



# Pure Facts

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## Court Says 23 Color Additives Stay

After 20 years of testing still did not prove they were safe, the U.S. Circuit Court of Appeals for the District of Columbia ruled 2 to 1 that twenty-three color additives can stay on the market. The court

ruled that the Food and Drug Administration has the authority to continue postponing the deadline for either proving a color additive is safe or removing it from use.

Among the additives is Red Dye No. 9, which a preliminary National Cancer Institute study concluded is a carcinogen.

According to a *Washington Post* article, ruling Judge Abner Mikva admitted, "it is quite likely that some of these additives cannot be shown to be safe." ■

## Adults Also Helped By Program

Narcolepsy (an inability to stay awake), sleep apnea syndrome (the periodic cessation of breathing while asleep), depression, irritability, excessive fatigue, headaches—these are just some of the maladies

and discomforts which adults have reportedly eliminated or brought under control by going on the Feingold Program, says Jack Jacobs, Adults-on-the-Diet committee chairman.

Jack, who has been diagnosed as having severe sleep apnea syndrome, lives in Baltimore, with his wife and two children (a son who is a doctor at University of Maryland Hospital, and a daughter who is a medical dietitian.)

Jack first learned of the Feingold Program in 1978, when he saw Dr. Feingold on the Phil Donahue Show. Jack was home at the time "being a househusband," he says. "Because my condition included an inability to concentrate and make decisions I had had to quit my job as a

*cont. on page 4*



### What Greater Gift

*This holiday season shoppers are frantically searching for just the right gifts for friends, relatives and family members. The following letter, which was sent to the Illinois Feingold Association, tells how a FAUS member found her greatest gift at home.*

"Remember me? I'm the skeptic from Eau Claire, Wisconsin. The one who wrote you a note and said, 'Please don't take my \$10 (for membership) if you're a phoney.' Well this is an apology and also a testament. The apology is to you and God. He does answer prayers and you were it.

"After some of the most renowned neurologists and psychologists told us our son, Ron, was hopeless because he didn't respond to any drugs (we tried 17) and should be locked in a small room with molded plastic furniture and non-breakable toys, you can understand my skepticism.

"He has genius intelligence—how our hearts broke. Mentally and physically we were exhausted. Our other children were stabbed with pins, choked with electrical cords and physically assaulted by Ron. Our kitchen went up in flames when Ron discovered fire.

"And now the good part. We've all been on the Diet for a week. Yesterday, for the first time, Ron didn't run. He didn't scream. He was so normal.

"There is a sweet, little boy in that exhausted body. And I held him in my arms and he didn't fight to get away. He put his arms around my neck and we sat for the longest time—and I cried." ■

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## New Year's Resolutions

### To Help Yourself:

In speaking with Feingold parents, I often hear that when the entire family goes on the diet, there is a surprising response felt by one or both of the parents.

Adults who thought it normal to feel irritable, prone to headaches, and tired, suddenly enjoy feeling good. Although not all of our symptoms may be caused by a food or chemical, it is worth considering that if our child is sensitive, one or both of the parents may be too.

It is especially important when you consider the possible ill effects on the family. A parent who is unduly fatigued and irritated will not be the kind of person who can flexibly respond to the demands of child rearing. A parent who is lethargic or depressed will not be likely to radiate enthusiasm and love for their children. The father or mother who is constantly tired because of allergies or sensitivities will not be available to share precious moments with their child.

For working parents, home is for recovery. It is easier to let the children stay the way they are and to let them have their way than to invest time and energy in the difficult project of meeting their needs and providing guidance. Communication often suffers in the home of an allergic or chemically sensitive parent; chaos reigns when the children are reacting too.

Is the diet doing only half the job in your family? Try sticking to the diet yourself. This includes easing off and eliminating the salicylates coffee and tea until you feel well enough to test them. Try it for a few weeks...you may be pleasantly surprised and on your way to a **HAPPY NEW YEAR!** Lynn Murphy, president F.A. of the Bay Area

### To Share Your Good Fortune With Others:

(The following is an excerpt from the second FAUS quarterly report of 1981. The message Dr. Feingold gave then is a good new year's resolution for us all now.)

