



Pure Facts

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FAUS Conference Held in San Francisco



Dr. and Mrs. Feingold discuss FAUS goals with national Feingold Association officers and Regional Directors.

FAUS officers and Regional Directors met with Dr. and Mrs. Feingold in San Francisco for an October development session.

As 1st Vice President Bi Thompson put it, "We discussed and debated, challenged and explained as we explored our various points of view. We heard ourselves *being* our organization. This vital communication resulted in new understanding. We clarified our organizational purpose, realized the importance of a goal-directed program and recognized that agreement is possible and necessary."

An outline of specific conclusions resulting from the conference will be given in an address from the president, Jane Hersey, next month. ■

**NEXT MONTH:
"Help, Grandma's
Giving Him A Twinkie!"**

Handling Reactions On The Feingold Program

Even the most conscientious Diet planner runs up against a reaction that seems to come from nowhere. Just when you're euphoric with the feeling of sweet success and the rewarding company of your "new" child, it happens. What do you do?

The first step is to examine your "diet diary"—your daily list of food consumed by your child. Is there a pattern to the reaction? Check for a food consistently appearing on problem days.

If you are still in Stage I of the
cont. on page 4

Cleveland Pediatrician Warns Of 'Junk Food Phenomenon'

A Cleveland Clinic pediatrician says he fears many youngsters are gorging themselves on high-calorie "junk" foods and beverages that could overload their systems and affect their behavior.

Dr. Derrick Lonsdale says some behaviors frequently accepted as typical of teenagers

really might be symptoms of what has become popularly known as "the junk food phenomenon."

Lonsdale calls it marginal malnutrition. He says it is a hidden problem that probably affects a lot of young people.

The results can include a wide variety of functional symptoms
cont. on page 2

Junk Food, continued from page 1

ranging from headaches to personality changes, Lonsdale said in an interview.

"I think it's going unrecognized," Lonsdale said. "I think it's being treated as neuroses, nervousness, just plain bull-headedness or, 'It's his personality, you know, he's growing up.'"

The problem actually might be one of a diet tipped seriously out of balance by "junk foods," said Lonsdale, who heads the biochemical genetics section at Cleveland Clinic's Center for Children and Youth.

"I'm referring particularly to what dieticians and nutritionists call naked or empty calories," he said, "the high-carbohydrate foods which don't contain any vitamin or mineral supportive qualities at all."

"I really believe that the most dangerous aspect is the high-calorie drinks they're taking, the carbonated beverages, things like powdered sweet drinks, the fruit drinks," he said.

"All of these things are being taken by a number of children and adolescents in absolutely fantastic amounts," Lonsdale said. "I think the record I've seen was 98 gallons of cola in two months."

Added to that, he said, is the wide assortment of generally sweet "filler foods" — snack items and candy that fill grocery store shelves and many cupboards and refrigerators at home.

"I think the problem is that kids are hungry, and that's a normal phenomenon. They should be," Lonsdale said.

"But they come home from school, they indulge this natural taste for sweet things," he said. "Everybody's telling them there's no danger attached to this fast energy."

There is a danger, Lonsdale said.

"Scientifically, we have

reason to believe that this approach to diet is changing the balance of neurological transmission, which is the hallmark of the function of the brain and the central nervous system," he said.

"It means that the quality and the quantity of nutrition can change your behavior. That's the bottom line."

In addition to the excessive intake of calories, he said, youngsters whose diets bulge with junk foods don't get the vitamins and minerals needed to allow the body to properly burn up what is being eaten.

"They're getting a discrepancy between the calories they take and the vitamins and minerals that should support them in order to carry out the oxidating process," he said.

"The process is very much the same as an internal combustion engine which uses a spark plug. If you have a high calorie intake and a poor spark plug, you're going to choke the engine."

Lonsdale published a paper for the American Journal of Clinical Nutrition last year in which he described 20 patients with "marginal malnutrition" and labeled junk foods as a factor in many of the cases.

Lonsdale said patients he has treated have exhibited symptoms such as hyperactivity, headaches, trouble in sleeping, chest pain, nervousness, vomiting and rude and aggressive behavior.

The behavior can be extreme, Lonsdale said. *cont. on page 5*

One Tainted Tomato Cum'n Up

Every so often someone says or does something so incredible that it cannot be allowed to slip by without just acknowledgment.

It is for those people and their actions that *Pure Facts* has created a most dubious award: "The Tainted Tomato."

At this time we feel it is fitting to bestow a "Tainted Tomato" on Colorado's U.S. Fish and Wildlife Service official Harvey Miller to honor his profound statement, "I'm going duck hunting and if I get a bird, I'm going to eat it."

