



Pure Facts

Vol. 8, No. 3

April 1984

Feingold Handbook Sent to Libraries

The Feingold Handbook has recently been mailed to 11,000 libraries throughout the United States and New Zealand.

The 34-page handbook was compiled by members of the Feingold Association and represents the experiences of thousands of families.

Some of the topics covered in the handbook include:

- Who can benefit from the Feingold Program
- Tips on using the diet for all age groups
- What to do about sugar
- How long does it take to see an improvement
- Adding back salicylates
- Surviving reaction
- Planning meals
- The Program at school
- Enlisting help from your doctor and dentist
- Other chemicals to consider
- If the diet is not working, what to try next.

Copies of the handbook (great to send to your doctors or teachers) can be obtained from your local association.



The distribution of the handbooks was financed by a grant from the Feingold Foundation which is supported by donations and the sale of the Feingold Cookbook.

Many members make a contribution to the Foundation in memory of a friend or relative. Contributions may be sent to: The Feingold Foundation for Child Development, 1050 North Point St., San Francisco, CA 94109.

Dear Sir:

Our Public Library has just received a copy of your publication, *The Feingold Handbook*; and, through it, I have become aware of your association. I am delighted to know of its existence. I hope that you can be of assistance to me, and conversely that I may be able to help your program in our area.

I am employed at the library as the children's librarian and, therefore, have access to public service bulletin boards in the children's room. If your association has materials which could be displayed or distributed, I would be happy to cooperate with you to assure that they are made available to our patrons.

I am also very interested in your association for personal reasons. Eleven months ago, I discovered by accident that the migraine-like headaches I have suffered from for the past 38 years are caused by FD & C Yellow No. 5. Once I was aware of exactly which chemical to avoid, the headache symptoms disappeared completely. In a matter of days, I went from an average of two debilitating headaches per week to none at all. To say that my life has changed 100% for the better is to greatly understate the case.

Growth Through Involvement—9th Annual FAUS Conference

Plans are underway for the 9th annual conference of the Feingold Association of the United States.

Guest speaker Dr. Eve Marder of Brandeis University will discuss research on the effects of dyes. And Dr. Ruth Aranow of Johns Hopkins University will present current findings on the biochemical basis for hyperactive behavior.

Workshops will explore ways parents can use the Feingold Program with even greater success in

their home, and volunteers can more effectively gain recognition of our program within their community.

Some of the topics to be covered include:

The Feingold Teenager
Keeping your child's cooperation
Working with schools, day care
centers and correctional facilities
Dealing with professionals
Setting up a Feingold camp
Research foods and understanding
labels

Other conditions which may respond to the Feingold Program

Informal receptions will give us all a chance to meet new friends and compare notes. And one of the highlights will be an old fashioned New England clambake.

Plan to join us for a time of learning, sharing, friendship and fun. For details contact:

Feingold Conference
c/o Marilyn Baker
Box 34, Main Street
Fremont, NH 03044

Feingold Program Helps Senior Citizens

My 67-year-old husband is very hyperactive and has a very nervous and rebellious nature. He has uncontrolled temper tantrums and is destructive. Can you please help?

I raised one child without help and am now raising a grandchild. Just eliminating some foods has helped, so to be on the Feingold Program completely will be a blessing from God.

Around 1968, Dr. Feingold found the cause of my severe sinus headaches—a sensitivity to salicylates.

I will always be grateful to Dr. Feingold for his correct diagnosis which has helped me lead a normal and active life.



I am now 75 years old. Several years ago while visiting a daughter in Indiana, I had lunch with a dear friend of hers.

This lady is now 83 years old and is as spry as ever.

At the time, I was using a cane and was pretty miserable with arthritis in my knees, hips, hands, you name it.

This dear lady told about how she had to give up a mimeograph business because of crippling arthritis.

Later, she discovered that nutrition and exercise was the key to her recovery.

Well, I followed her example. Today I eat natural foods and get plenty of exercise. I swim three times a week and take short walks daily.

In no time I discarded the cane and today I am about one of the most active senior citizens you are likely to meet.

Jack Jacobs, Chairman of FAUS adult committee welcomes your letters. Let him know how the program has helped you. Address letters to: Jack Jacobs, 7412 Prince Georges Rd., Baltimore, Md. 21208

Dining Out On The Feingold Program

I am 62 years old. For 1½ years my face has been getting red and swollen, and my eyes hurt a lot.

