

Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 1989

Vol. 13, No. 3

Pesticides and Other Chemicals

Nutrition-conscious parents have been dealt a real blow as they learn of the dangers of chemicals used to treat fresh fruits and vegetables.

Intolerable Risk", a recent report by the Natural Resources Defense Council, particularly emphasized the danger of daminozide (Alar) as a cause of cancer in children.

Alar is a chemical used to regulate growth, promote color and prevent fruit from dropping to the ground before harvest time. It is used primarily on apples.

Since children consume more fruits and vegetables for their size than do adults, the Council believes that present federal guidelines do not protect the young.

Several hundred different agricultural chemicals are in use by American farmers. In addition, many which have been banned in this country still enter our food supply through imported foods.

In the twenty-five years since Rachel Carson's *Silent Spring* first alerted readers to the dangers of DDT, the production of pesticides in the U.S. has tripled.

"About 64% of all pesticides have not been tested, even minimally, for toxic effects, according to the National Academy of Sciences," writes Beatrice Trum Hunter, a member of the FAUS Advisory Committee, "And many older pesticides, some used since the 1940's, were developed and marketed before more stringent safety testing became mandatory."

Some farmers have found the substitution of natural techniques in place of expensive pesticides and herbicides has enabled them to operate profitably. Meanwhile, researchers are exploring a wide array of non-toxic substances



to control weeds and pests.

- James A. Nathanson, a neurologist at Harvard Medical School has found that a solution of caffeine sprayed on plants causes some pests to become uncoordinated, hyperactive and to lose their appetite; if the solution is strengthened the bugs die. Mosquito larvae became so disoriented that they could not swim, and died attempting to reach the water's surface for air. By combining caffeine with other insecticides, Nathanson found that he was able to increase their potency ten-fold.
- Researchers at the Department of Agriculture have been experimenting with microscopic worms (called nematodes) that are harmless to humans, but can destroy certain insects which

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In Defense of Ritalin

Dear Editor,

Our family has been using the Feingold diet with great success for more than 6 years now, and can't imagine how we would have managed without it.

However, I have been concerned about some of the "bad press" Ritalin has been getting lately, both in Feingold publications and in other media. For the past 5 years, our oldest son (who I will call Ray) has been on Ritalin, and I can't imagine how we would have gotten along without it either.

Ray went from an easily distracted infant to a toddler with behavior problems. I had asked my pediatrician on several visits if he thought Ray was hyperactive. Our doctor always said that if he could watch TV quietly for 15 minutes, he was not. (Our pediatrician

has since learned a lot more about what is now called A.D.D. and realizes that was not a good criteria to use.)

By the time he reached second grade Ray's lack of self control was a serious problem, and his self-esteem was headed downward. "I know I'm smart," he complained, "but no one else seems to know it."

After extensive testing by an educational psychologist, and consultation with our doctor, we chose the Feingold diet. Our doctor recommended Ritalin, because he believed the diet probably wouldn't work and was very hard to fol-

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The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

low. But I was determined, and found neither prediction to be true.

The diet improved things for all of us. Ray was calmer as well as less restless and moody. He was able to stay dry at night, except for those times he went off the diet. He was better able to handle problems at school, but some nagging ones remained.

After an extensive workup by a pediatric neurologist showed he still had problems focusing his attention, we decided that Ray needed more help. He began third grade on both the diet and Ritalin. Since then things have constantly gotten better.

I continue to do a lot of reading, attend A.D.D. support groups and workshops, work closely with the school, and provide the structure Ray needs at home.

Today our oldest son is enrolled in advanced classes, is in the gifted and talented program, an honor roll student, an editor of the school newspaper, has many close friends, and — most of all — is happy with himself.

When he goes off the diet, he is moody, excitable, and often gets sick. When he forgets his Ritalin he is noisy and has trouble with self-control and paying attention.

We tried testing him for allergies by eliminating certain foods, but the only things we saw reactions to were the artificial colors and flavors.

My experience, research, and participation in various groups leads me to believe that there are some children who may only need a change of diet to alleviate their problems, while others may be helped by Ritalin or other interventions.