You might remember that Mr. Miller uttered those wise words in response to an Environmental Protection Agency's warning that game birds migrating from Montana could be carrying up to four times the allowable federal level of endrin—an extremely toxic chemical spray used this summer by Montana farmers to combat the cutworm.

Here, Mr. Miller. We honor you with our lowest award. Oh, yes. And enjoy your dinner! ■



PURE FACTS

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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.

Good Cheer And Good Food To All This Holiday Season

Whether you will be celebrating Hanukkah or Christmas this month it will be a busy holiday season guaranteed to lift the spirits and drain the stamina, with gift shopping, cookie baking and helping Suzy write long letters to Santa.

If you maintain the Diet without giving in to the overwhelming temptations presented by the holiday season your chance for a delightful family experience is increased ten fold.

You might want to check with your child's teacher to find out what is planned as far as holiday parties so you can make sure your child will have something that's fun to eat too.

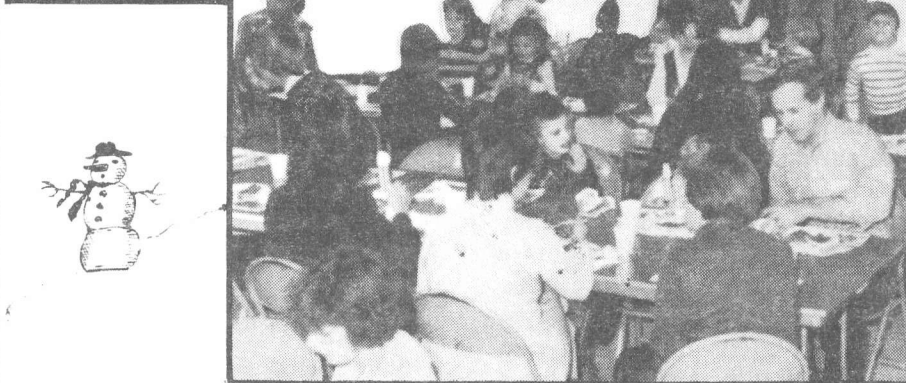
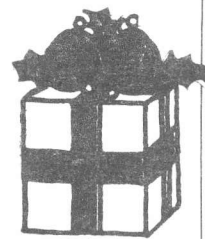
When treats are passed out for school parties many children find it easier to accept it and bring it home where Mom can go through an exaggerated show of throwing the evil thing away, as she grasps her heart or gags. A little humor helps a lot. If this doesn't work try financial bribery.

If you have not provided something for your child to eat with the others the temptation to cheat on the Diet is much greater.

If the school party is just too much for your child to attend without feeling different you might consider keeping him home that day and making fancy cookies or finishing off some holiday shopping or making some special decorations. Stringing cranberries and popcorn is messy but still as much fun as ever.

When you are decorating avoid the scented candles or bayberry room sprays as these could cause a reaction with a sensitive child.

But most important of all, remember Christmas or Hanukkah isn't candy canes and other



Parents and children from the Feingold Association of Northern Maryland enjoy their annual breakfast with Santa.

junk foods. It's caring and sharing and the Feingold Diet is just a natural part of the festivities.

How To Stuff A Stocking

Santa is a very flexible fellow and he's learning that his old standbys like candy canes and candy apples aren't really good for children, as you Feingold Moms and Dads already know. These empty calorie, food dye treats aren't brought to homes of people who care about good health and who want their children to feel good.

Instead he stuffs stockings with shiny pears, nuts, bags of popcorn and homemade candies made by Mrs. Claus herself. The elves contribute their favorite pencils, tiny cars,

pocket games and miniature stuffed animals to plump out the stocking before they sprinkle it with holiday magic.

One of Mrs. Claus' favorite stocking treats is caramel corn. The recipe follows:

Caramel Corn

2/3 cup popcorn kernels
Unsalted peanuts or other nuts
Sunflower seeds
1/2 cup pure honey
1/4 cup water

Pop corn and mix in nuts and seeds using a large bowl. Combine honey and water in small, heavy saucepan and boil until soft ball stage, about 235°. Immediately pour syrup over popcorn mixture and stir well to coat. When cool, wrap in plastic wrap or keep in an air tight container.

Reactions, continued from page 1

Diet (no salicylates) check to make sure you aren't using a salicylate by accident. If you are in Stage II of the Diet, perhaps your child isn't as salicylate tolerant as you assumed. See the November *Pure Facts* for a discussion on salicylates.

Sometimes you can't see the forest for the trees, as the saying goes. That's why Diet Assistants are part of every Feingold chapter. The Diet Assistant is an experienced parent who is accustomed to taking frantic calls from desperate people.

The newcomer to the Feingold Program is bombarded with information which is impossible to absorb immediately and much learning is through mistakes.

