

Pure Facts



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Consumer Group Sues Government Over Food Dyes

Public Citizen, a Washington DC consumer advocacy group, has filed suit against the Food & Drug Administration (FDA) and its parent agency, the Department of Health & Human Services (HHS). The suit calls for these agencies to ban ten widely-used color additives, including the three which comprise half of all food dyes consumed in the U.S. last year (3.4 million pounds). The three food dyes are: Yellow #5, Yellow #6, and Red #3.

Last March, the Acting FDA Commissioner, Dr. Mark Novitch, recommended HHS ban six of the dyes, stating that "FDA scientists have determined that recently submitted toxicity data clearly demonstrate that each of these color additives induces cancer in properly conducted animal feeding studies."

Under the 1960 Color Additives Amendment to the Food, Drug & Cosmetic Act, HHS and FDA were

directed to decide on the safety of all color additives then on the market. However, the agencies delayed making a final decision for 24 years and granted numerous extensions to what is called the "provisional listing" of additives, on the grounds that industry needed more time to conduct the necessary scientific studies.

The color additives industry vigorously opposes a ban on the dyes and seeks further delays. Responding to the industry proposal, Dr. Sanford Miller, Director of the FDA's Center for Food Safety & Applied Nutrition, stated:

"In other words, the only effect that we can realistically see from additional peer review is a further delay that would risk a lawsuit asserting that FDA is not adhering to its responsibility under the law. In our judgment we have already extended

the provisional list so many times that we are in danger of losing both a lawsuit and our credibility as a regulatory agency."

On February 1 the FDA again extended the closing date for the provisional listing of the dyes. The extension is for two months, until April 2, 1985.

According to the FDA explanation in the February 1 *Federal Register* the use of the cancer-causing dyes during this period of time "will not pose a hazard to the public health."

Public Citizen is proceeding with its lawsuit. When asked how his organization reacts to the latest FDA postponement, a spokesman told *Pure Facts*, "It's illegal!"

Information provided for Pure Facts by Public Citizen, Suite 605, 2000 P Street, N.W., Washington, DC 20036.

Finding a Doctor

Like most Feingold children, Dottie Lynam's son, Kyle, is seldom sick. But the Lynams wanted a pediatrician who would support them in following the Feingold Program.

Several neighbors recommended a young doctor in the area who had been practicing for about a year. Dottie called his office and asked if he was sympathetic toward the Feingold Program. After checking with the physician, the receptionist said he knew a little about it and was neither "for" nor "against" it. (Having been president of the Indi-



ana Feingold Association, Dottie had come to believe that an open-minded attitude such as this was very desirable.)

She made an appointment for the entire family to consult with the doctor; and meanwhile mailed him

a packet of literature prepared by the association.

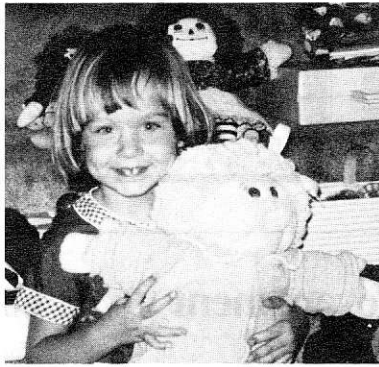
When the Lynams later met with the doctor it was obvious he had read the material and would cooperate with them in following the program.

"My husband doesn't charge for consultations in his line of work," Dottie told *Pure Facts*, "and we were favorably impressed that the doctor did not charge us for this initial visit."

Kyle, age 7, has not needed to see the pediatrician often, Dottie reports, but on those few occasions, it has been so nice to have a doctor who will work with you.

When Babies Don't Sleep

Most parents of 3 year olds would be very upset if their child woke up several times each night. For Feingolder Marilyn Yunker, this represented a dramatic improvement in her child's sleep pattern. Marilyn wrote the following letter to the Feingold Association of Indiana.



My first indication that the cause might be artificial coloring came when she had a cold and I gave her Novahistine. The medication didn't make her sleepy, as it would my other two children. In fact, she was so wound up, it was 2 days before her arms and legs stopped moving.

When she accidentally got some of my diet "grape" drink, and had the same reaction, I was sure it was the coloring. I took everything out of her diet which listed coloring. But I actually changed her diet very little, and her behavior changed very little as well.

I read everything I could on diet and hyperactivity, and followed the suggestions, but still without results. Then a friend gave me the your address and I received the foodlist, newsletter, and instructions. Now Alice sleeps more soundly than ever, and for a longer time. She doesn't sleep "like a log" as do some children, but she and I sleep most of the night.

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Enjoy A Feingold Easter

The Feingold Easter Bunny will need your help, plus some advanced planning to make this holiday a pleasant one for all.

