

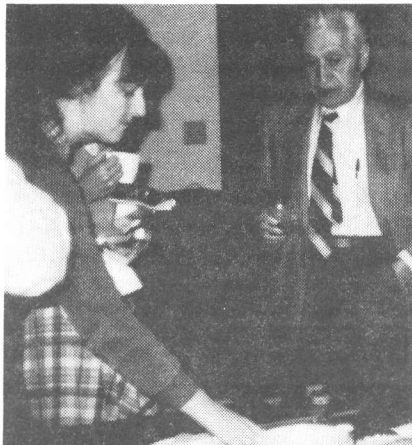


# Pure Facts

Vol. 6 No. 1

January, 1982

## FAUS To Concentrate On Better Utilization Of Volunteer Time



FAUS President Jane Hersey and Dr. Feingold taste foods approved for the Diet.

Amid good food and good company, FAUS officers and Regional Directors met in San Francisco in October to formulate goals and policy which will direct the association and its activities.

Much of our effort during the coming months will be aimed at freeing up precious volunteer time by reducing some of the duplication of effort. Materials are being developed which can be put to practical use. Some will assist Feingold officers in publicizing, running, and expanding their association; other projects will enhance the information and services provided to members.

Materials now available include: a 50 minute VHS videotape of Dr. Feingold describing his hypothesis and

*cont. on page 3*

## Study On Hives Adds Credence To Feingold Philosophy

*The following is a synopsis of a study by Lennart Juhlin (Recurrent Urticaria: Clinical Investigation of 330 Patients, British Journal of Dermatology, Vol. 104, pp. 369-381, 1981. The synopsis is based on a review of the article published by The Lancet (August 1, 1981, p. 235) and is provided to Pure Facts by Ruth Aranow, a lecturer in chemistry at The Johns Hopkins University and a member of the FAUS Research Committee.*

Lennart Juhlin of Uppsala reported on a clinical investigation of 330 patients with either recurrent hives (urticaria) or a combination of recurrent hives and angio-edema (a disorder with localized swellings on the trunk, limbs, genitals and larynx.)

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## Dairy Council Alarmed With Increasing Number of "Fake" Foods

The Dairy Council of Upper Chesapeake Bay - a subsidiary of the National Dairy Council, recently held its Seventh Annual Food and Nutrition Conference in Towson, Maryland, where many statements were heard supporting the ideal of food free from adulterating synthetic additives and decrying the sorry state of rapidly increasing pro-

duction of "fake foods."

Ronald McNally, an assistant director for the National Milk Producers Federation voiced concern that, "You can have 90% fake cheese on a pizza and the manufacturer can still call it a cheese pizza."

Showing a slide of a Chef Saluto frozen pizza box (a prod-

*cont. on page 3*



L. Robert Lake (left) and Ronald F. McNally (right) take orange juice taste test at Dairy Council Conference.

## HELP—Grandma's Giving Him A Twinkie

"Grandparents are allowed to spoil their grandchildren," Grandma says as she slips the wrapper off a soft inviting cake roll and hands it to your elated child. "And besides, one small one won't hurt him."

Who among us has not been thrown into that emotional tug of war with relatives who truly mean well? It's one of the hardest hurdles in maintaining the Diet.

One of the simplest ways to handle it is to explain, before the visit, that you have discovered that your child has an allergic reaction to certain chemicals now added to food. Chemicals which were not part of Grandma's food supply when she was young.

Although this explanation is not entirely accurate (it is not an allergic reaction but an interference with the brain's transmitters) the allergic explanation is more easily understood.

Everyone is familiar with the violent reaction some people have to bee stings or cashews, for example, and they would hate to be the one to cause that kind of a problem.

This explanation works well with teachers too. The teacher who "rewards" her students with brightly colored candies is doing so to give them positive reinforcement. But, if she thinks there is a possibility of causing an allergic reaction, she would probably be afraid to take the chance, even if she thinks you don't know what you're talking about.

Safe candies can be provided to the teacher to give to your child as a reward if she or he insists on giving candy and safe snacks can be taken to Grandma's house so she has a stash to choose from. Some literature explaining the Diet or an impartial newspaper article on it

should be included if you think the person is at all susceptible to reason.

