



Pure Facts

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Synthetic Colors Worst Offenders Survey Shows

Synthetic colors most often produce a reaction in chemically-sensitive children and adults.

This is the conclusion the Feingold Association of the Washington Area came to after tabulating questionnaires filled out by people who identified themselves as sensitive to synthetic colors, flavors and preservatives.

The questionnaires, collected over the past three years, were completed by 112 children and adults who had been on the Feingold Program for varying lengths of time: 31 percent had been on the Diet for 4-7 years, 20 percent were in their third year, 17 percent in their second year, and 30 percent had been on the Diet for up to two years.

The survey indicated:

Sensitivity to synthetic colors, flavors and preservatives:

- 96% said they would have a reaction if they ate synthetic colors.
- 86% reacted to synthetic flavors.
- 56% reacted to synthetic preservatives.

Almost all had tried salicylates after an initial elimination period:

- 22% said they had no reaction after eating salicylates.
- 16% could use salicylates in moderation (answers varied from one a day to one every two weeks)

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Old Friends, New Friends, Comradery Warmed '83 FAUS Conference

by Jane Hersey president, FAUS

Learning, sharing and fellowship permeated the 8th Annual Conference of the Feingold Association of the United States which convened in Kansas City earlier this summer.

Swapping of information and "How did you learn about the Feingold Program?" stories was a very important part of the conference. Many parents who had begun the Program eight and nine years ago reflected on the changes which had taken place.

One delegate described her efforts to follow the diet in those early days. She learned of a woman in Alabama who was on the diet. She drove to Alabama from her home in Florida to obtain a copy of the

woman's food list. It was one page and full of mistakes.

A magazine article led her to the Feingold Association of New York and a new food list—3 pages, without mistakes. Success quickly followed and this volunteer returned the favor recently by compiling a 70 page food list for her region.

A highlight of the conference was viewing of a 55 minute videotape Dr. Feingold made several years ago in which he described his hypothesis and diet in detail. (The videotape is available; consult your association for more information.)

During the coming year FAUS

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Good Nutrition Invaluable Speaker Says

by Robin Oliveri

What is know about nutrition and pregnancy has changed dramatically during the last fifteen years, says Dr. Eleanor Williams, a nutritionist from the University of Maryland and author of many publications on nutrition.

Dr. Williams, keynote speaker at the 1983 FAUS convention, emphasized the importance of being well nourished even before the time of conception. Since most women do

not realize they are pregnant for several weeks, good nutrition should be a way of life, not something that is implemented only for the pregnancy.

Because there is so much we do not know about drugs and their mechanisms, Dr. Williams warned against the use of alcohol, cigarettes, laxatives, aspirin, and all other medication, whether over-the-counter or prescribed by a doctor. ■

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Thanks For the Memories

Dear PF,

My children attended Bible School this summer and were served powdered drink mixes which were nothing more than a collection of chemicals.

I suggested giving the children pure fruit juices as an alternative but the teachers said it would be too expensive.

So many children's activities include drinks such as these. How can I persuade them to stop using these powdered mixes?

How about giving them alternatives that are just as easy and no more expensive. Of course the easiest and least expensive drink is cold water. But if they want more than that suggest diluting pure fruit juices with water or ice. A good ratio is two cups water to one cup juice. Sugar may be added according to taste.

Lemonade is also a good choice provided it is made from an approved brand or fresh fruit. You might volunteer to make up the drinks if the staff doesn't want to spend the few extra minutes some drinks might take to produce.

If they are really sold on powdered mixes, Minute Maid has several varieties free of synthetic colors, flavors and preservatives: Lemonade, Lemon-Limeaid, and Pink Lemonade.

These products have been researched by the Feingold Association Product Information Committee. They are not approved for the Stage I Diet (foods recommended for the new member) since they contain corn syrup and other questionable additives.

Members who are successfully established on the Feingold Program may want to test Minute/Maid powdered drink mixes to determine if they are well tolerated.