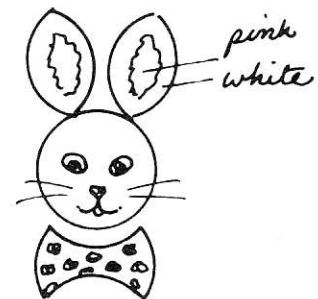
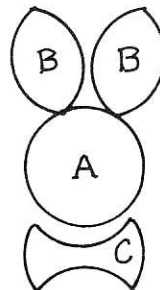
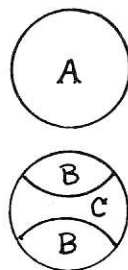
Take the emphasis off candy by providing gifts such as: games, crayons & scissors, activity books, puzzles, records, or a seasonal toy such as a kite or bat & ball. Consider the Crayola activity sets, which encourage drawing skills and provide a wide range of activities for most age groups,

Use hollow plastic Easter eggs to hide coins or trinkets, or use them to hide treasure hunt clues (with each clue leading to another hidden egg, until the prize is located.)

Don't forget nature's own "candies" such as dried pineapple, papaya, figs, dates, nuts. Be sure to buy enough for the grown-ups.

Information on dying eggs with natural food colorings can be found in the Feingold Handbook. Or try the colorful plastic "sleeves" which need only be slipped over the egg and dipped in hot water.

Sweets on an empty stomach are a recipe for disaster, but for that special dessert after a nutritious meal, here's an idea for a bunny cake your children can help you decorate.



Bunny Cake

You'll need:

2 9" round layers from your favorite Feingold recipe
Frosting (see recipe)
1½ cups coconut
cut up fruits, such as dates, papaya
black pipe cleaners or yarn
beet juice

Cut one layer as shown, and leave the other whole.

Tint ¼ cup of the coconut pink by tossing it with beet juice.

Arrange the cake as shown, and frost it.

Sprinkle with coconut and decorate.

Creamy Frosting

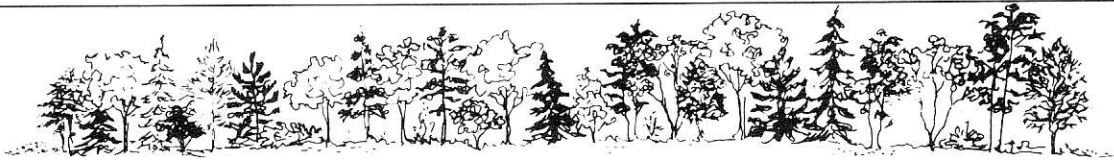
This recipe makes about ¾ cup; you may want to double it.

1 teaspoon flour
1 teaspoon butter
¼ cup milk
1 package (3 oz.) cream cheese
¼ cup confectioner's or brown sugar
1 teaspoon vanilla
pinch salt

Melt butter. Stir in the flour and cook 2 minutes. Add milk and cream cheese and stir. Cook until thickened; add sugar, salt, and stir until melted.

Remove from the stove. Stir a while longer, then stir in vanilla.

Information provided by the F.A. of the Washington Area, and F.A. of Roanoke Valley.



Feingold Summer Camps

California

Camp Latieze, June 22-28, 1985
Ages 7-12 Cost: \$125 per child

In Redding, California (4 to 6 hours from the FAUS Conference) there will be a camp for boys and girls who are established on the Feingold Program. The Director will work with us to help with local transportation and possible extra-day accommodations to allow us to attend the Feingold Conference. It is an excellent camp according to Feingold members, and is sponsored by the Shasta County School District. The Feingold diet is served.

Camp activities include:

- Campfire fun
- Skits
- Sleeping outdoors
- Swimming
- Fishing
- Games

Aside from learning camping skills, the goals of the camp are to increase feelings of self-worth, improve peer relationships and participate in "hands-on" outdoor education.

For an information brochure write to: Ruth Frazier, Director
 Camp Latieze
 1931 N. Bechelli Lane
 Redding, CA 96002
 or call (916) 223-1160 evenings.

The Feingold Association of Northern Maryland is providing two camping programs for Feingold children who are well established on the diet.

Of course, both camps will serve well-balanced meals that adhere to the Feingold Diet—all synthetic colors, flavors, BHA/BHT/TBHQ will be eliminated. Natural salicylates will also be eliminated.

Maryland

Echo Hill Outdoor School,
August 19-23

Minimum age: 9
Cost: \$192 per child

Campers will either take canoe trips or sailing trips leaving from historic Chestertown on the Eastern Shore of Maryland. Canoeing trips use four canoes to carry eight students, two leader/naturalists and all gear for the week. Participants and staff paddle leisurely from one private campsite to the next.

Sailing trips share the school's 43' wooden schooner and 34' Fiberglas sloop sailing as a team. The two vessels are equipped to carry six students and two teachers each.