I have been on the Feingold program but lose days of work when I cheat. I especially have problems when I eat out.

Are there many older people with this problem?

—a reader in Massachusetts

Editors note: This was written on perfumed stationery which can cause problems for chemically-sensitive people.

To our reader in Massachusetts and anyone else who is concerned about eating out, read on.

Eating successfully in restaurants is really not as difficult as it may seem.

Do not hesitate to speak with the manager of the establishment and explain your needs.

Ask to have foods prepared without gravy, so-called “natural” juices, or seasonings.

Stick with the basics—broiled meat, plain vegetables, fresh eggs, and salad.

Some families take their own butter and salad dressing.

A Chinese restaurant is a good place to look for natural food.

Although Chinese food often contains monosodium glutamate (MSG or Accent) which some Feingold families avoid, dishes that are made to order can be prepared without this additive.

Meat or seafood with fresh vegetables can easily be made without MSG.

Explain to the manager and the waiter that you wish to avoid this additive. Chances are he or she has received similar requests from patrons on low sodium diets.

One Feingolder reports that she

passed out after eating a meal carefully prepared without MSG. It seems that the new brand of soy sauce the restaurant was using contained MSG.

In addition, the sweet and sour sauce in some Chinese restaurants is a vivid red color and should be avoided.

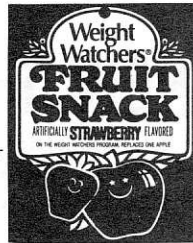
Remember, though, when you first start the Feingold Program, eat only the foods that you have prepared. Once the program is working for you, ask your Diet Assistant or local association to suggest restaurants to try. Later you can venture out on your own.

Also, the “Selective Eating Guide” is available for \$3 from FAWA/SEG, 6502 Acorn Court, Temple Hills, Md. 20748. This is a book listing several hundred restaurants throughout the United States where Feingold members have been able to find some additive-free foods.

Sugar, hydrogenated palm kernel oil, propylene glycol monostearate, corn syrup solids, sodium caseinate, whey, sodium silicoaluminate, hydroxylated soybean lecithin and acetylated monoglycerides, hydroxypropyl cellulose, artificial flavor, natural flavor, BHA and citric acid, artificial color (including FD&C Yellow No. 5).



Dehydrated apples with sulfur dioxide as a preservative, artificial flavor, citric acid, artificial color.



Water, corn syrup, partially hydrogenated soybean oil, hydrogenated coconut oil, mono and diglycerides, soy protein, sodium stearoyl lactylate, polysorbate 60, dipotassium phosphate, disodium phosphate, sodium acid pyrophosphate, artificial color.



Fabulous Fake Food Feast

Inspired by the esteemed American tradition, April Fool's Day, Pure Facts presents its first (and probably last) Fabulous Fake Food Feast.

A veritable smorgasborg of culinary wonders has been assembled to tempt your imagination, but certainly not your palate.

The wizardry of the food chemist knows no bounds! Our menu includes:

- "Cheese" on crackers
- "Beef" soup
- Broiled "Scallops"
- "Hamburger" patties
- Jossed salad with "bacon" bits
- "Blueberry" muffins with "butter"
- "Milk"
- Salted "nuts"
- "Fruit" ice with whipped "cream"
- AND
- "Strawberry" snacks

Bon appetit.

I Can't Believe It's Not Butter!

75% VEGETABLE OIL SPREAD

Partially hydrogenated soybean oil, water, salt, sweetcream buttermilk, vegetable lecithin, vegetable mono and diglycerides, artificially flavored, sodium benzoate, potassium sorbate and citric acid added as preservatives, nonfat dry milk, colored with beta carotene, vitamin A palmitate added.



Hydrogenated soybean oil, wheat germ, durum flour, sugar, sodium caseinate, soy protein concentrate, salt, natural and artificial flavor, artificial color and FD&C Yellow No. 5.

Textured soy flour, partially hydrogenated soy oil, salt, natural and artificial flavoring, caramel color, FD&C Red #3, BHA & BHT as antioxidants.



Natural flavors, salt, dried corn syrup, monosodium glutamate, onion powder, hydrogenated vegetable oil, xanthan gum, potato starch, corn starch, caramel color, garlic powder, parsley.

