

Latta Foresees Subtle Influences From Feingolders



Tim Latta, FAUS Treasurer

This is the third in a series of articles by and about the officers of FAUS. This series is an effort to show the ideas and the direction of those most directly responsible for the progress of FAUS.

My child's reaction to eating a Valentine basketful of hearts saying "I love you" was a new beginning for my family and me.

A crash reading of *Why Your Child Is Hyperactive* following that event five years ago changed our lives in just 36 hours.

Being married to a great leader and organizer who could not resist sharing this new life changing experience, I found myself cooking and folding clothes more often while the Feingold Association of the Northwest grew from a small community group to an organization that has served approximately 5,000 families in the four Northwest states.

My "future vision" is limited, but what I see for FAUS is not a giant force influencing America

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Allergy Skin Test Not Accurate With Food Sensitivities Dr. Feingold Cautions

Many parents have asked about allergy testing to determine their child's sensitivity to certain foods and additives. Pure Facts has asked Dr. Feingold to respond to this subject. His comments are as follows:

Since the reaction to food additives is a pharmacologic mechanism and not immunologic, as in a true allergy, there are no specific skin tests for identification of the offenders.

Some practitioners do resort to skin testing, sublingual testing and various blood studies, but unfortunately, none of these is dependable. We are actually at the level of empiricism, which necessitates clinical trial for identification of offenders.

Skin tests for truly allergic or immunologic conditions are reasonably reliable for pollen identification when properly performed. Skin tests for environmental inhalant factors, part-

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BREATH NEW LIFE
 AND HEALTH INTO
 YOUR SCHOOL'S
 LUNCH PROGRAM
 WITH INFO FROM THE
 JUNE EDITION OF
PURE FACTS.

Inroads Being Made To Provide Dietary Effects On Nervous System

The effect of dietary elements on the nervous system is being recognized as a critical concept in toxicology much to the credit of Dr. Feingold's research, says Thomas J. Sobotka, neurobehavioral toxicology team leader for FDA's Bureau of Foods.

At the Annual Winter Meeting of the Toxicity Forum, Sobotka noted that many experimental

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Consumers Union Applauds Lucky Charms!

Consumers Union recently came out with a sort of Best of the Worst report on cereal in their February issue of *Consumer Reports*.

With questionable judgement they pronounced such modern marvels as Lucky Charms (41% sugar) Craklin Bran (30% sugar) and Honey Nut Cheerios (33% sugar), "best in nutritional value" because a cage full of hungry rats devoured them lock, stock, sugar and BHT yet seemed to thrive.

For shame CU! May the Blue Bird of Nutrition leave an offering in your cereal bowl. And may you come up with a better way to judge nutritional value.

or the world with media splashes, heavy influence in Congress, or dramatic research.

Rather, we will be the revolutionary fighters, popping up from behind the small cottage doors, keeping industries off balance and looking for a better way to sell their products, and influencing the medical community with the results of changed lives.

Let me quote from a recent letter from a medical school professor: "My patients' parents ask me many questions about the Feingold diet, and its advantages and values. In order to better inform my patients I would like to hear from you."

He did not take time to write because he wanted to read more documentation; he wrote because he is seeing lives change and wants to know why.

I hope that FAUS will never forget its roots, that is, the locals. FAUS is an organization brought into being in order to help the locals share Dr. Feingold's life-changing discovery.

FAUS's strength is not its own might, but the maturity and organization of the local groups. Out of that strength will come a respect for Dr. Feingold's message as presented by FAUS.

Another hope is that Feingold parents who hold influential positions in their companies and their communities will begin to exercise that influence on behalf of their companies' employees.

What happens to employees' production thirty minutes after they have had their coffee and donut? What about stress management via nutrition?

Feingolders can be subtle leaders in many environmental areas while being open and articulate on the issues of good nutrition and food additives.

Tim Latta
Treasurer, FAUS

icularly for animal danders (usually labeled as hairs) are dependable if properly performed with reliable extracts.

Food allergy tests are quite controversial. The difficulties and confusion arise from the absence of precise knowledge regarding the immunological response involved. This has not yet been clarified and must await many more years of meticulous and expensive research.

After almost forty years in the practice of allergy I have abandoned skin testing for food allergy. I am aware that references appear in the literature supporting skin tests for food allergy; however, the leading allergists of the country are abandoning the procedure. They agree that for the present, identification must rely upon empirical clinical trials.

