



Pure Facts

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Too Early to Close Book on Feingold's Diet-Behavior Hypothesis

Studies that produced persuasive evidence against the Feingold hypothesis failed to answer important questions about dose response and duration of exposure, according to Dr. John Selner who is affiliated with the University of Colorado School of Medicine in Denver.

These questions should be answered before the possibility of a link between diet and behavior is dismissed, said Dr. Selner at the annual meeting of the American Academy of Allergy and Immunology in Hollywood, Florida.

Dr. Selner stated that an even stronger reason for keeping an open mind about Dr.

Feingold's hypothesis is the mounting evidence that variations in dietary content can directly affect the concentrations of neurologically active substances in the body.

In particular, it has been shown that the amino acids tryptophan, tyrosine, and lecithin-derived choline in the brain are related to the amounts that have been ingested.

These amino acids, in turn, affect the circulating levels of the neurotransmitters serotonin, dopamine, epinephrine, and norepinephrine, which relay "messages" from the brain to muscles or gland cells.

In a related presentation, Dr.

John A. Anderson, chairman of the department of pediatrics at Henry Ford Hospital in Detroit, cited several specific defects in studies intended to test the Feingold hypothesis.

For example, the amount of food coloring provided in some earlier challenge testing were far lower than those ingested by the average child in a day, according to Dr. Anderson.

In addition, definition of the study population varied and was complicated by the revised terminology "attention deficit disorder with or without hyperactivity," noted Dr. Anderson.

—condensed from *Pediatric News*, July, 1983.

Behavioral Toxicity of Food Additives

"The breadth of contemporary chemical technology is perhaps nowhere exemplified so stunningly as in food processing," reports Dr. Bernard Weiss in *Nutrition Update*, the first volume in a series of books published by John Wiley & Sons.

The keynote speaker at the 1980 FAUS national convention in San Diego, Dr. Weiss was one of the researchers who conducted the FDA studies on food dyes.

"The explosion in technology is arousing resistance—often bitter, sometimes strident—among consumer advocates and some health professionals . . . The food industry proffers reassurance and proclaims its devotion to the public welfare. And government officials, sometimes trapped by legislation and ancient regulations, twist into an uneasy armistice with both sides.

"The debate, however, has grown in scope and intensity

with the injection of a new theme: do these processes and additives impair behavioral functions?"

Dr. Weiss, a professor of Toxicology at the University of Rochester School of Medicine and Dentistry in Rochester, N.Y., explores the types of additives, methods of safety testing, and evidence for the Feingold hypothesis.

Overall, he emphasizes the need to include behavioral testing in food additive safety evaluations.

Editorial Comment

The Propagation of Propaganda

Jane Hersey

The feature article in the August issue of the *Journal of the American Dietetics Association* makes fascinating reading for "old time" Feingold members who have watched the metamorphosis of the opposition's response to our program.

The earliest critic of the Feingold hypothesis, who flatly denied it could work, was the Nutrition Foundation, whose members represent the major food and chemical corporations.

When thousands of families demonstrated that the Program *does* work, the charge of "doesn't work" was substituted with "nutritionally deficient." We were told our children would develop scurvy if we substituted grapefruit juice for orange juice during the first weeks of the diet. Studies of the nutritional value of the Feingold Program, plus the robust health of our children, have pretty much put an end to the "scurvy" business.

When the Nutrition Foundation's ties with industry became too great a liability, it was necessary to create a new organization which could accomplish the same result while appearing to be not only unbiased and scientific, but dedicated to protecting the interest of the consumer as well.

Thus, the American Council on Science and Health (ACSH) was hatched by the Nutrition Foundation's long-time colleague, Dr. Frederick Stare, and his student, Elizabeth Whalen.