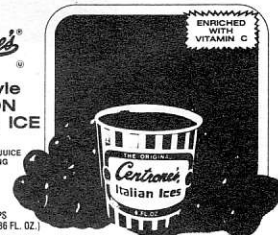


Pollack, wheat starch, egg white, scallop, sugar, salt, sorbitol, scallop extract, shrimp extract, wine, artificial scallop flavor.

the original
Centron's
Italian style
IMITATION
CHERRY ICE

CONTAINS NO FRUIT JUICE
ARTIFICIAL FLAVORING
& COLOR ADDED

6 - SIX FL. OZ. CUPS
PER PACKAGE (36 FL. OZ.)



Water, sugar syrup, corn sweetener, citric acid, imitation cherry flavor, almond extract, cellulose gum, gum arabic, ascorbic acid, artificial color.



Textured vegetable protein, soybean and/or corn oil, egg whites, partially hydrogenated soybean and cottonseed oils, flavorings (artificial flavors, monosodium glutamate, spices, disodium guanylate, disodium inosinate), calcium caseinate, modified tapioca starch, onion powder, emulsifiers (mono- and diglycerides, glyceryl lacto esters of fatty acids), caramel color, sugar, garlic powder, ascorbic acid, vitamins, pyridoxine hydrochloride, riboflavin, ferrous sulfate.



IMITATION
PASTEURIZED PROCESS
CHEESE SPREAD
CONTAINS VEGETABLE OIL
NET WT 32 OZ (2 LB) 907g

Water, casein, partially hydrogenated soybean oil, whey, skim milk, natural flavoring, sodium citrate, lactic acid, salt, sodium phosphate, sorbic acid, artificial color, vitamin A palmitate.

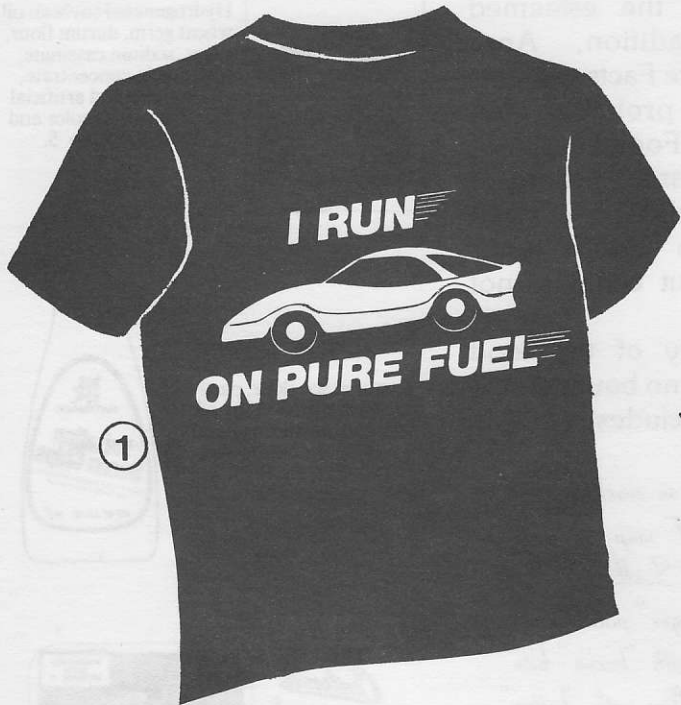
Enriched bleached flour, riboflavin, sucrose, partially hydrogenated vegetable shortening, dextrose, modified food starch, whey, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate, aluminum sulfate), salt, non fat dry milk, cellulose gum, lecithin, citric acid, artificial color, artificial flavor.



NEW T-SHIRTS

Here are the T-shirts you've been asking for...a chance to "show your colors" while you help your association. All profits from the sale of T-shirts are used to assist local associations in sending a delegate to represent them at our conference in Boston.

\$7 each / 2 or more \$6 each



Black & white is in! A flashy new number for your jet-set Feingolder is this sports car motif printed in white on a black shirt.

Child's 6-8 Child's 14-16
Child's 10-12 Teen (sm adult) 32-34

All shirts are 50% cotton, 50% polyester and machine washable. Allow 6-8 weeks for delivery.