I have been privileged to spend the last three years working with two tireless, exceptional presidents —first, Barbara Hoffstein, who saw the value of a newsletter representative of all FAUS members; then, Jane Hersey, who worked diligently to make *Pure Facts* not only representative of all the voices but also something of substance and quality.

For the letters suggesting a better way to do things, or supporting what I have done, or just rattling my cage, I am grateful. (Maybe just a tad more grateful for some than for others!)

I am now passing the editing pencil (see picture), by well-used list of people to call in a pinch, and my hints on how to convince the printer the world *will* end if he doesn't deliver on time, to the capable hands of Robin Oliveri—a biology and journalism major at the University of Maryland.

I hope you will support Robin by continuing to send articles, suggestions (be kind) and local association news and pictures.

John F. Kennedy once told a story about a man who wanted to plant a tree in his yard. The man was advised against the idea by his gardener. "The tree would take a hundred years to bear fruit," he said. But the man replied, "In that case we had better begin immediately."

Just like that man, many of you were advised by well-meaning physicians, relatives and friends that the effort was too great. But you took the challenge of making changes, working at the Feingold Program and eventually reaping the fruits of seeing your children respond.

I am proud to have been associated with all of you and I hope somehow I have helped your effort along the way.

—Helen Worth, editor, *Pure Facts*



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.

Allergies And Your Feingold Child

Summer Pollens May Add To Problem

With summer comes the sniffing and sneezing of allergy season. But allergic reactions can take a different form too.

Many Feingold parents have noticed an increase in hyperactive behavior in their super sensitive children.

Therefore it is especially important to keep the allergic child's diet "clean" during the allergy season. For a system which is already working hard to fight off allergens, the extra stress of having to deal with synthetic chemicals creates a super-sensitive system ready to react at the drop of a blue gumball.

Skin Tests Not Accurate For Food Allergies

Dr. Feingold advised parents that skin testing was not accurate in determining food allergies, and a number of Feingold families experiences bear him out.

One mother wrote about how her one-year-old son was placed on a diet restricting many foods after undergoing skin tests for food allergies. She said, "For eight months we fought a losing battle. We started back on the allergy-based diet three times trying to pinpoint specific food items that increased our son's activity level. We never could decide exactly what the problem foods were."

When her pediatrician suggested she try the Feingold Program instead, she noticed a dramatic decrease in her son's activity level.

Fido May Be Sensitive Too

Do you find your kids are models of the Feingold Program but your dog is making you suicidal with itching, biting, or non-stop activity?

Dr. Michael Fox, veterinarian and scientific director of The Humane Society of the U.S., says it might be what he is eating.

In his book, *Feeding Fido*, Dr. Fox says veterinarians are becoming increasingly aware that dogs and cats are suffering from many ailments caused by food additives. Problems from skin disorders, to weird chronic diseases disappear when the animal is taken off commercial food, he says.

Incredible as it might sound, Fido's commercial food is more preserved, colored, stabilized and flavored than his master's. Is it any wonder Fido is fidgety!

Actually it's amazing he can bark and drool at the same time. ■

'Lite Fruit' Ads Canned

Advertising for Libby's "Lite Fruit" has been discontinued because of the company's use of artificial flavorings and fruit juice concentrates in a product that gives the impression of being natural.

A television ad for the "Lite Fruit" said, "Introducing the fruit. The whole fruit. And nothing but

the fruit, with no sugar added... in a flavored blend of real fruit juices... Natural tasting without all the sugar."

The Del Monte Corporation complained about the false advertising to the National Advertising Division of the Council of Better Business Bureaus, who brought the advertising to a halt. ■

SURVEY, cont. from page 1

Those who indicated a sensitivity to salicylates noted specific reaction:

- 22% reacted to oranges and orange juice.
- 20% reacted to tomato products.
- 20% reacted to grapes and raisins.
- 13% reacted to berries (most often noted was strawberries).

Reactions to substances not eliminated by the Feingold Nutrition Program were reported by 22% of those answering the questionnaire:

- 26% reacted to MSG.
- 17% reacted to nitrites.
- 12% reacted to sodium benzoate

Approximately 25% of those answering the questionnaire indicated they suffered from allergies of one sort or another.