As it became increasingly difficult to deny that there

must be something to the Feingold hypothesis, the ACSH developed the "Yes, but" theory. This is the acknowledgement that, yes, the diet works, but when it does it works only for a tiny percentage, and the remainder of success stories are merely the result of wishful thinking, or "placebo effect." ACSH has promoted this notion in their own publications, in the *American Baby* magazine, and in media publicity throughout the United States.

Last year, the ACSH cautioned parents that it could be harmful to tell children that food additives can affect their

behavior.

The American Dietetics Association article, by contrast, states, "The food additive-free diet has no apparent harmful effects, and the non-specific placebo effects of this dietary treatment are frequently very beneficial to families."

There are many reasons why the "placebo effect" theory is not a valid explanation of the success of the Feingold Program.

It will be interesting to see what will be presented as next year's version of "Why People Should Not Stop Buying Foods With Additives."

Kathleen Zolber, Ph.D., R.D., President
The American Dietetic Association
430 Michigan Avenue
Chicago, IL 60611

Dear Dr. Zolber,

This month a press release was issued under the letterhead of the American Dietetic Association entitled "Taboo on Food Additives for Hyperactive Children Useless."

This information was distributed to the media throughout the United States, and was interpreted by them as the report of a new study on diet and hyperactivity, conducted by Drs. Morris Lipton and James Mayo.

But Drs. Lipton and Mayo have not conducted any new study on hyperactivity! How could such a conclusion be reached?

The press release reads, "*The behavioral changes we note* have nothing to do with the additives," Lipton said. (emphasis added)

"In a test of 190 hyperactive children, only three became more unruly while undertaking a diet of food with additives. In a reverse test of 40 children on an additive-free diet, *Lipton and Mayo found* "clinically insignificant" improvement of the hyperactivity." (emphasis added)

Examination of the article appearing in the August 1983 issue of the *Journal of the American Dietetic Association* reveals that what was presented in the press release as a new study is nothing more than the opinions of two people reviewing past studies.

A thorough review of these studies has already been conducted by the National Institutes of Health at their 1982 Consensus Development Conference on Defined Diets and Childhood Hyperactivity. The NIH conclusion differs significantly from both the ADA article and the related press release.

It is very disturbing to see an organization such as the American Dietetic Association being used to promote a point of view which is without basis in fact, and which serves the needs of an industry, not those of its readers.

Sincerely,

Jane Hersey, President
The Feingold Association
of the United States

Success Story: Relief for Rachel

—The following story was submitted by Jane and Jeff Bates, of Ozone Park, N. Y., to "all the great, human people at the Feingold Association."

Rachel Bates was born on August 20, 1980 with allergies and very bad eczema. At the age of two weeks, her eyes became crossed. Every month or two she either had an ear infection, a cold, or a sore throat. A fever of 104° was not unusual.

Rachel was taken back and forth to dermatologists, allergists, pediatricians, and ophthalmologists in freezing winter temperatures for various treatments.

She was given eye patches, and later, glasses for her crossed eyes. She reacted violently to so many medications that she had to be treated every other day with Lincocin injections.

Her eczema was so bad that she looked as if she had been beaten.

Along with her physical ailments there were behavioral problems. She destroyed everything she could get her hands on including her crib and their stereo cabinet.

Rachel wrote on walls, ate things she should not have eaten, and ran around the house at "40 miles a minute."

Mrs. Bates, Rachel's mother, was tired, confused, and angry.

"A car ride was a disaster, a meal was a joke, and to go shopping was impossible. My nerves were shot," she said.

"The doctors told me that I was crazy. One teaspoon of phenobarbital for the mother and one-half for the child was the big joke," she said.

Finally, Mrs. Bates contacted Dr. Mario J. LiPera, a pediatrician, and told him the whole story.

Dr. LiPera thoroughly examined Rachel and questioned Mrs. Bates about Rachel's behavior.

"I had never gotten into behavior with the other doctors because they only saw Rachel when she was very sick," Mrs. Bates said.

Dr. LiPera said that Rachel was hyperactive. He told Mrs. Bates about the Feingold Association and suggested that she give the diet a try.