I do wish the Ritalin could be made without artificial colors. We have used the 10mg, even when we had to cut it in half; our son does not seem to react to the slight bit of blue dye in this form, but I would still like to see a dye-free Ritalin become available. (*Editor's note: a spokesman for CIBA-Geigy told Pure Facts that the white 20mg sustained release pill is free of synthetic dyes, but a dye-free tablet is not available in the smaller dosage.*)

We found that Ray would lose his appetite if he took the Ritalin on an empty stomach; we were able to bend the rules so he could bring it in his lunchbox and take the pill then. This had another advantage. He was not teased as others were for having to go to the clinic to take "hyper" pills.

Editorial

Is Ritalin Good or Bad?

Feingold members are not likely to pass judgement on other parents. We know only too well how that feels.

The mother who wrote the accompanying letter exemplifies the Feingold Association's view on this emotionally charged issue. It's a view that has not been found in the thousands of words published on this subject during recent months.

To ask if a drug is "good" or "bad", "safe" or "dangerous" is missing the point. Aspirin, once thought to be harmless, is accused of triggering the often fatal Reye syndrome in children. The same drug which can ease pain in some adults will bring about a severe reaction in the salicylate sensitive. The drug itself is neither good nor bad; only its use can be judged.

If chicken soup were as effective as antibiotics, which would you select? If fiber works as well as laxatives, which is preferred? The current interest in oat bran to control cholesterol is an indication of the growing recognition of the "gentler" approach to health issues.

Given the choice between diet therapy and drug therapy, some questions to ask include: "How do they compare in effectiveness, in difficulty to implement, in cost and in side effects?"

(Since the reader is presumably well acquainted with the effectiveness, ease and economy of the Feingold Program, there is no need to go into detail here.)

No responsible person can feel comfortable about giving powerful drugs to children, especially the young child —

unless there is no alternative. This is why we believe diet should be the first treatment to be used.

If diet proves to be ineffective or of limited benefit, then parents and physicians need to compare the risks of other treatment with their benefits. For "Ray" it is clear that using a small dosage of Ritalin, along with the Feingold diet, has brought benefits, with no serious side effects being apparent.

Our logo states, "Nutrition is a better way", but it does not say that nutrition is the *only* way.

Even when a professional understands the value of diet management, this technique will not succeed unless the parent is willing to give it a fair trial. But the parent has a right to be provided with complete, accurate information concerning all the options available.

The most recent studies on diet and hyperactivity (by Egger and Kaplan) demonstrate that diet helps the majority of hyperactive children.

What choices are given to the parents of a child who has had an adverse reaction to drugs? Or for the family with a history of tics? Or for the hyperactive infant?

For some children, Ritalin is not an option. For the others, the question is not whether Ritalin is good or bad, but whether it is unnecessary.

He has always been on a much lower dose than other children his weight, and I often wonder if the diet is the reason for this.

Ray wasn't the only member of the family affected by food additives. After we went on the Feingold Program we realized that our youngest son frequently got sick when he ate away from home. By sticking to the diet, he no longer has diarrhea and ear infections, which had previously been frequent.

He never exhibited the distractibility or impulsiveness of his older brother, but was moody and difficult when he ate the wrong foods.

Our success on the diet explained many things to me. When I was growing

up we never had a lot of artificially-colored foods, except at Christmas when we decorated cookies with brightly colored sugar. I always became terribly sick after Christmas.

At college, the Jell-O salads were a novelty and I ate them frequently; I was often sick in college as well.

My husband and our 15 year old daughter don't seem to be as affected by food additives, but since none of us are sensitive to salicylates, it's easy to use the same diet for the entire family. We feel, however, that both the Feingold diet and Ritalin have been our solution to having happy, healthy, well-adjusted children.

Going to Camp

Many Feingold children are able to go to summer camp, but it takes some effort – both by the child and parents.

If this is your child's first experience with summer camp, start out small with a one week program. Many camps would not be willing or able to make the necessary dietary adaptations for a long stay.

Thinking small is also a good idea when you are considering the size of the camp. There is likely to be much more flexibility on the part of the director and kitchen staff.

