



Pure Facts

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Teens on the Feingold Program

We all recall poignant moments of joy and pain during our teenage years. At times life seemed as dull as a plate of refried beans and at other times as explosive as popcorn in a pressure cooker. Peer pressure could be all-consuming. In the lifestyle of today's teenager, how can teenagers deal with a diet that is different from their peers? Can the Feingold diet survive a day of social activities? And, finally, what can a parent do to help?

In the lifestyle of today's teenager, how can teenagers deal with a diet that is different from their peers?

We asked three high school seniors who are on the diet to share their thoughts and survival techniques with us. As children they experienced a variety of symptoms: intolerance to the noise and confusion of kindergarten, low frustration tolerance, toy breaking, learning difficulties, hyperactivity, feelings of rejection, and eczema. They had trouble maintaining friendships. One had been on medication. In retrospect, they all would have gladly begun the diet as preschoolers rather than in their middle school years.

Now, they are all doing very well scholastically and attribute their success to staying on the diet. Each has experienced a definite drop in performance when digressing from the diet. For this reason they are motivated to stay on the diet and regard it as a personal victory.

Harmful Dyes Not Yet Banned

If the Food and Drug Administration recommended the ban of six artificial colors at least six months ago, why are the colors still widely used in cosmetics, toiletries, and food?

That was the question recently posed to a House subcommittee. The FDA reviewed the six red and orange dyes over the last two years and concluded that they caused cancer in animals and posed a potential health risk to humans. Eighteen months ago one of the dyes was recommended by the FDA to be banned, and six months ago the banning of five others was recommended.

"For some reason, the government has allowed these color additives to stay on the market," said Rep. Ted Weiss (D-N.Y.) who chaired the subcommittee hearing. Weiss charged that the Department of Health and Human Services failed to comply with the 1960 Delaney amendment, which requires that if there is evidence that an additive causes cancer in man or animals, it must be re-

moved from the market.

HHS officials claim that further scientific review is needed and industry officials argue that the risk to humans is insignificant.

According to Weiss, it is "quite apparent that the industry was given opportunities to present its case above and beyond the normal opportunities." It was shown that over the past 1½ years, the Cosmetic, Toiletry, and Fragrance Association met several times with top HHS officials.

Of these dyes, Red #19 and #37 and Orange #17 are for external use only in toiletries and cosmetics. Red #8 and #9 may also be used in lipsticks. Red #3 is allowed in foods.

Dr. Frank E. Young, the new FDA commissioner, has begun his own review of the additives. He is expected to ban five of the additives soon but is reserving judgment on Red #3.

Information provided by an article by Christine Russell, The Washington Post, 10/6/84.



In addition to scholastic problems, going off the diet gives one teen we talked to a wound-up feeling, quarrelling with friends and the inability to block out noises and concentrate. Another has violent outbursts, and the third must include in his program staying away from strobe lights and loud music. They all emphasize that the choice to be on the diet must be made by the individual; it must be an internalized value, and the chief motivation must be a desire to achieve the harmony and success that the diet affords.

While they all lead socially active lives, one is in the school band and works as a candy striper, and two are runners, they do not yet feel comfortable calling attention to their diet. However, they will share information if asked.

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SPECIAL TEEN ISSUE

Teens, from page 1

These students have all rejected disharmony and failure and have chosen, instead, a better quality of life for themselves. To achieve this, they have devised ways to stay on the diet during their varied daily activities. They suggest:

1. Keep the diet as a priority by planning ahead.
2. Choose high protein, dinner-type foods for breakfast such as cheese, peanuts, beans, eggs, and fish.
3. Take your lunch to school; do not rely on the cafeteria.
4. Carry snacks so that you can still go out with your friends but not eat what they are having if it is not on the diet.
5. Let teachers know about the diet so they can be supportive.
6. Learn to choose what is acceptable on restaurant menus.
7. Take pride in choosing the real thing, not imitation food.
8. Support friends who are on the diet.
9. Persevere. Being in control is a great feeling!

On occasion, we deviate from the diet. The moms interviewed have their own survival techniques when this occurs. One of them suggests that parents should not feel obligated to take abuse when a reaction is occurring. Simply say: "I hear you telling me that you are angry and upset. *I'm not willing* to pursue it now. Let's plan to discuss it later when we are both calm." The child may have eaten something without knowing that it had a damaging ingredient, or he or she may have chosen to deviate. It is important for the child not to lose face.

The teens voiced a particular sensitivity to being accused and a contempt for determining the causal ingredient while the reaction is occurring. Try to work with your child when he is calm, offering support and suggestions for avoiding future deviations. Do not be judgmental. Try to view the deviation as a reinforcement lesson to encourage returning to the diet.