Although very skeptical that a diet could make her daughter well, she tried it out of desperation.

"Well... it works!!! You better believe it works! Rachel is a different child, a perfect child (if I may call her that).

"She does not run 40 miles a minute; she is a pleasure. I cannot believe that we have not sat in a doctor's office in over six months.

"Rachel is a normal child. She does not cry all day long, her eczema is gone, she sleeps better, and does not destroy.

"We love her very much, this special child. If this letter helps just one person from all we've been through, it will be worth it."

These are just some of the medications that Rachel Bates took during her first 2½ years of life:

<i>Keflex</i>	<i>Theophylline</i>
<i>Amoxicillin</i>	<i>Phenergan VC</i>
<i>Lincocin injections</i>	<i>Tylenol</i>
<i>Hytone cream</i>	<i>Temptra</i>
<i>Neosporin</i>	<i>Sudafed</i>
<i>E.E.S.</i>	<i>Robitussin</i>

Pregnancy and Drugs Don't Mix

F.A. of Minnesota

What is known about nutrition and pregnancy has changed dramatically during the last fifteen years according to Dr. Eleanor Williams, a nutritionist from the University of Maryland who spoke at the 1983 FAUS convention.

To the audience of Feingold delegates, Dr. Williams stressed the importance of being well nourished even before the time of conception.

"The fertilized ovum has to be nourished... by secretions from the glands along the fallopian tubes. [The mother's] tissues are nurturing the baby from the time of con-

ception," Dr. Williams said.

The pregnant woman should gain at least 20 lbs., and under no circumstances should a woman lose weight, according to Dr. Williams. Low weight gain mothers tend to have low birth weight babies (less than 5½ lbs.).

Because there is so much we do not know about drugs and their mechanisms, Dr. Williams warned against the use of drugs during pregnancy, including cigarettes, laxatives and aspirin.

Alcoholism in the mother can result in fetal alcohol syndrome, in which the baby is usually small,

We all like to hear success stories. Knowing that the Feingold Program has helped one more family is one of the most gratifying things that we Feingolders can hear.

We would like to hear how the Feingold Program has affected your life. Please send us a postcard or letter with your name, address, and a few words on your experience to:

FAUS
P.O. Box 6550
Alexandria, VA 22306

If you would not object to granting a brief telephone interview, please enclose your phone number as well.

GUINDON by Richard Guindon



"It must be good for us because it has a long list of what's not in it."

GUINDON by Richard Guindon
(c) 1983 Field Enterprises, Inc.
Courtesy of Field Newspaper Syndicate

sometimes mentally retarded, and has a distinctive facial appearance.

Morning sickness, a common problem during pregnancy, may be due to an intolerance for protein. Restricting the amount of protein in the diet, therefore, may relieve some symptoms. Crackers, melba toast, or popcorn may help, as well as restricting fluid intake during a meal.

Dr. Williams also noted that smoking during pregnancy may result in low birth weight infants. In addition, caffeine should be eliminated, although its exact effects are not yet known.

Sweetarts, Watermelon Candy, Life Savers . . . (Oh, No! Oh, Yes!) _____

Halloween is a particularly difficult time for Feingolders. Trick-or-Treat bags filled with forbidden "goodies" are a temptation at any age. The following story, by Jo George of the F.A. of the Washington Area, is inspiring, and shows how an infraction can be a valuable learning experience.

—The editor

Sweetarts, watermelon candy, Bubble Yum bubble gum, fruit flavored life savers—so mouthwatering, so tempting, and so forbidden to my special little boys, ages 6 and 7.

After returning from a birthday party toting a bag of "feisty" foods (our special word for non-Feingold foods), the boys began wondering out loud what these "feisty" foods tasted like.

I have tried to let my boys know that we have healthier alternatives to the "feisty" foods, and that, because I cannot be with them all of the time, they must be relied upon to turn down unacceptable foods on their own.

