Started!

All of our members have received a new electronic book designed to make it easier to begin the program.

Getting Started consists of brand name foods selected from our *Foodlist* book. The products are all Stage One (non-salicylate) and free of questionable additives like corn syrup, MSG, or sodium benzoate that are listed in parentheses in the big book.

This pdf resource has been added to the member's package.

Food allergy is more serious than food intolerance

The American Academy of Allergy, Asthma & Immunology writes, "Some of the symptoms of food intolerance and food allergy are similar, but the differences between the two are very important. Eating a food you are intolerant to can leave you feeling miserable. However, if you have a true food allergy, your body's reaction to the food could be life-threatening."

If the cause of the problem is an allergy, a reaction will be triggered by even a small amount of the food, while the person who has an intolerance is generally able to tolerate a limited amount of it. Another difference is that an allergic reaction to a food generally occurs quickly, while the effects of a food intolerance can take many hours before they manifest.

Continued on page 2

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to generate public awareness of the role of foods and synthetic additives in behavior, learning and health problems, and to support its members in the implementation of the Feingold Program. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

Special focus on allergies

Behavior, learning and food additives

Allergists usually focus on physical symptoms like hives, rashes, digestive problems, fatigue, swelling, inflammation, and respiratory problems. This was the approach taken by Ben Feingold, MD, who was Chief of Allergy at the Kaiser-Permanente Medical Center in San Francisco back in the 1960s, but he went on to expand the understanding of reactions. Dr. Feingold discovered that the same substance that can cause hives or asthma can affect how a person behaves as well as their ability to pay attention and learn.

Another major contribution he made was the recognition that it's not just peanuts or pollen that can cause unwanted reactions; food additives and salicylates need to be considered as well.

Fifty years ago, Dr. Feingold developed a test where his patients removed several groups of food additives, aspirin, and certain foods that contain salicylates because he found these were the worst offenders for the most people. Dr. Feingold called his regimen the "K-P Diet," named for Kaiser-Permanente. It was a much more liberal plan than the typical "few foods" (oligoantigenic) diet because he did not remove whole categories of foods.

Among the patients at Kaiser who benefited from the diet were children who came to the clinic for allergy treatment. Some parents reported that not only did the diet help their child's allergies, but their "hyperactive" youngsters showed an improvement in behavior. It soon became clear that the diet was also effective in helping children who had trouble with schoolwork.

Dr. Feingold discovered that, for some people, certain foods and food additives can trigger behavior and learning problems, as well as physical reactions.

He explained that, depending on their particular chemical and genetic makeup, a person can have an unwanted reaction from virtually any substance. The patient who cannot tolerate a particular food might also have problems with a food additive or a chemical in the environment.



Why do so many children suffer from allergies and intolerances today?

The number of children experiencing physical reactions to food has increased dramatically over the past 50 years. (Childhood asthma, for example, was once rare but is now rampant.) What is the reason for this dramatic increase? It is unlikely that things like peanuts or milk are the only culprits since these have been around for ages, so we need to ask, "What has changed to cause today's child to become ill from things his grandparents ate with no problem?" More and more **synthetic chemicals**, especially petrochemicals, are found in our food and environment, causing small bodies to work hard to get rid of them; the effects of **genetically modified** food and **hormone-containing milk** are unknown, but not likely to be benign; **MSG** and **high fructose corn syrup** force the liver to work overtime to process and remove harmful chemicals.

In his book *Genetic Roulette*, Jeffery Smith describes how the changes to basic foodstuffs have made them more allergenic. For example, he notes, "Soy allergies jumped 50% in the U.K. just after GM (genetically modified) soy was introduced."

While small bodies struggle to get rid of unwanted substances, they are poorly nourished by junky food, fast food and school food. Removing harmful substances like these is a good way to begin helping a child to heal.

The Allergy-ADHD Link

Many studies have shown that the child who is allergic is at high risk for also having ADHD symptoms, and for both conditions, boys are more vulnerable than girls.

Food dyes are known to trigger asthmatic attacks, hives and other symptoms characteristic of allergies. The child who has these symptoms might be allergic, but he might simply be reacting to the additives in the bowl of multi-colored cereal, fake "orange" juice and purple vitamin he consumed for breakfast. If he is given allergy medicine with more synthetic additives, the problem will be compounded. So, the ADHD that so often accompanies his allergy could be a reaction to the additives in his medicine, as well as his diet.