Campers will hunt for fossils and Indian artifacts, meet the timeless challenge of the Chesapeake and stalk the wily soft-shelled crab or seine net for hidden aquatic creatures and dig for delicious clams.

At night, enjoy stargazing under clear summer skies and share stories around the campfire.

Virginia

Camp Fincastle, July 21-27, 1985
Ages 8-13
Cost \$175 per child

Here is a beautiful 475-acre nature reserve located in Botetourt County just six miles west of Fincastle, near Roanoke, VA.

It is operated by Fincastle Presbytery in the Presbyterian Church.

This unique combination of wilderness and facilities offers a full summer camping program. Within the camp's borders are miles of trails; a 5-acre lake with swimming areas; rowboats and canoes; picnic sites; athletic fields; and a ropes course.

Also, there are dining facilities for 120 and a large pavillion. These many amenities plus an able support staff help make any stay at Camp Fincastle pleasant and fulfilling.

Campers sleep in hogans, and the counselor-to-camper ratio is 1:6.

To reserve a place at either or both camps, please return this form right away to:

Barbara Hoffstein,
 FANM Camps
 3126 Huntmaster Way
 Owings Mills, MD 21117

sleep, cont.

I no longer look at my child with tears in my eyes, knowing there is something wrong, but finding no one to listen to me. Not even my husband or my doctor. Thank you, and I hope someday to have a little more time to help give back something to the Feingold Association that has given us more peaceful

nights.

Note: Through their Feingold literature the Yunkers learned that the 2% milk they had been giving Alice contained hidden preservatives. They switched to vitamin D whole milk for their daughter, and now report that Alice sleeps soundly through the entire night.

Please reserve a place at

- Echo Hill and/or
 Camp Fincastle

name of camper(s)

name of parents

address

phone number(s)

I would be interested in knowing the cost of a bus leaving from the Baltimore-Washington area to Camp Fincastle.

Attended Feingold camp before?

Caution on Chewable Vitamin C

Feingold members who wished to find a chewable vitamin C supplement have always been cautioned to look for products free of synthetic additives and substances like acerola and rose hips which are believed to be natural salicylates.

The January 23 issue of *Medical Tribune*, however, reports the ascorbic acid in such tablets can cause as serious a problem as the additives.

Dr. John Giunta, professor at the Tufts University School of Dentistry found that when vitamin C is consumed in a chewable form, where it is in prolonged contact with the teeth, it can damage them.

The report states, "chewable vitamin C causes the pH of saliva to drop to a level at which tooth enamel loses calcium by forming calcium citrate complexes. Erosion is most evident on premolars and molars because the tablets are usually large and hard to chew."

No dental erosion was found when the vitamin was swallowed.

Families wishing to supplement the diet of small children with vitamin C may want to consider obtaining it in a powdered form. Dr. Giunta told *Pure Facts* that consuming powdered vitamin C which has been dissolved in juice or water should not cause dental erosion.

Dr. Giunta emphasized that the major factor to consider is the concentration of acidic substances and the length of time they come in contact with the teeth. (This is a good reason to dilute fruit juices when they are consumed in quantity.)

He pointed out that a little-known source of dental erosion is carbonated beverages, which are very acidic. "When I see a patient who says she drinks Tab all day," Dr. Giunta commented, "I know we're in for trouble."



Corn Syrup and Infant Botulism

During the past year the departments of health in California and New York issued news releases concerning the incidence of botulism spores in both honey and corn syrup, and cautioned against the use of these products for babies under 1 year of age.

The Feingold Association's interest in corn syrup is based upon our experience that some of our members do not tolerate it.

Although the issue of infant botulism is not related to the Feingold hypothesis, we present this information in response to inquiries from several members, and as a service to our members with infants.

The following is taken from the Journal of Food Protection (Vol. 45, September, 1982) provided for Pure Facts by the Division of Regulatory Guidance of the Food & Drug Administration.



Infant botulism was first recognized as a clinical entity in 1976. According to the Centers for Disease Control, at least 239 cases had been recorded in the United States as of September 30, 1981. Unlike the usual foodborne botulism which is caused by ingestion of preformed *Clostridium botulinum* toxins and affects older children and adults, infant botulism is presumed to be caused by ingestion of viable spores, which later grow and produce toxins in susceptible infants under one year of age.

In an examination of 10 categories of infant foods obtained in the Washington, DC area, *Clostridium botulinum* spores were detected in 2 of 100 samples of honey and 8 of 40 samples of corn syrup. This is the first report of the occurrence of *C. botulinum* spores in retail samples of corn syrup. In an ensuing nationwide survey of corn syrup, botulinum spores were detected in 5 of 961 bottles examined.

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.

PureFacts

Subscription Manager: *Gwyn Wertz*

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All correspondence, subscriptions, renewals and change of address notifications 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 or to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.