It should be recognized by each parent, particularly those who have enjoyed success (on the Diet), that the purpose of the parent associations is not merely for what they personally can get out of the program, but of equal importance is the recognition that the parent associations serve as a vehicle to fill the void created by the lack of professional and school participation and bring to other unfortunate children



Dr. Feingold sharing a private moment with one of "his kids." (June, 1980)

and their families a chance to enjoy the serenity, happiness, solace and comfort that they derived from the dietary program.

In short, let us share our good fortune with others, and by so doing we can resolve the critical problem afflicting our children, which in great measure is contributing to the failure of our schools and the unrest of our society.

I hope each of you will spread the word and enlist the cooperation of others in the community to recognize that it is the duty of each parent to participate.

My thoughts are expressed very well in the following excerpt from *The Devil's Disciple*, Act II, by George Bernard Shaw:

"The worst sin towards our fellow creatures is not to hate them, but to be indifferent toward them: That is the essence of inhumanity."

Sincerely,  
Ben F. Feingold, M.D.

### 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.

## Gifts For Special Teachers

(And For Ones You're Still Trying to Reach)

For Christmas this year have your child give "the unusual" to his or her teacher. Give the gift of knowledge. Here are some suggestions:

- *The Feingold Cookbook For Hyperactive Children* by Ben F. Feingold and Helene S. Feingold. The book gives a good overlook at the problem of hyperactivity as well as a lot of good recipes.
- A year's membership in your local Feingold Association. Even if she doesn't want to attend the meetings she will get your monthly newsletter and *Pure Facts* too.
- *Taming of the Candy Monster* by Vicki Lansky. Here's a book full of alternatives for the sweet tooth.
- *The Sugar Trap* by Beatrice Trum Hunter. If you want your child's teacher to have lots of information on sugar and how it affects us, this is the one for you.
- *Good For Me* by Marilyn Burns. This delightful book was reviewed in last month's *Pure Facts*. It is full of pithy information about food and our bodies.
- *Why Your Child Is Hyperactive* by Ben F. Feingold. If you have an especially great teacher who is interested in a more in depth look at hyperactivity, this is the best available. ■

### A COMMENT ON THE FEINGOLD DIET

"My experience as a scientist makes me question this diet, as it smacks so much of wishful thinking. On the other hand, my experience as a doctor says that it is probably foolish to ignore children's parents."

Rosenblatt & Dodson in,  
*Beyond Valium*, 1981

## JECFA To Evaluate BHA, BHT, Carmel Color

Thirty-four additives including the preseervatives BHA (butylated hydroxyanisole), BHT (butylated hydroxytoluene) and caramel colors (ammomium sulfite process) are to be evaluated in the April, 1983, session of the Joint Expert Committee on Food Additives which represents the Food and Agricultural Organization and the World Health Organization of the United Nations.

According to *Food Chemical*

*News*, the JECFA has asked to see full reports on the identity and purity of each of the additives as well as methods of manufacture, levels of use in different foods, probable and potential daily intake, reported reactions with food ingredients and beneficial effects on specified nutrients.

FAUS members will be anxiously awaiting the results of the April session. ■

## Kool-Aid, Hawaiian Punch, Hi-C and Gatorade Given the Raspberries by CU

The flavor is bad, the sugar content excessive, and they're not any more convenient than real juice, Consumer's Union concluded after testing the three most popular "fruit" drinks (Hi-C, Hawaiian Punch and Kool-Aid) and the orange flavored "athlete's drink" Gatorade.

None of the "fruit" drinks have more than 10% real fruit juice and the main ingredient of most of the dry mixes is sugar. "So," CU asks, "why does anybody buy these sugared chemicals diluted with water?"

Their conclusion was that the

"fruit" drinks are cheaper. So CU went one step farther. They diluted real fruit juices by half and added a pinch of sugar, thus making them competitively priced with their artificial imitators. They then asked a panel of tasters, who didn't know which they were drinking, to sample the diluted juices and the "fruit" drinks.