Most of the suggestions which follow are geared toward the overnight camp, but many would apply to day camps as well.

Camps generally fall into one of three categories. They are run by organizations such as the scouts, by religious institutions, or are private. Some private camps are geared to a particular interest: horseback riding, dance, computers, or weight loss. A nature-oriented program might be more likely to provide basic, wholesome food.

Finding the Right Camp

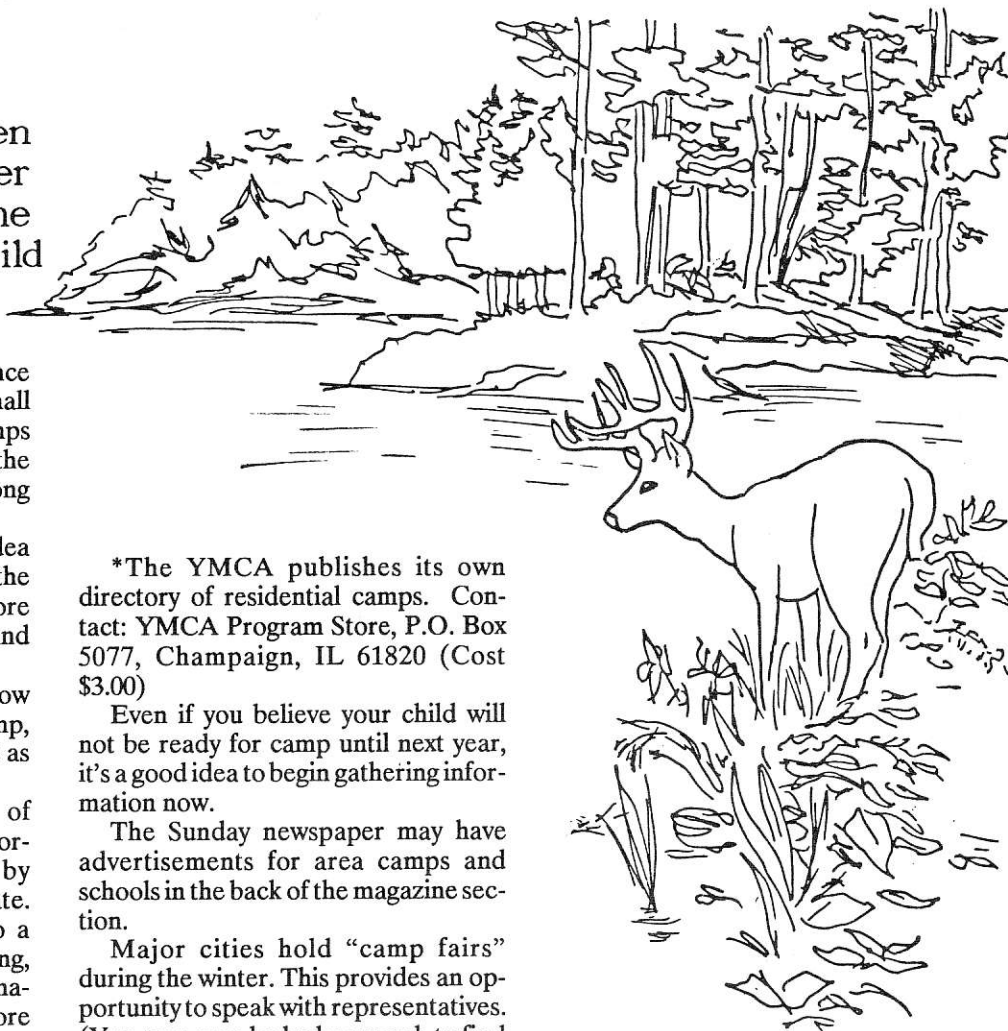
Check with the reference librarian in your public library for books such as:

* *Summer Opportunities for Kids and Teenagers* (Peterson's Guides) This is also helpful if you have a teen who is looking for work as a camp counselor. It is available at bookstores (\$14.95).