Giving them this responsibility for their own feelings of well-being has been one of our greatest assets on the Program, and they are very proud of their Feingold diet.

However, realizing how very

important it was to them to taste and experiment, we agreed to a supervised taste test under the condition that they controlled their behavior.

They were absolutely certain, of course, that such delicious, mouthwatering treats would have no effect on them. I reserved judgement.

Behaviorally they were just fine. Good as gold. The same candies which would have spelled disaster four years ago did not appear, at first, to cause any change.

Insidiously, however, the effects of the additives made themselves known.

Every Friday, the boys' camp counselor would send home a note relating the week's activities. Each child would sign his or her name to the note.

Two days after the taste test, I received the camp reports.

When I got the note, I said, "Nathan, you didn't sign your name."

"Yes I did. Here it is," he replied.

Nathan had signed his name completely backwards, but could not recognize it as out of the ordinary.

It was only several days later that he looked at his name again and said, "Why did I write my name backwards?"

I pointed out to him that, while I was very proud of his behavior, the "feisties" can affect us in other ways and interfere with our ability to think straight.

While Steven's handwriting and behavior were not affected, he could not add and subtract (something he is normally a whiz at) and he again started to walk sideways (crab-like is about the only way to describe it).

Because it was summertime, I took the chance and it was a wonderful affirmation of how positively effective the Feingold Program is in so many little ways.

It also showed me how insidiously the additives can affect the brain without the marked change in behavior that we have been accustomed to look for.

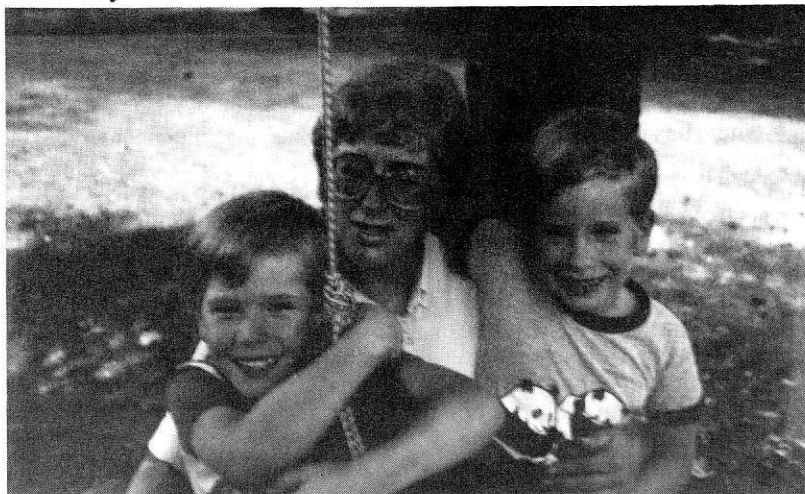
Strangest of all, while the additives were in their systems, they could not recognize their inabilities to perform simple tasks.



July 1, 1983, two days after infraction



July 8, 1983, ten days after infraction



Jo George with her sons, Steven (left) and Nathan.

Real Food for Real People Feingolders in the Kitchen

Who is tricking and who is treating whom? Most commercially processed treats are heavily laden with sugar, artificial colors and flavors. Not a very nice trick to play on trick-or-treaters when you think about it.

Try treating with balloons, pencils, rings, coins, as well as pears, popcorn, peanuts, or any of the following recipes:

POPCORN PARTY MIX

- 2 quarts popped popcorn
- 1 cup pretzel sticks
- 1 cup raw mixed nuts, unsalted
- ½ sunflower seeds
- ½ cup roasted soy beans
- ¼ cup butter
- 1½ T. tamari (soy sauce)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. vegetable seasoning

Melt butter in a small saucepan. Add seasonings. Mix thoroughly. In a large bowl, mix together the first 5 ingredients. Add the butter mixture and toss to mix. Spread into a large baking pan (shallow). Bake at 275 for 45 minutes. Stir 4 or 5 times. Store in a tightly covered container. Yield: 2 quarts. *The Living Cookbook*. Turnbull.

