



# Pure Facts

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## Dr. Feingold Dies at 81, Leaves Legacy of a Better Life For Thousands

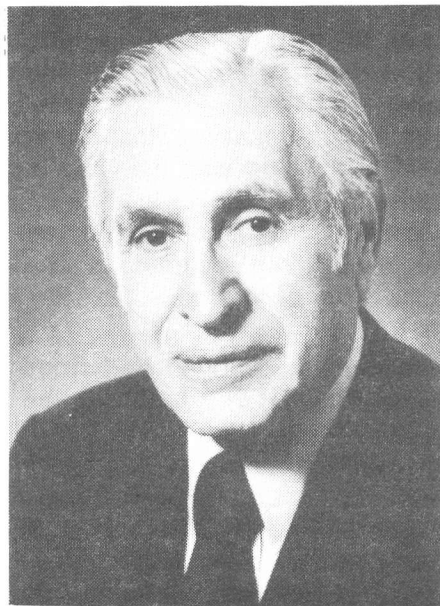
Dr. Ben F. Feingold, pediatric allergist and founder of the Kaiser-Permanente Diet (more commonly known as the Feingold Diet for hyperactivity) died March 23 at Kaiser Permanente Hospital in San Francisco after a brief illness.

Dr. Feingold had served with the Kaiser Foundation Hospital and Permanente Medical Group since 1951 and retired as head of the hospital's Department of Allergy in January.

He gained national recognition in 1973 when he first presented his theory that hyperactivity was triggered by synthetic additives. Specifically synthetic colors, synthetic flavors and the preservatives BHA, BHT and later TBHQ.

At that time his theory was ridiculed by many of the medical profession. But Dr. Feingold was to live to attend a N.I.H. conference on hyperactivity held January of this year; a conference which gave special recognition to his findings by focusing on his approach to hyperactivity.

A thirteen member panel concluded that the testimony of fif-



Dr. Ben F. Feingold  
1900-1982

teen doctors and scientists gave credence to Dr. Feingold's theory and recommended that pediatricians suggest its use to parents of hyperactive children. The panel concluded that enough clinical proof existed to justify further study of the Diet.

Dr. Feingold was greatly pleased by the conclusion seeing it as a major step towards acceptance of his theory by the medical community.

In 1974 his book *Why Your Child Is Hyperactive* was published and the public was made aware of an alternative to the drug world of hyperactivity.

Many parents tried the Feingold Diet despite limited sup-

## Elizabeth Whelan: Scientist or Sideshow Host

"We don't feel a chemical is guilty until proven innocent," states Elizabeth Whelan, executive director of the American Council on Science and Health (ACSH). "We don't think a chemical should be banned at the drop of a rat," is another of her exclamations.

Many people are beginning to question the credibility of Whelan and ACSH because of these statements and pictures such as the one that appeared in a *People* magazine showing Whelan with a diet soda in one hand and a can of ready made (additive laden) frosting in the other.

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port from their pediatricians. They followed Dr. Feingold's text and found that the elimination of synthetic chemicals from their child's food brought about startling results.

Word spread through the lay community and parents began forming support groups to help each other implement the Diet and to share their positive results with other families.

Dr. Feingold viewed these groups (which became the Feingold Association of the U.S. in 1976) with respect. Respect for the housewives and mothers who staunchly defended his approach and spread the Feingold philosophy to all who would listen.

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### Next Month:

- Starting Your Own Feingold Camp
- Daytripping the Feingold Way

Dr. Feingold, continued from page 1

"Dr. Feingold's love for FAUS was like that of a parent for a child," noted Mary Kistler, a regional director of FAUS. Treasurer Barbara Hoffstein pointed out, "He gave us strength and direction to continue his life work," adding that the association is more committed than ever to gaining nationwide acceptance for the Feingold philosophy.

With each year bringing new evidence that food additives send the human body into "tilt", Dr. Feingold drew louder and louder condemnations from food industry supported organizations such as the Nutrition Foundation. The increasing attacks offered proof that public awareness was putting pressure on the food industry.

Dr. Feingold often pointed to the complexity of the human brain which we have barely begun to understand and to the almost total lack of understanding of what hyperactivity is, noting that it is not surprising that his approach to hyperactivity cannot be explained or easily duplicated. To know that it has worked for thousands of children is enough right now, he said.