There are a limited number of foods for which skin tests may be reasonably reliable, as for example, egg white, castor bean, fish and shellfish. However, for such individuals the patient's history will reveal the sensitivity so that testing is not necessary. Actually, for individuals who are known reactors to egg white, castor bean, fish or shellfish, skin testing is contraindicated, since the procedure could be hazardous and precipitate a life-threatening reaction.

Ben F. Feingold, M.D.
Chief Emeritus, Department of Allergy
Kaiser-Permanente Medical Center

laboratories are studying the neurobehavioral effects of synthetic dyes and other dietary chemicals and while the Feingold hypothesis is difficult to test, studies are turning up evidence in favor of the hypothesis.

He does note that no conclusion can be made at this time but that at least it is being studied seriously.

Dear Editor:

Just received my copy of *Pure Facts* and went through the floor when I read in the section 'Roanoke Wants You To Try' - a recipe for Squash Preserves. In it they put '1/2 gallon of sugar'. WOW. This is one ingredient you people have always been against and from my readings on the Feingold Diet it is one of the worst foods for human consumption. You have advocated the elimination of this product and now you print a recipe that is overflowing with this product -- a significant cause for hyperactive individuals.

Seymour Mirhowitz
Norristown, PA

I have received other comments on this recipe and would like to point out that the Feingold Association does not advocate the elimination of sugar, but does recognize that too much sugar can trigger hyperactive behavior. Each person's tolerance must be determined. The squash preserves recipe did have a half gallon of sugar but that was added to a gallon of squash. Most preserve recipes call for equal amounts of sugar and fruit. So the sugar content in this recipe is about half that found in other recipes. The recipe was for an abundant supply (making approximately 16 half pints).

The recipe was submitted by the Roanoke chapter as an answer to the limited variety of preserves and jellies available to its members after salicylates are eliminated.

PURE FACTS

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Pure Facts is published monthly, except for a combined July/ August issue, by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$15 elsewhere. Additional contributions gratefully accepted.

All correspondence, subscriptions, renewals and change of address notifica-

tions should be sent to: *Pure Facts*, 2087 G Tucson Ave., Andrews AFB, Maryland 20335.

Portions of the newsletter may be reprinted provided *Pure Facts* is sighted as the original source.

To find the location of the nearest Feingold Chapter or obtain general information about FAUS, write to: Feingold Association of the United States, Inc., Drawer A-G, Holtsville, N.Y. 11742.

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CAMPS



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The following camps have been researched and found to be dietarily safe for Feingold kids (any exceptions are noted). We hope this is the beginning of an extensive list of safe camps--camps which you as Feingold parents will bring to our attention through your referrals. While the following camps have not been personally visited by the editor, research indicates that the food served is in accordance with the Feingold diet. We leave approval of individual camps and further scrutiny up to each family.

SUMMIT CAMP PROGRAM

(Honesdale, PA)
Mayer A. Stisking, director
339 North Broadway
Upper Nyak, N.Y. 10960

8-week program (June 26-Aug. 20)

COST: \$2,300 AGES: 6-18

ORIENTATION: meeting the needs of children and young adults with special needs through therapeutic recreation.

ACTIVITIES: sports, academic remedial education, pre-vocational education, arts and crafts, nature study, dramatics, music.

DIET: a natural foods cuisine eliminating any refined sugar, chemical preservatives or food coloring.

Note: they also have a travel program that would not be suitable for our kids.

CAMP NORTHWOOD

(Remsen, N.Y.)
Jim & Kristy Rein, directors
10 West 66th St.
New York, N.Y. 10023

7-week program (July 1-Aug. 18)

COST: \$2,400 AGES: 7-16

ORIENTATION: geared to children with learning disabilities and those classified as under-achievers--activities geared toward development of academic, social and physical skills and a positive self-image.

ACTIVITIES: sports, drama, filmmaking, dance, sailing, animal care.

DIET: no preservatives, sugar, synthetic colors with the exception of breakfast which includes commercial whole grain cereals. Directors note

they accommodate any diet and have worked well with Feingold kids.

WORLD COMMUNITY GROUP

c/o Debbie Friedman or Mira Behrens
Rt. 4 Box 265
Bedford, Va. 24523

2 3-week sessions (June 27-Aug. 9)

COST: \$600 per session AGES: 8-15

ORIENTATION: a program of recreation, leadership training and intercultural experience.

ACTIVITIES: international crafts, photography, organic gardening, non-competitive games, carpentry, waterfront program, meditation and self-awareness exercises.

DIET: lacto-vegetarian, all natural. Founder has been working with hyperactive children through a nutritional approach for ten years.