If all the nice ways of gaining cooperation fail, the final solution has to be eliminating visits to those relatives. Let them know that you can no longer visit some of your friends because of the terrible reactions your child has after eating the junk they pass out.

If your relative doesn't take the hint, gently lower the boom. "Aunt Louise, we really enjoy our visits here but we need your cooperation to ensure that Eddie can live a normal life. Until we know that he can visit here without being given snacks that result in his suffering, we cannot come back." And stick to it.

If your child were diabetic you would not allow them to overload him with sugar and they probably wouldn't try to. You must show them you are serious, you are unswerving, and you are very concerned about your child's welfare. They don't have to agree with you, they just have to cooperate.

It might take a while but if you lay down the law with concern and not anger and do not give in, they will take you more seriously.

They do not see your son climbing the drapes at midnight after a visit with their indulging Grandma or frantically grabbing his painfully cramping legs after eating all the candy canes off

*Hives, continued from page 1*

Some of the individuals proved to be sensitive to chemicals to which they were exposed at work. More than a third had a history of allergy and just under a third had side effects from drugs, the most common offenders being penicillin, aspirin and sulphonamides.

Some patients felt their hives became worse when they consumed certain foods (fruits, vegetables, nuts); others when they were exposed to heat or did exercises. Sixteen percent of the patients exhibited mental symptoms. Abdominal symptoms were also common and linked to the occurrence of the hives.

Juhlin performed provocation tests (in an attempt to provoke a reaction) with food additives (azo-dyes, benzoates, BHT, BHA, sorbic acid, quinoline yellow, carotene, canthaxanthine, annato and sodium nitrate).

One third of the patients showed one or more positive reactions. There are great difficulties in evaluating provocation tests: the threshold for response varies considerably from test to test. The tests are

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Uncle Paul's Christmas tree. And they won't be responsible when his "boyish antics" land him in a juvenile detention center.

You are responsible. And that responsibility dictates that you cannot give in. ■

### PURE FACTS

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Hives, continued from page 2

time consuming and best done on inpatients.

In the review of Juhlin's paper, reported in *The Lancet*, it was concluded that elimination of azo-dyes, salicylates and preservatives from the diet was "worth a try" with patients with recurrent hives and that it was prudent to prescribe an antihistamine free of dye.

Ms. Aranow adds the following comments:

Blood flow to selected local areas is under the control of the brain (Learning of Visceral and Glandular Response by Neal E. Miller, *Science*, Vol. 163, January 31, 1969, pp. 434-445). Therefore, hives could be under the control of the brain. In other words, they could be the result of erroneous signals coming from a brain under assault from incompatible chemicals. This is a condition similar to the inappropriate behavior exhibited by chemically sensitive people after ingesting synthetic dyes, preservatives and salicylates.

The difficulties of provocation test interpretation, encountered by Juhlin, are reminiscent of the problems encountered in tests on the Feingold hypothesis. Juhlin observed that, for example, 50 mg. of aspirin might provoke a response one time, but 1,000 mg. of aspirin might be necessary the next time.

Hives are a symptom much easier to detect than hyperactivity. There is a lesson here that ought to be learned by those designing the experiments on the Feingold hypothesis.

The conclusion reached in *The Lancet*, that avoidance of chemicals is "worth a try" in patients with urticaria, parallels the conclusion reached by Feingold members that the elimination of hyperactivity can be obtained by the avoidance of these same chemicals. ■

Dairy, continued from page 1

uct which has imitation cheese as its major component) he noted that most frozen pizzas have no more than 40% real cheese, leaving 60% to be synthetic concoctions. This is perfectly legal under present laws since even a 60% synthetic cheese pizza meets the loose requirements for the standard of identity for pizza. That is, it contains some amount of dough, tomato and cheese.

McNally pointed to the dairy industry as one of the hardest hit by the increasing use of "fake food". He noted that in 1940 the average person consumed about 14 pounds of butter a year but that with the emergence of the non-milk margarines, which incidentally are loaded with synthetic extras, the average has dropped to four pounds per year.