The use of amphetamines to treat hyperactive children greatly distressed Dr. Feingold and he called the practice "doubtful therapy" to be used as a last resort.

He saw the removal of synthetic chemicals from the diet as being far superior an approach since it eliminated the problem rather than just treating the symptoms.

In 1979 he and his wife Helene published *The Feingold Cookbook For Hyperactive Children* channeling all the proceeds into the Feingold Foundation for Child Development.

Jane Hersey, president of FAUS expresses the deep feel-

ing of loss his death has brought on those who knew and worked with him. She says, "People build monuments to those whose lives and contributions have been exceptional, in order that these ideas and deeds will not be forgotten. Dr. Feingold's monument is the thousands of children and their families whose lives have been restored and the millions yet to come."

A memorial service was held April 2 in San Francisco.

Dr. Feingold was born in Pittsburgh June 15th, 1900. He did both his undergraduate and his medical work at the University of Pittsburgh, from which he received his M.D. in 1924. He interned at Passavant Hospital in Pittsburgh and was a fellow in pathology at the University of Göttingen, Germany. He served at a children's clinic at the University of Vienna in 1928-29.

After three years service as a clinical instructor in pediatrics at Northwestern University he became attending physician in pediatrics and in infectious diseases at Los Angeles County General Hospital. He served in various capacities at Cedars of Lebanon Hospital, also in Los Angeles.

Dr. Feingold is survived by his wife, Helene, and a stepson Marshall Mayer. ■

Whelan, continued from page 1

Such publicity hints at a significant crack in the credibility of ACSH which insists it is an unbiased consumer group set up to help people make the right food choices.

In an expose in the February issue of *Nutrition Action* (a publication of the Center for Science in the Public Interest) researcher Peter Harnik made it clear that ACSH's label as a consumer group is far from accurate and that Whelan herself is more interested in publicity and reimbursement by food industry affiliated foundations than in impartial scientific study.

CSPI noted that last year Whelan received contributions from over 111 companies, companies such as PepsiCo Foundation, Holly Sugar Co., National Soft Drink Assoc., Coca-Cola, Campbell Soup Fund, Kellogg Co., Frito-Lay, International Flavors and Fragrances Inc., and McCormick and Company.

Do such contributions sway the outcome of the "scientific studies" done by the council? With Whelan endorsing such controversial chemicals as saccharin and food color additives and referring to candy and soda as "fun foods" which should not

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Families wishing to perpetuate the program to which Dr. Feingold dedicated his life are invited to contribute to:

The Feingold Foundation  
for Child Development  
1050 North Point Street  
San Francisco, CA 94109

## PURE FACTS

Editor: Helen Dugan Worth  
Business Manager: Carol Porvaznik

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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.

Whelan, continued from page 2

be removed from public school cafeterias, CSPI and a growing number of consumers do not doubt that more than a little bias is evident.

CSPI substantiated their claim with statements from experts in the various concentrations covered by ACSH reports. Experts who found that ACSH regularly arrives at conclusions which are not supported by the facts. And, moreover, that many of the group's conclusions are biased, misleading or incomplete.

Dr. James Swanson, of the University of California-Irvine Medical Center, reviewed a report assessing the link between diet and hyperactivity (an area he has researched for many years) and concluded that ACSH "wrongly and arbitrarily dismissed results from two key studies thus resulting in their improvement rates being off by more than an order of magnitude."

After studying an ACSH report on diet and heart disease Dr. William Castelli, director of the National Institutes of Health's Heart Disease Epidemiology Study, reported finding errors and misrepresentations so severe that he labels them "astounding", "stunning" and "unscientific".

How could an organization with such an impressive sounding title as the American Council of Science and Health come up with such questionable conclusions and statements?

According to the CSPI report when you consider the affiliations of some ACSH science advisors the cloud begins to clear: **Dr. Frederick Stare:** Whelan's former teacher and crusader against the Feingold approach to hyperactivity. He has worked as a consultant for the breakfast cereal, sugar and other such industries, receiving retainers from Kellogg, Nabisco and the Cereal Institute.

## Yes, Fast Convenient Meals Are Part of the Feingold Diet

Just because you can't Shake 'N Bake or eat Oodles of Noodles on the Feingold Diet doesn't mean you have to sign a blood oath to never leave your kitchen.