Hearing the monthly discussions at Feingold chapter meetings and working closely with a Diet Assistant when a problem arises can cut these problems down considerably. Many times someone else can point out an infraction you have been overlooking.

When you went on the Feingold Diet you were told that pediatric medications were dumping grounds for artificial flavors and colors, but sometimes a child, who wasn't on any medication when started on the Diet will be given an antibiotic or decongestant later on and the parents, forgetting the warning, are left pulling their hair out.

Remember that even Ritalin in the "white" tablet is artificially colored and can cause failure with the diet.

Dairy products can also be stumbling blocks since few companies list all the ingredients on the label. This is lawful as long as they only use ingredients allowed and listed on the "standardization code" set up by the Food and Drug Administration for that particular product.

Oral Roberts University Assists Students On Special Diets

The FAUS School Foods Information Committee has received the following letter from Oral Roberts, founder of Oral Roberts University:

"Thank you for your inquiry concerning the diet we have available for our students.

Our food service is provided by a private commercial food supplier. If a student needs a special diet, the food service works with our campus physician, who prescribes a particular diet on an individual basis." ■

Unfortunately, the consumer has no idea what ingredients the code allows and believes that the ingredients listed are a complete list of what is in the product.

For example, it is difficult to believe that a nice fresh chunk of cheddar cheese with a label showing blue skies and a contented cow has anything more than the milk and enzymes they list. While, in fact, if the cheddar is orange it does have artificial coloring.

The manufacturer isn't lying to the consumer, he's just choosing to omit listing ingredients which might not meet with approval by the buyer. If listing artificial coloring offends us, well our good buddy the manufacturer just won't tell us it's there. And he is perfectly within the law to omit it.

How about reactions from non-food items? Did you realize that much of what is applied to the skin eventually reaches the blood stream and is carried to all parts of the body, including the brain? That grease paint at Halloween could be as bad as the Milky Way you wouldn't let him eat.

Inhalants can also cause havoc with the body's nervous

system. The perfume in your daughter's bath oil, the fresh paint in your son's room, the new tar roof being applied to the school, have all been found to cause a reaction with some children and could possibly cause one with your child.

Feingold parents and others on the Diet need not be modern day Sherlock Holmeses but they learn to become very efficient sleuths who almost automatically know what products to be cautious with and what situations (smokey fireworks exhibits, for example) to avoid.

But they can't do it alone, without the help of their local Feingold chapter. One of the most useful benefits the local chapter offers is the "Safe Foods List"—a list of specific products which adhere to the specifics of the Feingold Program and which can be found in your area.

Despite the dairy industry's claim that "milk is a natural" some dairies add synthetic flavorings and preservatives and most pre-packaged breads contain a witch's brew of chemicals. Therefore it is essential to have the chapter information on what products are safe in your area.

For those who have tried the Diet without the information supplied by a local Feingold chapter and have succeeded, it is nothing less than a miracle.

Labels are misleading or down right deceptive and many manufacturers list only the ingredients they put into the products and don't list such things as, for example, preservatives put in by the shortening manufacturer before they bought the shortening to make cookies.

Manufacturers don't ask what has gone before in the product's production but the Feingold Association does and without that information, attempting the Diet can be very frustrating and usually results in failure. ■

FDA Grants Permanent Status To Three Synthetic Colors

According to the *FDA Consumer Update*, that organization has granted permanent status to caramel as a color additive for general use in cosmetics. It has been used until now as a provisional additive.

The FDA has also ruled that D&C Orange No. 10 and D&C Orange No. 11 now have permanent status as color additives in externally applied drugs and cosmetics.

It seems that the FDA is ignoring the fact that substances rubbed, splashed or poured on the skin are absorbed and carried to the blood stream. Therefore, there is no such thing as a completely external drug or cosmetic.

Shampoos, hand creams, makeup bases and all cosmetics and over-the-counter medicated creams, usually list ingredients. Take time to read them and shop critically. ■

Turning PCBs Into Table Salt

Turning straw into gold is one thing but turning the cancer-causing substance PCB into table salt is quite another.

Although the Environmental Protection Agency banned further manufacturing of polychlorinated biphenyls (PCB) in 1978, disposing of the existing environmentally harmful substance has been a major problem.

The Franklin Institute Research Laboratory, Inc., has been given a go ahead by the EPA to mix modified sodium salts of polyethylene glycol (NaPEG) with the PCBs, heating them to slightly above the boiling point for water. The sodium then strips the chlorine away

Will The Real Cheese Please Stand Up

Could you tell the difference between cheese and a synthetic imitation? A taste test was conducted last month at the Seventh Annual Dairy Council's Food and Nutrition Conference in Towson, Maryland.