Special Halloween "treat" for all the family:

PEAR BREAD

- ½ cup butter
- 1 cup sugar (or less)
- 2 eggs
- 2 cups flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1/8 teaspoon nutmeg
- ¼ cup yogurt
- 1 cup coarsely chopped, cored pears
- 1 teaspoon vanilla

Cream butter; gradually beat in sugar. Beat in eggs one at a time. Combine dry ingredients, add to egg mixture alternately with yogurt. Stir in pear and vanilla. Pour in buttered 9" x 5" x 3" loaf pan. Bake at 350 for 1 hour. Freezes well.

PEANUT BUTTER CUPCAKES

- ½ c. peanut butter
- ½ c. shortening (or softened butter)
- 1½ c. brown sugar (may use less)
- 1 tsp. vanilla
- 2 eggs
- 2 c. sifted all-purpose flour
- 2 tsp. baking powder
- ½ tsp. salt
- 1 c. milk

Cream peanut butter and shortening. Gradually add sugar, beating til light. Add vanilla and eggs, one at a time, beating til fluffy. Sift together flour, baking powder and salt; add alternately with milk, beating after each addition. Fill paper baking cups in muffin pans half full. Bake at 375 for 15-20 mins. Cool. Frost with peanut butter. Makes about 2 dozen cupcakes.

POPCORN! POPCORN! and more POPCORN!

- Honey Cracker Jacks*
- 8 cups popcorn, (popped)
- 1 cup peanuts
- sunflower seeds (optional)
- ½ cup honey
- ½ cup butter
- ¼ cup molasses
- 1/8 tsp. vanilla (optional)

Heat honey, butter and molasses in saucepan over medium heat. Heat until well blended. Cool slightly. Pour over popcorn and peanut mixture. Stir until coated and then pour into a baking pan in a thin layer. Cookie sheet works well. Bake in 325 oven for 10 minutes. Be sure to keep a close eye on it or it could burn. Cool and break into pieces. Store in an airtight container. When serving it to the kids add a little prize within—just like the old-time cracker jacks.

FAVORITE HOT DRINKS

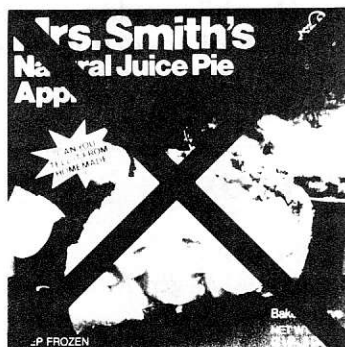
- Heat Lemonade and add a cinnamon stick
- Hot pineapple juice with dash of lemon juice
- Hot, Mulled Pineapple-Pear Juice-1 quart pineapple juice, 1/8 t. salt, 5 whole cloves, ¼ cup sugar, 3 whole sticks cinnamon, 6 whole allspice. Combine, bring to boil, cover, simmer 20 minutes to blend flavors. Add 1 pint pear juice and juice of 1 lemon.



Ideas to help you enjoy the bewitching day:

- Organize a Halloween party for your child's friends or a very special evening out followed by homemade treats.
- Arrange to buy back the non-acceptable treats your child collects.
- Have a bag of acceptable treats ready to trade with your child when he returns home.
- Deliver permitted treats to the homes of some of your neighbors beforehand and ask them to give these to your child when he comes by.
- If using homemade cookies, etc., put each one in a plastic baggie along with an address label to identify where the treat comes from.