While the outcome of this survey might indicate a trend, FAWA Product Information officer Muriel Wyatt stresses no attempt was made to produce a scientific survey and readers should consider the information gleaned from the questionnaires with that in mind. ■

Food Additive Testing Very Inadequate

Most food additives are unnecessary and of dubious safety, says Dr. Charles T. McGee, author of *How To Survive Modern Technology*. But just how unsafe they are is yet to be determined, for present testing practices are very lacking.

"Additives are tested for mutagenic (their ability to trigger a mutation) and teratogenic (their tendency to produce abnormal growths) effects one at a time, in healthy lab animals, living on good diets, under ideal environmental conditions.

"By contrast, people consume additives by the hundreds under conditions of stress, suboptimal diets, and highly polluted air."

Dr. McGee pointed out that thorough combination testing for reactions that occur when two or more chemicals are combined but

not when they are ingested individually, is virtually impossible because of the extraordinary number of feasible combinations from the more than 2,000 food additives now being used.

A chilling indication of the possible outcome of additive-testing of combinations was reported in a 1976 issue of *Journal of Food Science*. Dr. McGee reports, "When three additives were tested one at a time on rats, the animals stayed well; two at a time, the rats became ill. With a three-additive combination, all the animals died within 14 days."

Dr. McGee's conclusion: "Use only those additives that are important in maintaining the safety of foods."

(Quotes taken from the April 26, 1982 issue of *Medical World News*.)

Whelan/Stare Book Panned by "New England Journal of Medicine"

Many members will recognize the names Whelan and Stare as outspoken critics of the Feingold Program. Their latest book, *The One-Hundred-Percent Natural, Purely Organic, Cholesterol-Free, Megavitamin, Low-Carbohydrate Nutrition Hoax*, represents another effort to defend the use of synthetic chemicals in our food supply and environment.

The authors consistently deny that industry funding influenced their opinions.

"Most readers will find this book too one-sided and too poorly referenced to be of great value," is what the highly esteemed *New England Journal of Medicine* said of the new Elizabeth Whelan/Frederick J. Stare book.

Their book defends the sale of "minimal nutrition foods" in

schools, junk food advertising during children's viewing hours, the safety of DDT and cyclamates, and the nutritional adequacy of presweetened cereals, fast foods and TV dinners.

The authors also criticize the Delaney clause, which prohibits the use of food additives that have been found to induce cancer in human beings or animals. And they pooh-pooh lowering the intake of fats, salt and sugar.

The *Journal* goes on to say, "The authors fail to reference any of their own statements, omit data that might contradict their opinions, and at times summarize data in a confusing manner... (They confuse legitimate scientific controversy and nutritional hucksterism.)"

—*The New England Journal of Medicine*, June 2, 1983

CONFERENCE, cont. from page 1

will be producing a slide presentation describing the Program and the services of the Association.

Feingolders decked out in their "No Additives" T-shirts, were everywhere. And delegates were enthusiastic about the great effort put forth by the Missouri host association to ensure that things went smoothly.

The support FAUS members provided delegates by purchasing T-shirts was deeply appreciated. In fact, an account has already been opened to help send delegates to our 1984 Conference. It's going to be held in the Boston area and is tentatively scheduled for June 21-23. These conferences are open to all Feingold members... we hope to see you there. ■

More Happy Results

"We purchased, *Why Your Child Is Hyperactive*, and after two weeks on the Diet our success was spectacular. This year our children have gone to birthday parties, out to eat, attended camp, stayed with friends and relatives, gone on vacation, etc.

"This is hardly the schedule of children who are deprived due to diet limitations."

—*From the mother of 8-year-old hyperactive twins in Wisconsin*

No. Md. Feingold Kids Enjoy Night of Magic

by Carol Schatz, president,
F.A. of No. Md.

"Look, it's a real rabbit!"

"He made the string change colors!"

These were some of the comments heard from the children who were mystified and entertained by the magical antics of a local magician.