The juices won hands down. Woe to those misguided souls who are shelling out \$1 billion each year for an inferior product.

For more information on the testing, consult the September, 1982, *Consumer Reports*. ■

## FDA Considers Labeling of Allergenic Ingredients

The Food and Drug Administration is considering requiring food manufacturers to list ingredients that can cause allergic reactions, says Sanford Miller, director of the FDA's Bureau of Foods.

Currently only Yellow Dye No. 5 (tartrazine) must be listed since research has shown that the dye triggers asthma, hives, and in some cases, life-threatening anaphylactic shock.

The FDA estimates that between 50,000 and 100,000 Americans experience adverse reactions to the

color. This led the FDA in 1979, to announce, "The evidence of a casual relationship between FD&C Yellow No. 5 and serious allergic-type responses in certain susceptible individuals is sufficient to warrant label declaration."

Further investigation into the effects of other additives which cause allergic reactions would be welcomed by Feingold families.

Dr. Feingold maintained that no system of the body is exempt from the effects of these synthetic chemicals. ■



Jack Jacobs

mechanical engineer two years earlier."

His condition was so severe that a tracheostomy had been performed on him in hopes of alleviating the problem. The tracheostomy did not help. "But," he says, "within five days after eliminating synthetic colors, flavors and preservatives, I was a whole different person."

Jack has now returned to work and is dedicated to helping other adults with problems which might be caused by synthetic chemicals. "There are a lot of people around who could simply be better than they are now, but these chemicals get in the way."

Since Jack was appointed chairman of the Adults-on-the-Diet committee two years ago, he has been hearing success stories from adults, many of whom started on the program because of a hyperactive son or daughter. But, they say, their efforts were doubly rewarded when they found that their own physical or mental difficulties were eased by the elimination of certain synthetic chemicals.

"One woman wrote that her husband became violent, with an uncontrollable temper when he went off the Diet," Jack explains. "Another woman says she no longer feels her usual rush of anger after being on the Diet for only three days. And a member in Florida wrote about becoming depressed,

## Finding A "Safe" Meal When Traveling This Holiday Season

When you're on the road this holiday season and eating a good meal at a restaurant ranks right up there in importance with returning the stuffed ostrich Uncle Harry gave you for Christmas, here are some guidelines on what to order:

1. Order lettuce salad without tomatoes, cucumbers, bell peppers and with no dressing. Take along your own dressing or ask for a slice of lemon.
2. Order plain grilled meat, prime rib or roast beef. Before ordering, make sure that no seasoning, sauce, marinade, or tenderizer has been used on the meat.
3. A baked potato is acceptable, but order it without
4. butter or seasoning. Take along several pats of butter for your child.
5. Ask about the vegetable. Is it buttered, seasoned or cooked with a sauce? Sometimes it is possible to substitute a pineapple slice or pear half for the vegetable.
6. If in doubt it's best to skip the bread.
7. Ordering eggs is another option, but order poached, soft or hardboiled eggs.
8. If something fried is ordered, find out if the oil contains BHT or BHA. Order fried food only as a last resort.

*(Reprinted from Food For Thought the Feingold PATH of Illinois newsletter.)*

mean and grouchy after drinking two glasses of fresh orange juice.\*

"We have no real scientific evidence as to why these offending substances cause the wide variety of adult problems that they cause," he says. "All we know is that they do cause the problems in some people. We don't even know how many people are involved, although we suspect that the number is considerable.

"Considering the nature of some of the ailments that have responded to the Feingold Program (and by this I mean sleep apnea syndrome, narcolepsy, petit mal seizures and numerous cerebral problems that have been reported) it's a good layman's guess that the central nervous system is affected by these offending substances. "In fact, I would not be surprised by any neurological dysfunction responding to the Feingold Program."

While much of Jack's time is spent speaking to groups and appearing on television and radio pro-

\*Oranges are a salicylate.

grams he still finds time to zero in on individual adults, helping them to implement the Diet and, sometimes, look beyond it.