* *ABC Guide to Summer Camp Activities and Wilderness Adventures*

* *Parent's Guide to Accredited Camps* published by the American Camping Association. This lists about 1,500 residential camps and includes notation of camps which cater to special needs or interests. (\$9.95) 1-800-428-CAMP.

* *Guide to Summer Camps and Summer Schools*. This book categorizes residential programs by their specialty. (Porter Sargent, publishers)



*The YMCA publishes its own directory of residential camps. Contact: YMCA Program Store, P.O. Box 5077, Champaign, IL 61820 (Cost \$3.00)

Even if you believe your child will not be ready for camp until next year, it's a good idea to begin gathering information now.

The Sunday newspaper may have advertisements for area camps and schools in the back of the magazine section.

Major cities hold "camp fairs" during the winter. This provides an opportunity to speak with representatives. (You may even be lucky enough to find a camp that serves natural food!) To learn about fairs to be held in your area, contact the American Camping Association at 5000 State Road, Route 67 North, Martinsville, IN 46151. Phone (317) 342-8456.

The Next Step

Once you have a list of camps, send a form letter to the director of each, asking if they can accommodate your child's diet and any other special needs. Explain that you will be willing to supply any foods not available in their kitchens.

Even after you've found the ideal camp, there's still the question of whether they have openings, since some fill up while there's still snow on the ground. On the other hand, as summer draws closer, the camp director who still has vacancies is likely to be more willing to accommodate a child's special requirements. Fortunately, people who are in the business of operating camps tend to believe that the most important consideration is for the child to have a great summer experience.

Be sure the camp director has a current set of Feingold literature (the *Handbook*, Foodlist and recipe suggestions). If you each have a set of the information you may be able to compromise over the phone. Contact the Association for extra copies of our material.

Your Child's Part

Not only is it important that your child is secure in saying "no" to unacceptable foods, but he or she should feel comfortable in questioning the ingredients used in a dish. You can discuss what should be done when nothing being served is acceptable. (If your youngster is content with a peanut butter sandwich, he'll always have something to eat!)

One teenager found it easy to refuse the Jell-O since she's a vegetarian and doesn't eat gelatin. She had a lot of salads that week!

Find out who your child should consult about substituting foods, and arrange for them to meet before you leave the camp.

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Some Problem Areas

Breakfast - Cold cereal is the mainstay of many camp breakfasts. Check your foodlist for suitable brands, and don't forget the health food store as a source of acceptable cold cereals. In the past few years, there has been a big increase in the selection of natural cold cereals which look very similar to the supermarket brands.

If eggs are served, be sure they are fresh, not imitation or powdered.

Lunch - If sandwiches are served and the camp is large, you're likely to run into a generous use of margarine. When the kitchen staff prepares large numbers of sandwiches, they will probably coat each slice of bread with margarine to prevent it from becoming soggy while the food is held until lunchtime. The bigger the camp, the more likely the food will be prepared well in advance.

Drinks - Whether the campers are off on a hike, or eating in the dining hall, drinks will be an important consideration. Fortunately there are plenty of boxed drinks and juices, including "safe" lemonade and iced tea. Plan to supply a large quantity of stage I or stage II drinks.

Dinner - This will probably be the least problem for the Feingold camper. But watch out for foods which are deep fried. A few commercial oils are made without BHA, BHT or TBHQ, but it's unlikely you'll be lucky enough to find them in use at the camp of your choice.

Desserts - The toughest part of dinner will come when dessert is served — and this often means pudding made

from a mix. We don't know of any mixes which are free of synthetic colors and/or flavors. But here you will be able to supply a good selection of treats that will make your camper's buddies wish they were on the Feingold Program.

Hopefully, the camp staff has already agreed to give you a corner of their freezer (or refrigerator) to stow a week's worth of goodies for your child.

If your family is new to the diet, stick with desserts found on your foodlist. But if you're old timers and are able to experiment, you may already have found cookies and individually packaged desserts which are tolerated. (Test these out *before* camp begins!)

You won't have trouble finding acceptable ice cream, and even if your child has food allergies, health food stores have some delicious frozen desserts based on soy and rice.