Magic was only one of the features at the Third Annual Family Night and Bake Sale of the F.A. of Northern Maryland held this Spring.

A crowd of about 70 parents, grandparents, children and friends enjoyed samples of delicious ice cream from a local store, Mc Willy's of Towson. Their ice cream is a new addition to the association's Safe Foods List.

Eclairs, fried buns, cookies, popcorn, brownies, pear juice and approved brand sodas also lined the refreshment table as the kids gobbled down goodies and mingled with new-found friends.



Many of those who came brought Feingold-safe, home-baked treats for others to buy.

A lively auction closed the evening's events as members bid on

merchandise donated by local businesses.

The association promises an equally good time at next year's family night. ■

REAL FOOD FOR REAL PEOPLE *the Feingolder in the kitchen*

Homemade Fruit Leather

2 cups fruit of your choice (berries, peaches, apples, etc.)
water
honey
cinnamon, or other spices to taste

Wash fruit, remove pits or seed, do not peel. Cut into small pieces and puree in blender with enough water to make two cups puree. Season to taste with spices of your choice. Add honey to sweeten (optional).

Line a cookie sheet with wax paper that has been oiled on both sides.

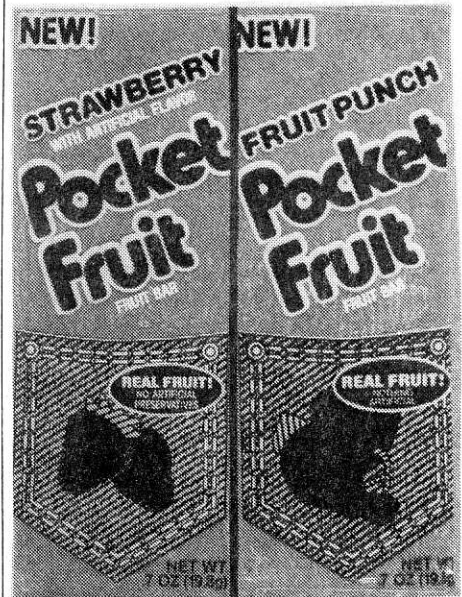
Spread puree evenly about 1/2 inch thick and dry in low oven 150-180 degrees overnight.

While still warm, turn out leather, peel off paper and place on fresh wax paper. Roll and store in a cool, dry place. ■

Are You Fooled By These Labels?

Although these two products look the same at first glance, by looking closely you will notice the "artificial flavor" notation on the strawberry fruit bar.

Many companies have product lines that mix "unsafe" items and pure items. Often the "unsafe" items can easily be identified by careful label reading. But to be absolutely sure, check your safe food list or ask your local association to research the products.



How To Buy A Watermelon

There are a few ways to avoid picking a "lemon" of a watermelon. It should have a somewhat

velvety bloom on the rind. Avoid any that look shiny. Then look at the underside or "belly" where it rested on the ground. The color should be slightly yellowish or amber-colored. Avoid any with a greenish or dead-white "ground spot."

If you're buying a cut watermelon your choice should be easier. Look for firm red flesh and black or dark brown seeds. Avoid any melons with soft, white, immature seeds, or ones that have broken away from their cavities, or ones with a sugary look around the seeds. There's one more kind that should be rejected: watermelons with a white streak running the length of the melon — it's called "white heart."

Some stores sell "chilled" melons or display them on a bed of ice. Don't count on these to be properly chilled, because it takes 8 to 12 hours to chill a melon properly, and in season they usually move faster than that.

You can usually keep a watermelon for up to a week in your refrigerator.

—The Greengrocer

The Choice Is Yours



Ingredients: Skim milk, sugar, corn syrup, partially hydrogenated coconut oil (and/or palm, cottonseed or soybean oil), cocoa processed with alkali, cream, modified tapioca starch, dry whey, casein, malt, vegetable mono and diglycerides, dipotassium phosphate, carrageenan, locust bean gum, salt, sodium stearoyl lactylate, artificial flavor, artificial color.