Can Feingold help an allergic child?

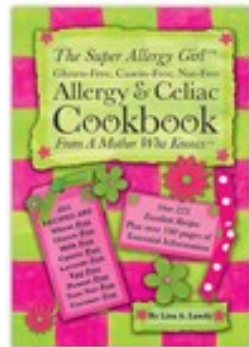
Dear Feingold Association,

My son has been tested and found to be allergic to chocolate, beef and pork products. It has been difficult to find items that he can eat. When he had a reaction we discovered that gelatin is made from pork and that companies use it in many items. The doctor who ran the tests didn't even know that gelatin was made from pork.

Does your program offer any options for him?

MK

In addressing this mom's question, we asked for advice from a member with extensive experience in dealing with severe allergies. Lisa Lundy is the author of a remarkable book, *The Super Allergy Girl Gluten-Free, Casein-Free, Nut-Free Allergy & Celiac Cookbook*.



Here is Lisa's response:

Dear MK,

My daughter has life-threatening food allergies to milk (all milk products), eggs, peanuts and tree nuts and for a period of time her physician took her off of beef and greatly reduced any chocolate so that she did not develop a more serious allergy to beef and chocolate. Here are my thoughts: buffalo (or bison) and venison are great substitutes for beef and are the two foods we used for many years when my daughter could not eat beef. Buffalo is being sold in many grocery stores now. I skip the pork all together and use turkey and chicken instead.

You can use carob in place of chocolate. Are these three foods the only foods being removed from your son's diet? It is sad, but no surprise to me that the testing doctor did not know that gelatin is made from pork.

We are a gluten-free, dairy-free, egg-free, nut-free, peanut-free, dye-free, preservative-free and more household. I understand how difficult it can be when your child has food issues.

You will find many free resources on my website www.TheSuperAllergyCookbook.com. Please feel free to let me know any other specific questions you have or how I can help you.

Lisa



Dear Lisa,

Thank you for the information. The doctor removed only the 3 items and there has been some improvement, but he is still having some problems. Congestion, meltdowns, and inability to concentrate are only a few. The doctor said that he probably has ADD/ADHD and that we could medicate him for that. After seeing my nephew on the medicine I really don't want to medicate my son. There are days when he is so sweet and then the next day he is almost impossible to be around.

His younger brother is now also starting to show signs that he may have food allergies. He has congestion, bowel problems, and dark circles under his eyes. The doctor said it was just allergies and put him on a prescription (the 3rd kind in the last 2 months) but it is not helping. What is the best way to find out if it is another food item causing the problems and what foods should I start with?

MK

Dear MK,

All of the health and behavior issues you describe in your email could be addressed by dietary intervention. Even though the Feingold Program does not address a pork allergy, I believe that this could be a great place for you to start because the Feingold Diet has a long-standing history of addressing ADD/ADHD and the health symptoms you listed. The Feingold website has scientific articles listed that outline the scientific basis for the Feingold Program. You might find this brief tip from my website helpful:

www.thesuperallergycookbook.com/PDF/SaveYourSanityDietTips.pdf. You can find other resources on my website:

www.TheSuperAllergyCookbook.com/articles.html.

I hope this is helpful to you. Medications can mask the symptoms, but they do not usually address the underlying issues.

Wishing you all the best as you begin your journey.

Lisa

Back to School with Hand Sanitizers

In many schools, children are expected to use hand sanitizers. Check the ingredient labels to see if your brand contains these two harmful chemicals.

History has shown that improved hygiene can drastically reduce disease and save lives, so wouldn't powerful antibacterials like triclosan and triclocarban be ideal? Not necessarily, since a limited exposure to germs enables a normal immune system to become stronger; and when it comes to antibacterials, "too much of a good thing" can have unwanted consequences.

Hand-washing with conventional soap in either cold or warm water has been found to be an ideal way to reduce illness.

Triclosan and triclocarban are germ-killing chemicals that were first used over 40 years ago in surgical scrubs. They were a safer alternative to hexachlorophene, but once the patent expired and costs plummeted, manufacturers began adding them to products of all types including toys, lunch boxes, tooth brushes, and cutting boards.

Triclosan was widely used in antibacterial products, particularly soaps and hand sanitizers. As a result of such widespread exposure, this chemical is now found in our water supply, and most of us have it in our bodies. Research with animals has linked both of these chemicals to many damaging effects such as cancerous cell growth, infertility, and a reduction in muscle strength, including the ability of the heart to contract.