Refer to the Product Information (PIC) Report in this newsletter for information on Sara Lee and Pepperidge Farm new individual desserts.

Cookies and Cracker Jacks will be welcomed, and they don't need to take up any freezer or refrigerator space.

Non-Food Culprits

Try to get an idea of the activities and crafts that are planned. Will they be tie-dyeing with synthetic colorings? A pair of plastic gloves would come in handy here. Will aerosol sprays be used inside of buildings? They often contain chemicals which will bother a sensitive child. Do the campers rub mosquito repellent on their skin? Does the nurse have suitable first aid creams or lotions? If you have been on the Program for awhile, you know which things affect your child.

The Do-It-Yourself Camp

It is possible to run your own Feingold Camp if you have enough youngsters who want to attend and some dedicated parents. This is what volunteers in Pennsylvania and Maryland accomplished a few years ago.

Contact the camps in your area and ask if they will rent out their camp for a week during the summer.

Facilities run by the scouts, churches, or a "Y" are a good prospect since they often are in need of additional income. You may want to seek out a camp designed for learning disabled children as some of them feature natural food.

It is important to find a camp which already has their counselors and a program director in place. You will also need to find a professional who has experience in food services and in purchasing food in quantity. There are wholesale buying facilities, like the Price Club and P.A.C.E., where food is available in bulk. You may be able to hire the camp's food director and cook, but it will be necessary to have a Feingold mom in the kitchen.

It is also desirable to have the nurse be a Feingold mom, and in these families where a parent works, the child gets to attend camp free.

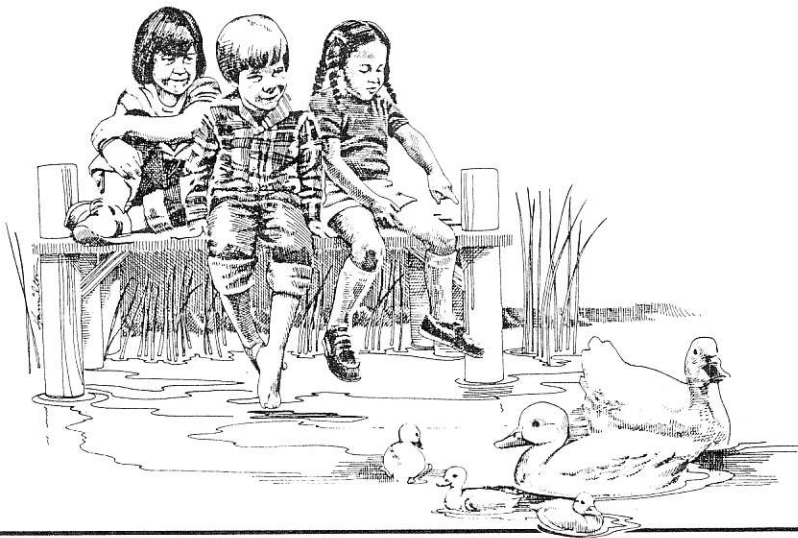
If these essential services can be supplied it will leave you and your colleagues free to handle the other tasks, especially registering children and dealing with finances. Girls and boys attending camp should be well established on the Program and not be ultra-sensitive.

As for the finances, develop a budget first, and then figure out how many children you must have attend in order to break even. Find out what the requirements are for insurance.

Be sure to let the association know of your plans early so we can let other members know about the camp.

One More Alternative

A nice compromise between selecting a camp and doing it yourself would be to interest a camp director in switching to foods free of toxic additives. As our program gains in recognition and acceptance, this may become easier to achieve. Contact the association for information suitable to send to a camp director.



Feingold Camp

The Shasta County School System operates Camp Latieze in the beautiful mountains of Northern California.

A conversation which took place more than fifteen years ago between Dr. and Mrs. Feingold and their friend, Ruth Frazer, led to the establishment of Camp Latieze.

Ruth, a nurse in the Shasta County schools, shared the Feingold's belief that there was a need for a camp for children on the Feingold diet.

This summer the camp will hold its Stage One Feingold session from June 23 - 29. The facilities will accommodate 54 children who have completed grades 1 through 6; youngsters in any part of the country are eligible to attend. Fees for the week are very economical, priced at about one half the cost of a comparable camp.