Cost: 6/\$1.39

Additive-Free Fudgesickle Pops (And cheaper too)

- 1 1/2 cups powdered milk
- 3 Tables. cocoa or carob
- 1/4 cup sugar
- dash salt
- 4 cups hot water

Sift dry ingredients together. Combine with hot water and pour into popsicle molds or ice cube trays.

—F.A. of Northern Md.

Associations Report Summertime Hint Round-Up

If you have super sensitive children, it might be wise to avoid using charcoal lighter or charcoal dipped in chemical starter. Invest in an electric starter for your grill instead.

Some sensitive members react to insect sprays, lawn chemicals and various lotions rubbed on the skin (insect repellent, suntan lotion, etc.). Avoid these chemicals when possible. PABA Ointment may be used for safe tanning and for burns of all kinds. Aloe vera and vitamin E oil are also natural remedies for burns.

—F.A. of New York

For safe first-aid treatment try:

- Vitamin E oil from a capsule for scratches and scrapes.
- Ammonia to relieve the itch of an insect bite.
- Camomile tea dabbed on the skin for repelling mosquitoes.
- Combine 1 tsp. salt and 1 T. vinegar to dry up poison oak and poison ivy.

During the warm summer days when children are thirsty and snack often, be sure to have plenty of nourishing choices available such as:

- Fresh fruit and fruit juices.
- Fresh raw vegetables with yogurt, nut butter, or avocado dip, or any other favorite.
- Gelatins made with fruit or vegetable juices and unflavored gelatin.
- Ice cubes, sherbert, or popsicles made out of fruit juices. For instance: Mix 1 small can frozen lemonade concentrate with 1 pint plain yogurt. Pour into popsicle molds. Or use fresh juices.
- Don't forget ice water. It's the most thirst-quenching drink of all.
- Sunflower seeds, raw nuts, dates, or other unsulfured dried fruit.
- Snow cones—Whirl ice cubes in your blender with water to cover. When cubes are crushed pour off water. Place ball of crushed ice in top of paper cup with an ice cream scoop. Dribble unsweetened frozen concentrate, or any fresh juice over the ice.

—F.A. of the Bay Area

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.

*Dear Sir,
Please, send me
more information on
hyperactive children,
Thank You*

*P.S. Help, Help, Help.
The diet for hyperactive
kids.
Urgent, Urgent, Urgent*

This is an example of the numerous requests we receive from panicked parents...so frantic they forget to sign their name!

Betty Uses No Butter

Betty Crocker's Deluxe Creamy Frosting is advertised as "Butter Cream Creamy" even tho it contains no butter, cream or milk ingredients.

Despite the missing ingredients identified in the product's name, the Better Business Bureau has decided not to put a stop to the advertising and the name.

The BBB has taken the manufacturer's side, agreeing that the "butter cream creamy" claim refers to the texture not the ingredients.

But a good label reader would not have been fooled, and a Feingold label reader would have passed up the product after a quick glance at its 2" list of ingredients.

Did You Know?

When you hear someone mention the Feingold Association, what do you picture? A high-rise office building with a plush suite of offices, occupied by Vogue-dressed secretaries licking stamps?

Or maybe you envision a grey-flannel-suited man escorting an attractive bio-chemist to lunch? Try again...

It's more like a young mother in jeans and T-shirt, with a baby on one hip and a toddler nearby while she spreads out Feingold reprints on the dinner table, then answers the phone and talks "Feingold" for an hour to a new member who needs more attention than the pile of dirty dishes in the sink.

The Feingold Association is Volunteers! Busy, busy people! It is not a fancy office staffed with high salaried executives.

When you wonder, "Why hasn't the Association researched 'Patsy's Pancakes'?" or "Why doesn't the Association know precisely which foods contain salicylates and in what amounts?" you should, instead, be asking, "What could I do to help during that one spare hour I can find in my busy schedule?"

Chances are those mothers who lend a hand in your local association could use five more hands and ten more hours in the day too.

Imagine what your life would be like if no one cared enough to start a Feingold Association. Then pick up the phone and volunteer—Right Now! ■

**FAUS Has
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