Because they are similar to our thyroid hormones, triclosan and triclocarban act as endocrine-disrupting chemicals that can mimic the body's own natural hormones. In research on humans, such chemicals have been linked to cancer, pre-term and low-weight births, reproductive abnormalities in boys, and early puberty in girls. A 2011 study by E.M. Clayton showed that children who had greater amounts of triclosan in their system were more likely to suffer from **asthma and allergies**. And a 2014 study found it brought the risk of liver toxicity. [Proceedings of the National Academy of Sciences]

Some research links the overuse of antibacterial chemicals to the development of "superbugs" and antibiotic resistance.

In 1978, the US Food and Drug Administration (FDA) said triclosan was "not generally recognized as safe and effective" but nevertheless approved it for use in many products, including Colgate's Total Toothpaste in 1997. (It is still found in the toothpaste.)

After years of FDA proposals to restrict or eliminate antibacterials, but never following through, the non-profit Environmental Working Group (EWG) sued the agency, forcing them to disclose their information. The EWG says the FDA withheld this information from the public.

Finally, the FDA has agreed to regulate antibacterial soaps by the year 2016, but by that time it is likely these chemicals will no longer be in use. As the public learned of the harm, companies have been quietly removing triclosan and some even advertise their product is "triclosan-free." But some have replaced it with the equally undesirable triclocarban.



Last year, *Pure Facts* reported on the harm from antibacterial hand sanitizers, which have been widely used in schools. Fewer of them now contain triclosan or triclocarban, but check the labels to ensure that your child's sanitizer is free of them. We suggest you make your own hand sanitizer by adding 3 drops of grapefruit seed extract (GSE) to each ounce of aloe vera gel. Many Feingold members use NutriBiotic GSE liquid; read the instructions and do not get undiluted GSE on the skin.



www.barefootandchocolate.com

Chocolate and Hazelnuts are a Winning Combination

Italian pastry maker Pietro Ferrero wanted to develop a chocolate spread, but it was the 1940s, during the Second World War, and chocolate was in short supply, so he added hazelnuts, which were readily available. The ground-up hazelnut and chocolate spread was a big success, and the product, Nutella, was popular in Europe for many years before being introduced to the United States.

While Nutella is free of artificial colors and preservatives, it is flavored with fake vanilla, making it "off-limits" to Feingold families. Similar products have been created over the years, but there's one that stands out -- Barefoot & Chocolate all natural Stage One Hazelnut Chocolate Spread.

Barefoot & Chocolate is the creation of Sasha and Trent Lewis who love healthy food...and chocolate! They use Fair Trade chocolate, no GMO ingredients, and all of these are organic: cane sugar, cocoa, vanilla, sunflower oil lecithin, and milk powder. The palm oil is grown sustainably, and there are no trans fats in the product.

Their hazelnut spread contains more cocoa, over 50% more hazelnuts, and over 20% less sugar than their leading competition. In addition to hazelnut, they have these Stage Two products: Almond Coconut Chocolate Spread and Dark Chocolate Almond with Sea Salt.

The various versions of chocolate hazelnut spreads have their loyal following, and these people in turn have strong opinions. But the fans of Barefoot & Chocolate are especially enthusiastic. Here is what two moms have to say, "So good it should be illegal -- but I'm really glad it's not!"

Another writes, "This is to Nutella what aged cheddar cheese is to American cheese slices. It's just a whole different level of quality, richness, and texture. My kids literally stand at my feet and beg to lick the knife after I make their sandwiches."

Crayons with Asbestos!

Stick with well-known brands and avoid the cartoon versions.

Not only are asbestos fibers found in old houses and brake linings, but this dangerous substance, which can destroy the lungs, is still found in products today. It has been discovered in several brands of crayons.

The non-profit Environmental Working Group (EWG) had laboratory testing done on various brands of crayons and found four that contained asbestos fibers; most likely, they were in the talc used as a binding agent. Some of the crayons are sold under the names of cartoon characters Mickey Mouse, Power Rangers, and Teenage Mutant Ninja Turtles and were sold at Party City and the Dollar Tree. The crayons were manufactured in China.