While they realize that the Feingold diet cannot cure all life's ills, our three teens have greatly improved the quality of their lives by using it. They are grateful for it. Their good and bad moments are in a normal range, and they are in control.

F.A. of Northwest

Editorial—Helping Feingold Teens

by Pat Palmer, President—FA of New York

The most important thing we parents can do to help our hyperactive, learning-disabled teens is to maintain the diet and keep our information up-to-date . . . whether or not they are cooperating.

Many parents give up or think teenagers have outgrown hyperactivity because the constant fidgeting that plagued their childhood lets up during adolescence. But teen behavior may still be volatile enough to keep them from making friends and get them into accidents on the road. Their spelling, reading, and math may still be falling below grade level; social skills and peer relationships may be poor. Impulsive and inattentive behavior may still be a problem. They may be unhappy, immature adolescents.

Some teens have learned to block out the sad yesterdays, but they have trouble in looking ahead to tomorrow and difficulty in getting through to-

day. They may have had many verbal and physical abuses throughout their years so that they cringe and overreact . . . each succeeding abuse a more terrifying and hurtful experience. While a child might let the incident roll off him like water rolling off a smooth rock, most of our adolescents are sensitive, emotional people who are easily hurt. Many feel unliked and worthless.

We must go further to help the adolescents survive, succeed, and grow into mature adults. If we can offer love, fun, praise, success, and joy along with the negatives, we can help them.

And let's not forget the cooperating college students. They still need our support in keeping their diet. They must know that we still care about their needs.

Maturity, hopefully, brings wisdom.



News from the FDA

The first new over-the-counter painkiller in 25 years has recently come on the market. But although it is meant to be an aspirin substitute, it should not be used by aspirin (salicylate)-sensitive people.

The drug is a low-dosage form of the popular prescription medicine ibuprofen and is sold under the trade names Nuprin and Advil. According to the warning label of the new drug, although it contains no aspirin or salicylates, cross reactions may occur in people allergic to aspirin.



Because of changes in the manufacturing process, new baby bottle nipples no longer need to be boiled to reduce their nitrosamine content, according to the Food and Drug Administration.

Nitrosamines are proven cancer-causing agents formed during the manufacturing process from chemicals used to give nipples strength and resilience.

The current maximum nitrosamine level allowed is 60 parts per billion (ppb). Recent tests on domestic nipples showed that they contain an average of 11 ppb. Further manufacturing changes are intended to reduce the levels even further to meet the 10 ppb maximum effective January 1, 1985.

A Teen in Trouble

Another Side of the Feingold Story

My story is a plea to all Feingolders to support your organization. We must recognize our children's problems with synthetic additives when they are young, not in a decade or two. It may already be too late for my child; don't let it be too late for yours.

As I look back now, I realize that the temper tantrum my son had when he was 10 days old was a reaction to baby vitamin drops. Shortly after I gave them to him, he started to cry very loudly, flailed his little fists, arched his back, and turned red in the face. I was not able to hold or comfort him, or to stop the very loud crying. This was almost 17 years ago, but I remember it well since he ruptured his navel during that episode.

I suggested to the doctor that the baby was allergic to the vitamins. Although I had raised two other children, the doctor would not believe this, and actually laughed at me.

When my son was three his father became very distraught because the child could not sit still. I noted that the bacon he ate one morning had made him unruly (as did hot dogs and potato chips). I remember this incident after so many years because an argument followed, and his father made it clear I was making excuses for the child. (We are now divorced, and he is still convinced that our son's problems stem from my making excuses for him.)

When he was seven I stopped giving my son Flintstone® vitamins because I detected a change in his behavior after taking them. Shortly after that I was at an open house at school when the art teacher admonished me for putting him on medication. (I had not.) I asked her why she thought that, and she said he now came in and sat down in her classroom. Before, he climbed over the chairs and under the tables!

I read everything I could. (Dad never read anything.) Then one wonderful day, I found and read Dr. Feingold's new book, *Why Your Child Is Hyperactive*. I knew I had found the answer . . . the common denominator in the bacon, chips, hot

dogs, and colored vitamins that I had been searching for. That same evening I removed all of the artificially colored and flavored foods from our cupboards . . . five grocery bags full of them! No wonder the child was having such a difficult time.

His behavior improved quickly at home, but not at school. The next year he did much better, but we moved, and in sixth grade he had to change schools. Between mold, mildew, varnishes, and paint in shop, and other things too numerous to mention, school was a disaster for him. . . yet he tried so hard.



When my son was 15 I divorced his father. I was working full time, and had to leave him on his own for the first time. I began finding candy wrappers around. I asked him to try to stick to his diet, but he felt he had outgrown most of the sensitivities that bothered him when he was a kid.