Camp Latieze is located near the Lassen National Volcanic Park, about one hour from Redding, California. Amid clear skies, clean air and evergreens, the campers can enjoy swimming, fishing, art and nature crafts, campfires and learn outdoor survival skills.

The staff includes an art director, nature director, activities director, drama and music director, and lifeguard, as well as a counselor for every three children.

Counselors are primarily college and high school students, and the fact that most return to work at the camp each summer attests to the enjoyable atmosphere for both campers and staff.

The kitchen staff not only follow the stage one diet, but they believe in home baked bread, homemade sausage, and lots of fresh fruits and vegetables. Unlike most camps, breakfast at Latieze is hearty and old fashioned. Sugar is used sparingly.

There are two other sessions following the Feingold camp. The first is called "Creative Camp for Creative Kids", held in early July, and the third is a music camp, in mid-July. The Creative Camp is open to children who have completed grades 1 through 6, but the music camp is for those who have completed grades 3 through 12.

The food in these two sessions is also nutritious and additive-free; the only difference is that it includes salicylates.

If you would like to learn more about Camp Latieze, or if you want advice on how to develop a program like this, you are welcome to call the Director, Patt Crummey, at (916) 547-4563.

PIC Report

Both Pepperidge Farm and Sara Lee have responded to our inquiry forms, and these new individual desserts may be added to your Foodlist.

The Sara Lee products are available throughout the U.S.. Those Pepperidge Farm desserts listed below are being test marketed, and are available in the Northeast and some sections of the Mid-Atlantic. The company anticipates they will be available in other regions of the country in the near future. Check with your supermarket manager.

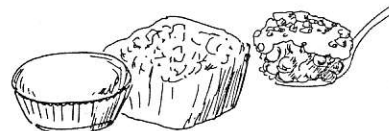
Stage I

SARA LEE Classic Cheesecake Snacks (CS), Carrot Cake Snacks

PEPPERIDGE FARM American Collection Desserts: San Francisco Chocolate Mousse, Newport Hot Fudge Brownie (CS), Malibu Hot Peanut Butter Brownie (CS), Monterey Hot Fudge Chocolate Chunk Brownie (CS)

Stage II

PEPPERIDGE FARM American Collection Desserts: Charleston Peach Melba Shortcake (peach, raspberry, apple), Berkshire Apple Crisp (CS, apple), Manhattan Strawberry Cheesecake (CS, strawberry, orange), Bennington Apple Berry Pie (CS, apple, boysenberry, raspberry)



Looking for a Better Way of Preserving Fruits and Vegetables

Feingold members often ask about the waxes used on fruits and vegetables, but it is difficult to get clear information about them from either the manufacturer or the Food and Drug Administration.

The major problem for someone on the Feingold Program would be the possibility of synthetic dyes which are permitted to be incorporated into the wax. But the thought of eating wax is not particularly appetizing to any consumer. (One member described how she conscientiously scrubbed the wax off a lemon so she could use the grated rind in a recipe. "When I finished removing the wax I was astonished to find that the lemon actually had a delightful lemony smell. I had forgotten that they're really like that.")

A Canadian firm has developed a preservative for fruits which promises to be both more effective and desirable than waxes currently in use.

The product, Nutri-Save, is made from a chemical called "chitin", which is found in the shells of crabs and other crustaceans. Apples sprayed with this compound can remain fresh for at least six months without the need for expensive storage facilities.

Soda Without Corn Syrup

For those members who avoid corn syrup (also listed as "glucose"), this is the time of year to look for soft drinks made with sugar. Some companies make a special version for Passover, which falls on April 20th this year.

Some segments of the Jewish faith eliminate certain grains during Passover, and this includes corn syrup. Look for a sticker or label notation that the product is "kosher for Passover".

To locate Seven-Up made with sugar, call the Seven-Up or RC-Seven-Up bottler in your area.