Quantity	Style #	Color	Size

Total number ordered _____

Total payment enclosed \$

Our Feingold logo shirt sports the familiar "Nutrition is a Better Way" slogan. It is available in whole wheat & carob (tan shirt with brown ink), also morning glory with plum (for those who can tolerate salicylates!) That's a light blue shirt with red/violet ink.

Child's 6-8 Adult 32-34
Child's 10-12 Adult 36-38
Child's 14-16 Adult 40-42



Please make check or money order payable to FAUS and mail to: T-Shirts, P.O. Box 6550, Alexandria, VA 22306.

_____ name

_____ address

_____ city

_____ state

_____ zip

(please print)

P.S. Adult sizes make great sleep shirts for children.

A Food Industry Mix-Up

Peter Paul Mounds are still approved

One of the problems we have when dealing with food companies is that they often make mistakes.

Last fall, Peter Paul Cadbury, Inc. wrote to a Feingold member and said:

"Thank you for your recent letter commenting upon our use of vanillin in Peter Paul Mounds and York Peppermint Patties.

"Vanillin (synthetic vanilla) is now included in our standard recipe."

Whereupon we published that information in the December/January issue of Pure Facts.

The company received many letters of protest from Feingold families and immediately called the association to straighten out the mix-up.

According to Maurice Jeffry, the vice president of research and development, only the York Peppermint Patties contain vanillin. Mounds and Almond Joy still contain vanilla which is listed on the label.

This certainly shows that your letters to the food industry create an impact. Perhaps additional letters would persuade Peter Paul Cadbury to remove the synthetic vanilla from the Peppermint Patties and once again produce a candy that Feingolders can enjoy.

Address your letters to:
Peter Paul Cadbury, Inc.
New Haven Road
Naugatuck, Conn. 06770

Thank you to F.A. of New York for their assistance.

Pussy Willows May Elicit Reaction

If you are a salicylate sensitive person who reacts mysteriously during the spring, you may be interested in know-



ing that one of our favorite soft spring treasures is a member of the salicylate family.

Yes, pussy willows.

It seems that willows, blackberry vines, and any plant in the Spirea family (such as Oregon's Bridal Wreath) are salicylic.

In fact aspirin, one of the most common salicylates, was originally derived from willow bark.

F.A. Northwest

The Behavioral Toxicity of Food Additives

by Bernard Weiss, Ph.D.
University of Rochester School of
Medicine and Dentistry

- At Pittsburgh, children already maintained on the Feingold Diet were challenged with a blend of eight food colors, totalling about 27 mg, in the form of two cookies supplied by the Nutrition Foundation. Some children showed impaired perceptual-motor performance and elevations in hyperactive behavior.

- In Toronto, Williams et al. examined the combined effects of stimulant drugs and color challenges in 24 children diagnosed as hyperactive. My analysis of the raw data highlighted a cluster of subjects (25%) showing evidence of food dye sensitivity and one marked responder.

- Swanson and Kinsbourne studied 20 hyperactive children who were positive responders to amphetamine and 20 children who showed adverse effects to the drug. Seventeen of the 20 positive drug responders suffered performance declines on a learning task after the ingestion of 100 or 150 mg of a dye blend.

- The study in which I took part was conducted with a group of 22 younger children, none of whom were clinically hyperactive, but with aversive behaviors that parents believed were attenuated by the Fein-

gold diet. This experiment uncovered two responders, a 3-year-old boy and a 34-month-old girl.

The conclusions from the human studies are consistent, as even Feingold's most severe critics concede:

1. some children benefit from the elimination diet
2. some children respond adversely to food dyes
3. the most sensitive children seem to be the youngest.

Although Feingold's critics argue with his estimates that perhaps 50% of hyperactive children benefit from the elimination diet, scaling their estimates far below his, they do not contradict the basic premise of sensitivity in some proportion of the population.

This premise is further supported by work with laboratory animals. Two studies with neonatal rats indicate that behavioral impairment can occur with doses of food dyes equivalent to those consumed by humans.

Excerpted from *NUTRITION UPDATE*, Volume 1, a new series on current developments in nutrition edited by Jean Weinger and George M. Briggs. Published 1983 by John Wiley and Sons, Inc., 605 Third Avenue, New York, NY 10158.

Boston Is A City To See

Historic Boston will be the site of the Feingold Association of the United States Ninth Annual Conference, to be held June 21-24.