He notes that many people are also affected by environmental factors (newsprint, tar, pesticides) and by such substances as sodium benzoate, MSG, corn syrup and brown sugar.

For any adult considering the Feingold Program, Jack says, "There is everything to gain and nothing to lose but some effort," but each individual must determine for himself if the program is the answer for his unique problem.

For more information on the adult approach to the Feingold Program, Jack suggests that you contact either your local Feingold chapter or write directly to him. And, he urges those adults who have already been helped by the program to write to him about their experiences.

Write to:  
 Jack Jacobs  
 7412 Prince George Road  
 Baltimore, MD 21208

## Tossing In The Nuts

Do your holiday recipes call for nuts? The F.A. of the Bay Area warns us to be wary of shelled nuts packed in plastic bags. BHA is often added as a preservative. Read the labels very carefully—or better still, shell your own.

### Sparkling Tuti Frutti Punch

- 1 qt. pear juice
- 1 oz. can unsweetened pineapple juice
- 1/2 cup pure lemon juice
- 1 - 23 oz. bottle Perrier water or mineral water

Chill and combine all ingredients in a large bowl. Add ice cubes and garnish with pineapple and lime wedges.

—F.A. of Utah

## Getting Your Vitamin C This Winter

It's not hard to get plenty of vitamin C this winter even if you are avoiding salicylates. *The Feingold Cookbook for Hyperactive Children* lists the following sources:

### Fresh Fruits

- |            |            |
|------------|------------|
| grapefruit | banana     |
| guava      | papaya     |
| lemon      | cantaloupe |
| pineapple  | mango      |

### Raw Vegetables

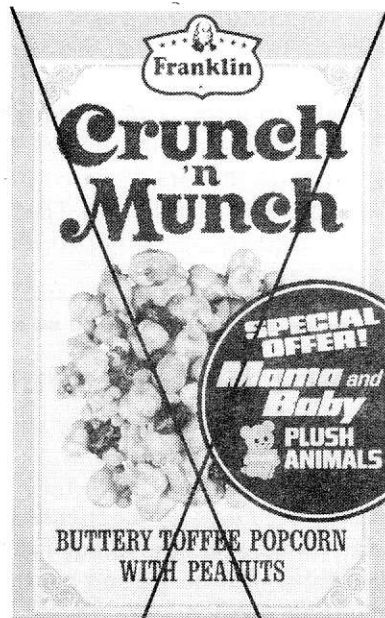
- cabbage
- spinach
- mung bean sprouts

### Cooked Vegetables

- broccoli
- brussels sprouts
- collard greens
- sorrel
- kale
- lamb's quarters
- kohlrabi
- cauliflower
- mustard greens
- spinach
- cabbage
- rutabagas
- peas
- okra
- turnips
- green lima beans
- chard leaves
- sweet potato
- potato

## The Choice Is Yours

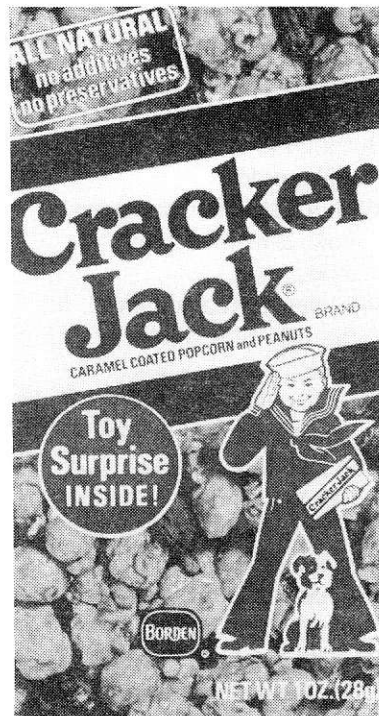
### Crunch 'n Munch



**Ingredients:** sugar, corn syrup, popcorn, butter, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, sweet dairy whey, lecithin, mono and diglycerides, sodium benzoate added as a preservative, artificial butter flavor, colored with Beta Carotene and Vitamin A palmitate), salt, lecithin, baking soda and soybean oil.

Major ingredient: sugar.  
Cost: \$2.66 per pound.