The Choice is Yours



Ingredients:

Apples, Wheat Flour, Sugar, Margarine (partially hydrogenated Soybean Oil and/or Lard, Soybean Oil, Water, Salt, May Contain Nonfat Dry Milk, Lecithin, Mono- and Diglycerides, May Contain Sodium Benzoate, BHA or Citric Acid/Preservatives, Artificial Color and Flavor, Vitamin A Palmitate), Lard, Water, Modified Food Starch, Salt, Dextrose, Spice, Malic Acid, Baking Soda, Sodium Bisulfite (Dough Conditioner), Citric Acid.

PERFECTLY NATURAL PEAR PIE

Filling:

- 6 fresh hard pears, peeled and sliced
- ¼ cup sugar
- ¼ teaspoon cinnamon
- 3 tablespoons flour
- ¼ teaspoon nutmeg (optional)

Crusts for 8" or 9" two crust pie:

- 2 cups unbleached flour
- 1 teaspoon salt
- 2/3 cup + 2 tablespoons shortening
- 5 tablespoons cold water

Directions:

Measure flour and salt into mixing bowl. Add shortening and blend thoroughly with a pastry blender. Sprinkle water over mixture a little at a time, mixing until the flour is moistened. Divide the dough in half and use half to line the bottom of an 8" or 9" pie pan. Mix filling ingredients together and pour into pie pan. Roll out remainder of dough to form top crust. Cut several slits in top crust. Bake in a pre-heated 425 oven for 40 minutes or until lightly browned.

Dear Pure Facts

Q: I'm trying to encourage my family to eat nutritious, less processed foods. My daughter cooperates at home, but is mortified at having to show up in the school cafeteria with her peanut butter sandwich made on whole wheat bread.

She wants me to buy the soft squishy white bread available in our area. It's "Feingold-safe" but not worth much nutritionally.

A: You can replace some of the lost nutrients by adding wheat germ to the sandwich. See if your daughter will agree to a compromise: Spread peanut butter on the "squishy white bread," then sprinkle some wheat germ on top of the peanut butter. When the sandwich is closed, no one can see the wheat germ, and she probably won't be able to detect it.

Write To

The "Selective Eating Guide" compiled by the F.A. of the Washington Area will be updated and reprinted early next year.

This booklet, particularly good for travelers, lists restaurant names, addresses, and phone numbers where Feingolder's across the country have successfully eaten.

The F.A. of the Washington area would like to hear from you. If you know of any restaurants that offer food suitable for Feingold families please respond by Dec. 31, 1983 to:

FAWA/SEG
6502 Acorn Ct.
Camp Springs, MD 20748

Halloween Hints

For Halloween make-up that won't turn your child into a real monster, try these ideas from a Feingold mother in Michigan:

- charcoal or burnt cork for black eyebrows
- zinc oxide for a white face or eyelids
- Natural red coloring mixed with petroleum jelly and a little flour for red cheeks
- Natural red coloring and petroleum jelly for red lips

Tranquilizer Side Effects Hinder Children

Doctors at the University of North Carolina at Chapel Hill have released a study on the effects of powerful tranquilizers on children. These drugs are "often prescribed for children with problems as minor as sleeplessness or misbehavior."

Dr. C. Thomas Gualtieri, assistant professor of psychiatry was one of the authors of the study. On a recent "Today Show" (NBC-TV), Dr. Gualtieri described a boy diagnosed hyperactive who had been treated with the drug Mellaril for 8 years. The child could not walk straight, looked drunk, had constant mouth movement and motor problems.

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 Program. This program is based on the elimination of synthetic colors, synthetic flavors and the preservatives BHA, BHT, and TBHQ from our diet.

Sometimes the movement disorders go away when drugs are terminated, reported Dr. Gualtieri, but he has seen the disorders continue 4 years after treatment ended.

"There is no question in my mind," commented Dr. Gualtieri, "that a very large number of physicians in this country are not sufficiently aware of the side effects of neuroleptic drugs (Mellaril, Thorazine, Haldol), don't warn their patients about them and prescribe the drugs in situations where research supports neither their effectiveness nor their safety."

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., P.O. Box 6550, Alexandria, VA 22306.