Some of the historic places you will want to visit include:

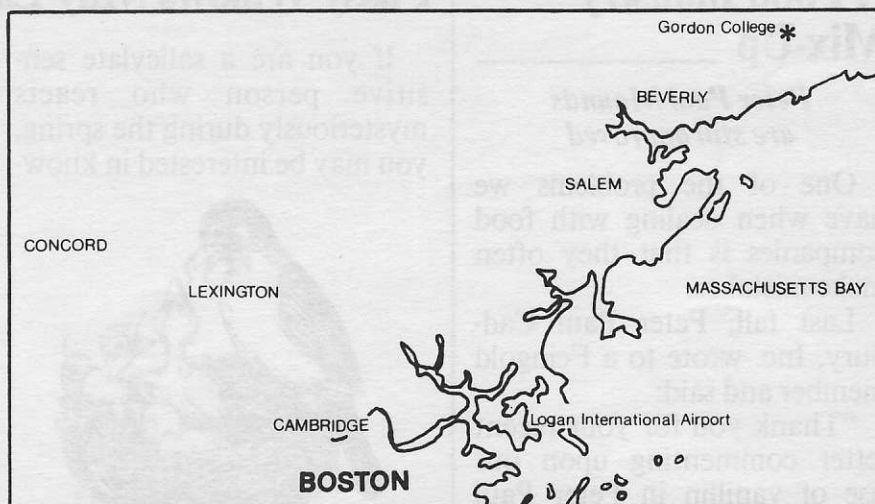
Boston Common & Public Garden - a 48 acre park in Boston's busy downtown. The common was purchased in 1634 to serve the people of Boston. In colonial days it was a pasture land and militia training ground. The grave of painter Gilbert Stuart is located there.

Old North Church - Built in 1723, the "Old North" is the city's oldest standing church. On April 18, 1775, two lanterns hung from the steeple signaled to patriots across the river that the British were on their way to Concord by sea.

Lexington and Concord - "Here once the embattl'd farmers stood, and fired the shot heard around the world. . ." The war for independence began here, about 20 miles outside of Boston.

U.S.S. Constitution - Nicknamed "Old Ironsides" from the strength of her oak construction, this heavy frigate never lost a fight. It is the oldest commissioned warship afloat in the world.

Harrison Gray Otis House - Designed by Charles Bulfinch, Boston's greatest architect, the Otis House exemplifies the high style of late 18th and early 19th century Boston. Includes a fascinating display of New England antiques and architectural exhibits.



Bunker Hill Monument - A towering obelisk marks the site of the first major battle of the Revolution: The Battle of Bunker Hill. The monument is a tribute to those Colonists who, though badly outnumbered, fought bravely against the British and withdrew only after their ammunition was gone.

Paul Revere House - Built in 1676, this is the oldest standing structure in downtown Boston. Paul Revere owned the house from 1770 to 1800 and left its doors for the Boston Tea Party and for his historic ride to Lexington and Concord.

Boston Tea Party Ship and Museum - Boston's most notorious protest. Relive history at the Tea Party site by throwing tea chests overboard.

Faneuil Hall Marketplace and the Waterfront - Visit the largest open-air fruit and vegetable market in the U.S. Beyond is the waterfront at Boston Harbor, one of the oldest ports in America.

The State House and Archives - The State House was erected in 1795 on land bought from the Hancock family. Samuel Adams laid the cornerstone. The archives contain many original documents including Bradford's History of Plymouth Plantation.

Site of the First Public School - The first public schoolhouse was built in 1635 and later became the Boston Latin School. It was a place of learning for Colonial America's great minds, including Benjamin Franklin.

Boston Massacre Site - At this site, on March 5, 1770, a British guard of nine soldiers clashed with an unruly mob, resulting in the death of five colonists.

Granary Burying Ground - The cemetery shelters three signers of the Declaration of Independence: John Hancock, Robert Treat Paine and Samuel Adams. Paul Revere is also buried here.

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.

PureFacts

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Subscription Manager: *Gwyn Wertz*

Pure Facts is published monthly, except for combined July/August and December/January issues, by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency). Additional contributions gratefully accepted.

All correspondence, subscriptions, renewals and change of address noti-

fications should be sent to: *Pure Facts*, 21 Maple Avenue, Camp Hill, PA. 17011.

Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.