### Cracker Jack



**Ingredients:** sugar, corn syrup, popcorn, peanuts, molasses, corn oil, salt and soya lecithin.

Major ingredient: Sugar.  
Cost: \$1.20 per pound.

### Make-Your-Own Carmel Corn (Without the carmel).

**Ingredients:** popcorn, peanuts, sunflower seeds, honey, water.

**Recipe:** Cook 2/3 cup popcorn kernels. Put popcorn, a sprinkle of unsalted peanuts, sunflower seeds and sesame seeds in a large bowl.

Combine 1/2 cup pure honey and 1/4 cup water in a small, heavy saucepan and bring to a boil.

Continue to cook until it reaches the soft ball stage, about 235°.

Immediately pour over popcorn mixture, stirring well to coat.

The best part of this recipe is that your family will be getting lots of protein with relatively little sweetener but it tastes like candy.

(Thanks to Brenda Myer of the F.A. of the Washington Area, for the recipe).

Major ingredient: popcorn.  
Cost: \$.66 per pound (approximately).

## Associations Report

Need a good stocking stuffer? A New York member suggests an Erasermate pen. If mistakes are made they can easily be erased. Also, a pen flows easier than a pencil thus giving those with fine motor problems an easier time of it.

—F.A. of New York

During the holidays beware of environmental factors which could trigger a reaction. Pine trees, scented candles and decorative soaps might be villains in disguise. And remember to wash all new clothing before wearing to eliminate chemical residue on the fabric.

—F.A. of the Northwest

## Did You Know?

“Natural food flavors are extraordinarily complex, and to create an acceptable man-made substitute, many chemical compounds must be used. For example, to create an acceptable raspberry flavor for soft drinks, the food chemist must use twenty-eight separate compounds including such tongue-twisters as methoxyacetoxyacetophene, acetyl-methylcarbinol and ethyl methylphenylglycidate. The effects of such elaborate combinations of chemicals are completely unknown and experimental techniques needed to test all likely combinations do not exist.”

*The Complete Food Handbook*, by  
Rodger P. Doyle and James L.  
Redding

## Next Month:

*A sweetheart of an issue. It will answer some, most or all your questions about sugar and the Feingold Program.*



## T'was The Night Before Christmas Feingold Style

T'was the night before Christmas and all thru our place,  
The children weren't sleeping,  
how their bodies would race.  
No stockings were hung by the chimney with care.  
No hope that St. Nicholas would ever be there.  
The children weren't nestled,  
they wrestled in bed.  
Those chemical sugar plums really danced in their heads.  
And momma in tears and dad with a sigh,  
Had just settled down for a desperate cry.  
When onto the scene with an answer, not clatter  
Came good Dr. Ben to tell what's the matter.  
“Out colors, out chemicals,  
out Hostess Ding-Dongs,  
Your child is normal, it's the food that's all wrong.  
To the top of your cabinets,  
to dessert at each meal,  
Now dash away, dash away,  
food that's not real.”  
We spoke not a word, but just started his diet,

We've nothing to lose, so we're going to try it.  
When what to our wondering eyes should appear,  
But a child so calm, so normal, so dear.  
With a head that can learn now, a manner that's mild,  
We knew at that moment, for the first time, *our child!*  
Now it's the night before Christmas, and in our home,  
Every child is sleeping, just like the poem.  
The unfrustrated days, the good nights, are so many.  
It's hard to remember that once, there weren't any!  
So with a tear in our eye for what might have been,  
For changing this life, we thank Dr. Ben.  
From our now peaceful homes, with all of our might,  
*We wish a happy holiday to all and to all a good night.*  
— Pat Pignetello  
(P.A.T.H. of Illinois)

## 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, and TBHQ (anti-oxidant preservatives) from our food supply.

## Don't Be Left Out In The Snow

Order *Pure Facts* for the friends and relatives on your Christmas list. It will warm their hearts and stir their minds all year long.  
Send \$12 to: *Pure Facts*, 2087 G Tuscon Ave., Andrews AFB, Md. 20335.

name

address