Guests to the conference were asked to taste two different kinds of cheddar "cheese" and two different kinds of orange "juice", noting which of the two they preferred.

The catch was that one "cheese" was real cheese while the other was imitation, and one orange "juice" was pure orange juice while the other was a synthetic concoction (Tang).

The winners: The Real Thing. But only by a small margin. Considering the fact that the seminar was attended by nutritionists and people working in the food industry, it is disappointing to have real cheese and orange juice only squeak by their space-age opponents.

Could this indicate that manufacturers are succeeding all too well with their imitative science, making it impossible for concerned people to be able to eat a healthy diet?

These results magnify the importance of strict labeling laws for the good of all conscientious consumers.

George Briggs (professor of Nutrition at the University of California at Berkeley): "It is a nutritional step backwards to dilute our food supply with low nutrient, imitation food."

No. 1 Gift For Any Occasion

What better gift than an autographed copy of *The Feingold Cookbook for Hyperactive Children* autographed by our two favorite authors, Dr. and Mrs. Feingold.

If you act quickly you might get your copy in time for the holidays. Send \$10 plus 50¢ postage and handling to:

FABA
P.O. Box 596
San Carlos
CA 94070

from the PCBs leaving sodium chloride, also known as table salt.

It is this reporter's understanding that the PCB/sodium chloride will not actually be turning up on the supper table but, in light of all the unbelievable products that do make their way there, it certainly won't hurt us to keep our eyes open and our skepticism alert. ■

Junk Food, continued from page 2

"One kid put his fist through a plate glass window," he said. "Another actually dove through a plate glass window."

Lonsdale traces the "junk food phenomenon" to the fact that "we simply don't sit down to family meals as civilized people. It's catch as catch can."

Many teenagers skip breakfast and may or may not eat lunch — which in many cases is simply loaded with "empty calories" anyway, Lonsdale said. Some even skip a well-balanced evening meal, he said.

"They're using their own taste buds, if you will, to guide them in what they eat," Lonsdale said.

The solution is simple, he said — a well-balanced diet, with a vitamin supplement if necessary.

"Get rid of the damn junk food," he said. "If you catch it and recognize it for what it really is, it's readily reversible. In other words, it's eminently treatable, and it doesn't require one aspirin even." ■

Chapters Report

When a first grader asked his mother why Daddy brought home a briefcase full of papers every night his mother explained, "Daddy has so much to do that he can't finish it all at the office. That's why he has to work at night." "Well," suggested the child helpfully, "why don't they put him in a slower group?"

--F.A. of Beamsville, Ontario

If you're looking for a corn syrup substitute here's a good one:

2 cups sugar
1 cup water
1/8 teasp. salt
1/8 teasp. vinegar

Cook until 242° is reached on candy thermometer. Cool. Store in refrigerator.

--F.A. of New York

Sanford Miller of the Food and Drug Administration in Washington, D.C., has recently reported to Dr. Feingold that the FDA is researching ways to test for behavioral toxicity in adults and children. Even though this is in the beginning stages, we feel that this is a major milestone in gaining awareness from the agency which directly controls the food industry.

--F.A. of the Bay Area
(California)

Additive Hotline

Products containing **sodium benzoate, propionate, sulphur dioxide** and **EDTA** are **not automatically eliminated** by the Feingold Program but they could cause adverse reaction with unusually sensitive individuals.

* * *

Eggo Buttermilk Waffles (by Mrs. Smith's Pie Company) are **not approved**.

* * *

Sippity Nonfat Yogurt (manufactured by G. B. Seely's Son, Inc.) is **approved conditionally**. Salicylates (cherries, berries or peaches) are present. Also there is uncertainty about corn syrup being present.

What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, non-profit organization comprised of parents and interested professionals dedicated to improving the 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, TBHQ and naturally occurring salicylates from our food supply.

D is for **diet diary**. The daily list of food, drink, medications or anything ingested by your child. Daily appraisals of activity levels and cooperation should also be noted in the diary. It is a very necessary item for pinpointing adverse reactions to offending substances.

E is for **emulsifiers**. They evolved in the 1940's as a substitute for natural shortenings. Emulsifiers are not excluded from the Feingold Program because there is no indication, as yet, that they cause behavior disorders, but most nutritionists are concerned with the use of emulsifiers because of evidence linking them with bladder cancer.

C is for **calcium propionate**. A mold inhibitor. It has been suspected as a cause of disturbed behavior in some children. This is a chemical to consider if the Diet has not been successful. However, since it is not one of the more common causes of behavioral disturbance, its routine elimination is not recommended.

Last Call . . .

. . .for the perfect holiday gift. The boat is leaving, the goose is flying. Quickly, send your subscription order for 1 year of *Pure Facts* (along with a nominal check for \$12).

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