McNally blasted the new "food" Pizza Mate (an imitation mozzarella "cheese") noting that a comparison of wrappers would make it seem that the synthetic blob is more nutritious than the real thing because the FDA has ruled that nutrients below 2% of the daily requirement do not have to be listed on the wrapper.

In reality real mozzarella contains 18 such unlisted nutrients yet simple label reading does not reveal this and consumers could be led astray.

Dr. Robert Katz, assistant

Volunteer, continued from page 1

diet in detail; a hospital pamphlet with tips on how a Feingold family can get "safe" food in a hospital; "Here's How" - a booklet suggesting what the interested member can do to publicize the program in his area; and "Focus on School Foods" - a booklet of background material to provide greater information on the problem of food additives. Your local Feingold association can pro-



Ronald F. McNally in discussion with conference guest.

director of the Division of Nutrition Research for the National Dairy Council said, "One of the more serious flaws in the law that governs the FDA is that it limits us from dealing with nutrition. We have no specific authority in the area of nutrition."

Explaining the FDA's ruling on imitation foods, Robert Lake, chief of regulations coordination for the FDA said, "The basic law allows the manufacturer to make and sell something that has no nutrition whatsoever, as long as they call it imitation.

He went on to explain that the FDA is legally limited to two areas: insuring the safety of products and preventing any misleading labels. "But," he added, "we are open to suggestions on how to change the basic law to include nutritional considerations", hinting that if enough interest was shown the law could be changed allowing the FDA to also concern itself with nutrition. ■

vide information on costs and how to obtain these materials.

Three of FAUS's special committees have been established for the purpose of increasing services for our members. These are: School Foods Information, Camp Committee, and Adults on the Diet. Our volunteer committee chairpersons welcome your information and comments. They can be reached in care of this newsletter. ■

Jane Hersey  
FAUS President



## Chapters Report

The average American swallows about 2,800 different additives. This includes 5 to 10 pounds of emulsifiers, preservatives, flavorings, colorings, acids, and vitamins a year. Salt adds another 15 pounds. Sugar and other sweeteners add another 130 pounds. All told Americans eat about 150 pounds of additives each year.

--F.A. of Minnesota

### New TV Show Interviews Dr. Feingold

Check your TV listings for "Newsweek Video", a new national show scheduled to air sometime in January.

Dr. Feingold has been interviewed for a segment of the show which will also highlight a few hours in the everyday life of San Jose Chapter Feingolders Connie and Phil Burnett and their son.

### Unfair Punishment

A St. Louis Missouri lawyer recently demanded a new trial for his client, claiming that the jurors served McDonald's meals hurried their deliberations so they wouldn't have to eat another meal from the fast-food restaurant. (East West Journal)

## Additive Hotline

Ocean Spray Grapefruit Juice has been approved.

\* \* \*

Ambrosia Chocolates have been approved. (Send request for order form to: Ambrosia Chocolates, 1133 North 5th St., Milwaukee, WI 53203)

\* \* \*

Weight Watchers Beef Broth & Seasoning has been approved.

\* \* \*

Weight Watchers Chicken Broth & Seasoning is not approved. It contains BHA.

\* \* \*

Weight Watchers Instant Onion Broth & Seasoning is approved.

### 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.

**J** is for \_\_\_\_\_\_. A nationally consumed gelatin product that uses artificial dyes, artificial flavors and synthetic preservatives. It is considered a bad word by Feingold families and therefore, cannot be printed in this publication. When shopping, Feingolders reach past this product and choose the unflavored Knox gelatine to which they add natural fruits and juices.

**A** is for **aspartame**. A new sugar substitute which claims to be natural. According to Dr. Feingold, "I would not recommend aspartame at this time. There are still some doubts (about it). The argument that aspartame will protect the individual against the ravages of sugar is not valid. The only way to correct sugar addiction is to lower the threshold for sweets by gradual reduction. Substituting aspartame or any other synthetic sweetener is a false sense of security."

**N** is for the **Nutrition Foundation**. A group supported, ironically, by the largest food processors and refiners in America. Its name incorrectly suggests a group dedicated to eliminating questionable and un-nutritious ingredients from our food supply.

Is Love a Lollipop?  
Find out in the  
February  
**PURE FACTS**

### PURE FACTS

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