Four months after the divorce, he and a friend broke into a house. The police picked him up 3 days later. My heart broke when they brought my 15-year-old son into court in handcuffs. Since this was his first offense, he was released on probation. In an effort to help my son, I explained to the probation counselor how synthetic chemicals affected my son's judgment and behavior. During the months that followed, my conversations with the counselor only served to convince him that I was trying to make excuses for my son's behavior. Few people in this area have ever heard of the Feingold Program.

Several months ago I stopped by the house during my lunch hour to look in on my son. He and three of his

friends were having lunch. There were assorted bags of junk foods, plus a quart of brilliant red and green sherbet. I quietly told him he would be responsible for his behavior. (But his teachers at school had long ago convinced him that Mom didn't know what she was talking about. Besides, he was able to eat a lot of things now without my knowledge since he no longer had temper tantrums afterward.) I told him not to leave the house.

Several hours later the police picked him up after he had gone into a concession stand and taken candy and cigarettes. (He doesn't smoke, and can't stand to be around cigarettes.)

Another court scene, and he was given community service work. I explained to his counselor how paints, insecticides, cleaning compounds, and other petroleum-based compounds could cause difficulties. One day, after using a commercial floor wax stripper, my son was accused of getting "high." He denied having taken anything, and I believed him as he seems very frightened of pills. He seems to really know how sensitive he is.

About a week later he was picked up on his lunch hour for violating probation by drinking beer. During the morning he had been working in the heat, handling green, insecticide-treated logs.

This latest offense meant my son would be held in detention for 7 days. My request to the probation officer that he be maintained on his diet fell on deaf ears. A letter to the judge and phone call to the local congressman's office didn't help matters, but only served to convince them that the heart of the problem was Mom, who refused to cut the apron strings.

They intend to put him in a group home, to wean him from Mom. I don't object to my son being placed in a group home, but know what will happen if he has a steady diet of additive-laden foods. If his impulsive behavior and temper get the best of him in the group home, the next step is prison.

Planned Cheats

These suggestions are directed toward the parents of the adolescent Feingolder who finds himself in situations where it is difficult to avoid non-approved food.

Children who have not eaten synthetic additives for a considerable length of time might find they can eat them with no apparent reaction. We believe this is because they are "cleaned out." It could take a while for the chemicals to accumulate in their systems before the symptoms reappear. It seems that the greater the child's weight the more his or her system is able to tolerate.

If there is a party, an overnight camping trip, or other special event coming up, the parent and Feingold child can discuss the food likely to be served, and what the child would most like to have. If they agree to pass up any bright colors, they will be avoiding some of the worst of the potential offenders.

The parents should make it clear that the youngster will still be held responsible for his or her behavior. Some teenagers find that even with an occasional deviation from the diet, they can keep their behavior under control. Here the key word is "occasional." Constant infractions would return the family to their pre-diet difficulties.



Candy Canes

We share this information with you because, to the best of our knowledge, this is the only source of candy canes colored with natural dyes:

Red & white striped candy canes (mint flavored)

Green & white striped candy canes (lemon flavored)

Both are sweetened with corn syrup.

For information contact: Giambri's, 26 Brand Avenue, Clementon, NJ 08021; (609) 783-1099. Orders must be placed by December 1 for Christmas delivery.

"Success for a Working Mother and Teen

My son Darryl, age 15, has been diagnosed as learning disabled since fourth grade.

Three weeks after we started on the diet, I went back to work full time. The first 5 to 6 months were extremely hard. Most trying were adjusting to full time work after being home for 17 years and cooking the Feingold way at night.

However, I am happy to say the benefits outweigh my first expectations. Darryl's allergies (molds) only flare up in the Spring and Fall and usually when he doesn't adhere strictly to the diet. Before, his allergies were all year round. Mine have disappeared completely. His behavior is completely different than before. On the diet he is gentle, friendly, talkative, and calm. Off the diet he is rougher, sullen, depressed, and has disruptive speech patterns. My improvements are a much higher energy level, no more allergies, sharper concentration, and much better memory.

It is hard to keep a teen on the diet, but I am hooked forever. As our children are growing up and more on the go, my suggestion for helping parents of teens is this: Feingold foods, especially their favorites such as pizza (Feingold style), etc., can be frozen in one-serving portions and then popped into the microwave for quick heating. Soups and chili are also good. These legal foods, readily available, can hold them over until Mom gets home to cook.

F.A. of Missouri

PureFacts

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What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, nonprofit 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.

Our Teens Write

I am in the middle of adolescence and I think I am hyperactive. Throughout most of the day I feel like I have too much energy, I can't concentrate very well on anything for very long before I have to get up and start running or jumping or vigorously exercising. I've tried heavy workouts to release all of the energy at once so I could concentrate better but it hasn't helped.

I also often feel unusually nervous or anxious. Could this be a symptom of the hyperactivity I may have?

Please send me whatever information you can.



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