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

Pesticides, from page 1

- spread disease in plants. The USDA scientists have found a way to dehydrate the worms, refrigerate, and store them. The nematodes can then be shipped to where they are needed and become active when placed in water.
 - Other researchers are attacking the problem with a compound that starves bugs by blocking the insect's taste buds. An insect uses its taste receptors in order to find food.
 - Certain strains of bacteria are being tested, as are predatory insects, various types of fungus and algae.
- Most of these techniques are still in

the developmental stages, but a bacteria known as "Bacillus thuringiensis" (or B.t.) has been in use for two decades. The bacteria are effective in pests with alkaline stomachs, and operate by ruining the digestive process, which causes starvation in several days.

New techniques are being sought to fight plant viruses. One method involves the insertion of a protein into plant chromosomes to "coat" cells. This protects the plant against infection. A researcher at Louisiana State University has found a gene that protects crops from destructive bacteria and fungi. According to the newsletter, *Privileged Breakthrough*, "The resulting protein also destroys organisms that cause malaria and other diseases. It even kills

cancer cells. And it does no harm to healthy animal tissue, so it may prove to be a valuable therapeutic."

Of the 300-plus chemicals being used in farming, many are designed to damage the central nervous system of insects; unfortunately, they are equally capable of affecting the central nervous system of humans.

It's difficult for the consumer to obtain information about the chemicals used on fresh produce. In the rare instance when labeling is required one finds such gems as this tag: "Grapes, the NATURAL SNACK". The reverse side of the tag contained this message: "Grapes Have Been Treated With Sulfites To Ensure "Freshness & Quality"".

FAUS 14th Annual Conference

Chicago Metropolitan Area

June 22-24, 1989

Plan your summer vacation around our conference, to be held at lovely Wheaton College in Wheaton, Illinois. Our featured speakers will be:

Dr. Bonnie Kaplan, principal investigator of the new study on diet and hyperactivity which was published in the January, 1989 issue of *Pediatrics*. Dr. Kaplan is a psychologist at the University of Calgary, Alberta, Canada, and has done a great deal of work with hyperactive children.

Beatrice Trum Hunter, author and member of the FAUS Advisory Committee. Mrs. Hunter has written extensively on food additives and processing, and is the food editor of *Consumer's Research* magazine. This is your opportunity to ask her those things you've always wanted to know about food and what's done to it.

Preston Edwards, M.D., is a family practice physician in Galax, Virginia, and chairman of the FAUS committee for Adults on the Diet. He has conducted surveys on salicylate sensitivity among our members and advises the association on medical subjects. Dr. Edwards will be speaking about issues of particular concern to the Feingold adult.

- Yes! I am planning to attend the Conference for all 3 days and 4 nights.
 - Enclosed is the total fee of \$250 single occupancy*
 - Enclosed if the total fee of \$230 double occupancy (bunk beds)*
- I will send you the total fee no later than May 30. (Housing or meals at the Conference cannot be guaranteed for any payment received after June 5.)
- Send me a rate schedule for attending as a day delegate.
 - I am interested in rates for non-participating adults and/or children.

name _____ Phone (____) _____

address _____

*Please note: Fees include lodging, all meals, materials, speakers and workshops for the 4 nights and 3 days. Fee does not include Friday night dinner during the outing, which will be charged separately (approximately \$30).

Mail this form to: FAUS Conference Registration
1804 North Summit Street
Wheaton, IL 60187
(312) 653-2272



Natural Gardening Products

Reuter Laboratories manufacturers a line of natural pesticides for environmentally-minded gardeners.

Their insecticidal soap is made of a solution of animal fatty acids that destroy the membranes of aphids, scale and spider mites. Reuter Yard & Garden Insect Attack contains a substance made from chrysanthemums that kills earwigs, cucumber beetles and other outdoor pests. For information on Reuter Attack products, call 800-368-2244.

The Attack line of products, as well as other gardening supplies are listed in the catalog put out by the Ringer company, 9959 Valley View Road, Eden Prairie MN 55344. Their phone number is 800-654-1047.

Pure Facts

Pure Facts is published ten times a year and is provided to members of the Feingold Association. For further information contact the Feingold Association of the United States, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.