A recent article from the *Washington Post* pointed out that quick meals don't have to be limited to hamburger, steak, chops, hot dogs and frozen veggies.

If you want a quick meal, "It is well not to start manicuring shrimps or roasting a haunch of venison . . . but fish fillets cook almost instantly," reporter Anne Crutcher points out. "Cut-up chicken parts can be on the

table in half an hour. And the flexibility of sausage, ground beef, pasta, eggs and chicken livers is endless."

"Furthermore, many fresh vegetables are just about as quick and easy to prepare as frozen ones. They are also, in most cases, infinitely more interesting to eat.

"A bunch of fresh broccoli calls for only about two minutes on the cutting board before stems are peeled and sliced and flower tops cut into manageable sizes. Slicing cabbage for a stir-fry takes about as long. The same goes for all zucchini and yellow squashes." ■

**Edwin Foster:** a former board member of the Stange Co., a manufacturer of artificial food colors (and subsidiary of the McCormick Company).

**Gilbert Leveille:** the director of nutrition and health science for General Foods Corporation.

**Ernest Briskey:** an executive with the Campbell Soup Company.

...to name but a few. Is it any wonder that this "simple" consumer group with a meager staff

of nineteen has a budget of \$750,000 after three year's existence.

CSPI points out that the Council's financial success is understandable because, "ACSH possesses three valuable commodities that no amount of corporate public relations can duplicate: a non-profit status, an independent name, and enough novelty to turn the head of even the most cynical reporter."

But CSPI feels that, "ACSH's value to its sponsors will decline as the quality of the group's scientific work is revealed.

"If the council persists in starting out with preconceived conclusions, then follows with incomplete literature reviews...it will be increasingly difficult for Elizabeth Whelan to maintain the intellectual underpinning that is necessary to keep the ACSH sideshow on the road." ■



Illustration from *Nutrition Action*

Lack of space due to the unexpected death of Dr. Feingold has made it necessary to hold 'Convention Highlights' until the June issue of *Pure Facts*.

## Long Use No Assurance

If you have been swayed by the theory that a food or additive which has been used for many years must be safe because our watchful FDA protects us, consider this piece of information taken from *Consumer Beware* by Beatrice Trum Hunter (keynote speaker at this year's national Feingold convention):

No assurance of safety can be given simply because chemical food additives have been used for a long time. A flour bleach (agene) was used for 30 years before its harmfulness was established; and artificial sweetener (dulcin), for 50 years; and a widely used synthetic flavoring (coumarin), for 70 years." ■

## Hope for the Future

"We are rapidly entering the era of the bio-chemical interpretation of behavior and learning disabilities, which should lead not only to an arrest of the rapidly mounting prevalence of these disorders, but ultimately to a complete reversal through preventive measures."

--Dr. Ben F. Feingold  
(December 1981)

## Additive Hotline

**Bit-O-Honey** Candy Chews are **not approved**. They contain TBHQ.

\* \* \*

**Nabisco Graham Crackers** (RED BOX ONLY) are **approved**.

\* \* \*

**Post Frosted Rice Krinkles Cereal** by General Foods is **approved**.

\* \* \*

**A & P Cream Cheese** is **approved**.

\* \* \*

**C.W. Post Hearty Granola Cereal** is **approved** for those people who can tolerate salicylates (it contains raisins).

## 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.

**M** is for **maltose**. Just one of the many names for sugar. When you are reading labels see how many names for sugar you find. Look for sugar, cane sugar, corn syrup, sucrose, glucose, fructose, galactose, and lactose.

**A** is for **approved**. Before a product is "approved" by the Product Information division of FAUS a questionnaire is sent to the manufacturer to determine exactly what has been added to the product. The manufacturer must sign the form and return it to FAUS before their product can be placed on the list of foods which are additive-free and safe for Feingold members to eat.

**Y** is for **YES**, YES *Pure Facts* wants your input. If you have a question about the Feingold Nutritional Program write to us — there might be others who are wondering the same thing. If your local newspaper prints an interesting fact or article about food additives, send it to us. You will be given credit for anything that is used in *Pure Facts*.

## Did You Know...

Drug companies spend an average of \$6,000 per year on each and every doctor in the U.S. to convince them to use their drugs. ■

## PURE FACTS

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Andrews Air Force Base  
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