More asbestos

EWG's testing also found asbestos fibers in crime scene toys sold through Amazon.com and Toys R Us. Two brands identified are Edu Science Deluxe Forensic Lab Kit and Inside Intelligence Secret Spy Kit.



The federal Consumer Product Safety Commission has known for the past 15 years that crayons and other products marketed for children can contain asbestos, and said that it would "monitor children's crayons to ensure they do not present a hazard," but they have not taken any action.

Children at risk

This inaction is inexcusable to Philip Landrigan, an internationally recognized expert on asbestos. Dr. Landrigan is a professor of pediatrics at New York's Mt. Sinai Hospital and a former senior advisor to the US Environmental Protection Agency. He considers the risk to children to be unacceptable and believes "it's high time the federal government bans asbestos in consumer products."

Decoding Campbell's

In an effort to become relevant to today's consumer (and regain market share), food giant Campbell has announced additional changes in their soups and various other lines.

By 2018, the company pledges to remove artificial colors and flavors from most (not all) of their products sold in North America.

As part of their efforts to regain the trust of the public, Campbell has launched a website that discloses the ingredients now found in some of their food. The description of Campbell's Chicken Noodle Soup is: "Delicious noodles to slurp, warming broth and lots of smiles -- that's what goes into a bowl of Campbell's Chicken Noodle Soup. The soup contains no artificial colors, no artificial flavors and no preservatives."

Not mentioned are the various forms of MSG, genetically modified soybeans, corn and sugar, plus the BPA coating on the inside of the cans.

On their website, Campbell says their **Slow Kettle Style Soup** is "made with patience, not preservatives." It has no artificial flavors, no added monosodium glutamate (MSG), and no high fructose corn syrup, but what it does have are GMO (genetically modified) oils, GMO corn, GMO soy, and GMO sugar beets, plus three versions of MSG, which are listed under the names glutamic acid, natural flavors, and yeast extract.



"Our **Healthy Request** products," according to the company website, "are created by chefs and nutritionists and use herbs, spices, seasonings, vegetables, legumes, whole grains and lean meat to make delicious heart-healthy soups."

In addition to the above, these chefs and nutritionists also use GMO corn or soy oils, GMO sugar beets, and several versions of MSG in their "healthy" chicken noodle soup.



Sweetener in soup

Campbell's is "moving away from" the use of HFCS (high fructose corn syrup), but just in certain products. This will be a challenge if they take the sweetener out of their tomato soup since HFCS is one of the major ingredients. In the Healthy Request version, it is third on the list after water and tomato paste.

MSG and Children

Campbell has announced it will stop adding monosodium glutamate (MSG) to the condensed soups that are designed to appeal to children. But as they have done with their six new organic soups, these new recipes will most likely have various MSG cousins. (See the August *Pure Facts* for information on the organic soups.)

Research links MSG to serious health issues, including brain lesions, nervous system damage, and obesity. It would have been nice if Campbell's had done this decades ago!



A good option

Let's face it, most commercial soups rely on a mix of salt, sugar, starch and MSG. But it's not hard to find real broth, rice or noodles and canned or cooked chicken, plus some frozen vegetables. Sprinkle in some natural seasonings and a bowl of *real* chicken soup can be ready in very little time.

MSG's Many Names

Here are some of the names used to hide the presence of MSG-type additives.

- Autolyzed Yeast
- Calcium Caseinate
- Disodium Inosinate
- Disodium Guanylate
- Flavorings
- Glutamate
- Glutamic Acid
- Hydrolyzed Protein
- Monopotassium Glutamate
- Natural Flavor
- Plant Protein Extract
- Sodium Caseinate
- Sodium Glutamate
- Soy Protein
- Soy Protein Isolate
- Textured Vegetable Protein
- Vegetable Protein Product
- Whey Protein Hydrolysate
- Yeast
- Yeast Extract
- Yeast Food

Questions and Answers about Product Research

Q: How does the Product Research Committee investigate a product?

A: We have a 2-page form asking detailed questions about the ingredients in the product as well as questions about the components of these ingredients. It is how we are able to determine issues like:

- Does the nitrite powder used in cured meats contain red dye?
- Is the vitamin fortification added to a dairy product preserved with BHT?
- Do the "natural flavorings" used in a Stage One product come from salicylate foods?

This may require a lot of work on the part of the company, and many times they simply don't want to be bothered.

Q: Does a company have to tell consumers exactly what is included in their products?