GOTACH POSITIVE TRAINING CAMP

7051 Poole Jones Road
Frederick, Md. 21701
8 1 week sessions (July 6-Aug. 29)

COST: \$250 per session AGES: 5-19

ORIENTATION: Dr. Nicola Tauraso, founder and director of Gotach (Go take charge) Center for Health, a holistic health facility, guides children to become positive thinkers using the philosophy outlined in his book, *Awaken The Genius in Your Child Through Positive Attitude Training*.

ACTIVITIES: meditation, classes, swimming, horse-

back riding, gardening, nature trailing.

NORTH SHORE DAY SCHOOL

Barbara Brundige, director
Crescent Beach Road
Glen Cove, N.Y. 11542

4, 6 or 8-week session (June 23-Aug 14)

COST: \$545-\$797-\$910 AGES: 9-13

ORIENTATION: gives campers an opportunity to depart from the regular schedule of a younger child and concentrate daily on a few activities.

ACTIVITIES: sports, art, drama, field trips, picnics and cook-outs.

DIET: director is a Feingold mother who says, "A Feingold child can eat here with no problem."

Y.M.C.A. CAMP

27 Sudden St.
Watonsville, CA 95076

1 week (Aug. 17-21)

COST: \$75 (est.) AGES: 7-13

ORIENTATION & ACTIVITIES: general camping.

DIET: strictly Feingold.

CAMP LATIEZE

(Manton, CA)
Ruth Frazier, director
1931 N. Bechellii Ln.
Redding, CA 96002

1 week (June 14-20)

COST: \$125 AGES: 7-14

ORIENTATION: special ed./hyperactive campers as well as general campers.

ACTIVITIES: general camping.

DIET: strictly Feingold.

HINT: PREPARE FOR NEXT YEAR. TAKE TIME THIS SUMMER TO VISIT CAMPS IN ACTION

Chapters Report:

...The husband of a board member brought in a label from a pair of shoes he bought. It said "All-leather casuals -- NO ARTIFICIAL INGREDIENTS." It can only be supposed that these shoes are especially made for people who are constantly putting their foot in their mouth.

---Feingold Assoc. of Philadelphia and Surrounding Counties

...How expensive is the Feingold diet? Aided by the University of Missouri Extension Service, Missouri members compared the cost of maintaining a Feingold kitchen to non-Feingold eating. They found that about 20% of the gross income for an average family of four was spent on food. Surveying

veteran, four-member Feingold families they determined that approximately 17% of their gross earnings was spent on food. Chalk one up for Feingold.

---Feingold Assoc. of Missouri

What is FAUS?

The Feingold Association, founded in 1975, is a volunteer, non-profit organization made up of parents and interested professionals dedicated to improving health and behavior of hyperactive/learning disabled children, and similarly affected adults, through the Feingold Nutritional Program. This program is based on the elimination of synthetic colors, synthetic flavors, BHA, BHT and naturally occurring salicylates from our food supply.

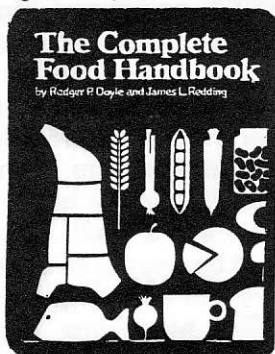
M is for monosodium glutamate (MSG). The monosodium salt of glutamate acid, one of the amino acids. Occurs naturally in seaweed, sea tangles, soybeans, and sugar beets. Believed responsible for the so-called 'Chinese Restaurant Syndrome' in which diners suffer from chest pain, headache and numbness after eating a Chinese meal.

A is for anisole. A synthetic agent with a pleasant odor used in licorice, root beer, sarsaparilla, wintergreen, and birch beer flavoring. Used also in perfume.

Y is for yucca. A natural root beer flavoring from a southwest U.S. plant used for beverages, ice cream, and ices.

Book Review: The Complete Food Handbook

by: Rodger P. Doyle and James L. Redding



The Complete Food Handbook is a well of food-related trivia. Did you know that garlic should be stored away from onions and potatoes? Or that ice cream is one of the most adulterated products available? (Over twelve hundred different stabilizers, emulsifiers, neutralizers, artificial flavors and artificial colors can legally be used in its manufacture.)

Such facts as: the principal method of preserving ham was invented by a New Zealand embalmer, abound through the pages.

The Complete Food Handbook is so jam-packed with statistics and little known information (at least little known to the average food buyer) that it is fascinating to read. Feingolders must be cautious, though, since the book cannot replace the 'pure foods list'. For instance, there is no mention of BHT on the packaging of Pepperidge Farm cookies or Breyer's ice cream, but a lot of good information can be found between the covers.

PURE FACTS

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