A: No, aside from the ingredients they are required to put on their labels, they do not need to provide more details. But this can be misleading since some packages say "No Preservatives" even though there are preservatives in ingredients used in the product. Generally, the ingredients that appear on labels are only the ones that are added in the last stages of processing.

Q: Why aren't there more of the Trader Joe's products listed?

A: Trader Joe's has filled out our inquiry forms in the past, but unlike most companies, they frequently change suppliers, so it would require continual work on their part.

Q: Why aren't original Cheerios in the *Foodlist*?

A: General Mills is the one major food company that has consistently refused to provide any information to the Feingold Association. This is nearly 40 years of indifference to consumer requests. But Big Food is now seeing that their indifference to the needs of their customers is costing them money in the loss of sales. Maybe this will make a difference.

PIC Alert

All of the Stage One GLEE Gums now contain orange zest in the gum base, so we will need to move the following products to the Stage Two section of the *Foodlist*:

Cinnamon, Peppermint, Spearmint;
Sugar-free Lemon Lime and Refresh Mint.

Annatto

As more companies get rid of synthetic dyes and move to natural ones, we can expect to see an increase in the use of annatto as a coloring agent. But some people report they have a reaction to annatto that can be as severe as their response to petroleum-based dyes.



Annatto is a seed that grows in tropical climates. It can be used as a spice or a medicine, as well as a coloring agent. Annatto can also be added to cosmetics, so sensitive consumers need to avoid getting it on the skin.

According to the American Academy of Allergy, Asthma & Immunology, while there has not been much research on this additive, there have been reports in the medical literature of annatto causing **allergic reactions**.

Depending upon an individual person's sensitivity, annatto can cause a wide range of physical and behavioral effects. So, for the Feingold member who is seeing unexplained reactions, this coloring agent should be high on the list of suspects.

The "E number" for annatto, used in Europe and some other areas, is 160b.

The Feingold Association does not endorse 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.

Alternative medicine techniques have much to offer allergy sufferers

Various plants have shown great promise for reducing the symptoms of asthma and allergies.

A 2012 study from Italy found that **pycnogenol**, an antioxidant made from the bark of the French maritime pine tree, lessened the symptoms of asthma, reducing the need for drugs in 55% of the participants. [Belcaro, 2012, *Panminerva Medica*]

A plant called "**butterbur**" (petasites) has attracted the attention of researchers. The National Center for Complementary and Integrative Health (NCCIH), a part of the National Institutes of Health, described this work.

What the Science Says

An NCCIH-funded literature review reports that in a clinical trial of 125 participants, butterbur was just as effective as commonly used oral antihistamine for allergy symptoms such as itchy eyes.

Several compounds were isolated from the butterbur plant and studied for their effects on allergies and inflammation. The researchers found that these compounds have "suppressive properties for allergic and inflammatory responses and may be utilized as a potent agent for the treatment of asthma."

[Lee, 2013, *J Ethnopharmacol.*]

Just as some plants can trigger allergic reactions, other plants can help ease the reactions.

There are many natural ways to treat allergies and asthma, which include nasal irrigation, vitamins (especially vitamin C), probiotics, herbs, acupuncture, homeopathy, and traditional Chinese medicine. It is important for the allergy sufferer to be under the care of a health professional who will help monitor any side effects.

In addition to certain plants and foods, reactions are often triggered by some of the ingredients in foods, including Splenda, aspartame, sulfur and sulfites, salicylates (aspirin-like compounds that occur naturally in some foods), MSG, and the additives eliminated on the Feingold Diet.

Dr. Feingold believed that most of the reactions people have to food additives and salicylates are due to an intolerance, not to an allergy. He considered them to be "pharmacological" or drug-like responses that were dose-related.



Butterbur

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.

Membership provides the *Feingold Handbook* which includes recipes & two-week menu plan, a national *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and access to our members' Facebook with information and support from experienced volunteers, a Fast Food Guide, as well as a subscription to *Pure Facts*.

For more information or details on membership outside the US, contact FAUS, 11849 Suncatcher Drive, Fishers IN 46037 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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Diet works for this asthmatic child

Lorraine wrote to us about her child's success on the Feingold Diet. "My daughter went from every day breathing treatments, around-the-clock, all the time, hospital visits and steroids to a nearly asthma-free child. Today, if she does eat off diet for a week or so, she will get a cold and it's right back to around-the-clock nebulizer treatments for a week."