

# Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August, 1989

Vol. 13, No. 6

## The Lonely Parent

You may spend your day surrounded by people, but when you're the parent of a hyperactive child, chances are you feel alone.

**H**yperactive children tear families apart. It's easy to understand how the stress such children create can overwhelm a household; but the isolation a parent feels may be just as destructive.

"It wasn't the problems themselves that were so hard to deal with," one Feingold mom recalls, "but rather the fact that I was left to face them all by myself and I felt helpless. My husband simply could not deal with our son's problems.

"I was told my child's behavior was my fault; I was called 'domineering' and 'over-protective'. But when you have a child who runs out into the street, into the path of oncoming cars, you have to be overprotective. Before he was three years old, he could climb over our chain link fence and disappear."

One father confided, "I've considered drinking, drugs, and extramarital sex to try to blunt the feelings, and I've thought about just taking off, leaving my family. My wife has thought about taking off too."

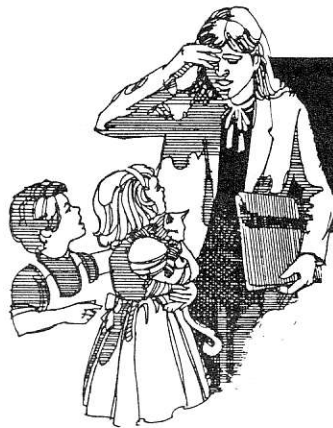
In some cases a physical separation made a difficult situation worse. "My husband was going through a demanding training program," a Feingold volunteer recalls, "and the only time he was at home, he needed to sleep. I had a colicky infant and a hyperkinetic three year old, and somehow had to keep things quiet so my husband could get some rest."

Living many miles from her family, this mom had no support system. "The

baby didn't sleep through the night and never napped, and my preschooler was on the go all day long. The doctor said it was all my fault.

"My 4:00 martini was the only thing that got me through the day," she recalls. "I was on Valium too.

"I came from a strict teetotaling background since there was a history of drug dependency in my family. But I didn't consider my own dependence until one day when I saw that I was almost out of gin. The prospect of not being able to have that martini scared me, so I bundled up my three year old, and put the baby in the stroller. As we walked to the liquor store I realized



how insane it all was, and that I needed to find answers which were not at the bottom of a bottle. This led us eventually to the Feingold Program and to the success our family now knows.

"I still enjoy a martini," she noted, "but today I have a drink if I so choose — the difference is that I don't need to drink."

## Pink Polio Vaccine

*Several years ago the Feingold Association contacted the manufacturer of Orimune, an oral polio vaccine. We asked Lederle Laboratories to consider producing an uncolored version, and received this reply:*

"The pink color of Orimune is due to the presence of a pH indicator which is not classified as a synthetic dye. We are not aware that pH indicators are offending agents in children to be excluded from the Feingold Diet. Regarding your suggestion that it be removed from Orimune, you should be aware that the indicator is a necessary ingredient in the Orimune. It is used as a contamination check. If the color changes from red to yellow, it would indicate a bacterial contamination which would make the vaccine unsuitable for use."

Dr. Feingold advised us, "There is no precise information regarding behavioral reactions to the red indicator in oral polio vaccine. It is possible that some children may react to the red coloring. However, this is only transitory. This is a good example, when it becomes necessary to compare the benefits with the risks. The benefits from oral polio vaccine, as you know, are very great.

"Actually, the red indicator is an essential control for the potency of the vaccine."

It is not possible to predict if a child will have a behavioral reaction to Orimune. (Just as any chemical compound can cause a reaction in a person sensitive to it.) Try to arrange that your child be given the vaccine at a time when you have no major events planned for the next few days.

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.

## He's "All Boy"

It was not until Paul was five that we began to suspect there was something more complex than "all boy" behavior. He exhibited most of the classical characteristics of hyperkinesis.

**M**y attempts to get my concerns across to our pediatrician brought forth comments many parents hear in those early years of uneasiness — "He's just all boy, Mother. Let him be. You are over-anxious. Too bad you don't live on a farm where he could roam freely and not be suppressed. He'll outgrow it." Etc., etc.

When my son was seven I decided to force a showdown with our pediatrician, and Providence took a hand. I had never seen this child more "turned on" than he was when we arrived at the doctor's office for his examination.

He explored every drawer and closet, spilled a jar of tongue blades, walked on his heels when asked to walk on his toes, wiggled and squirmed, hollered into the stethoscope, asked silly questions, and even locked himself in the bathroom accidentally (I think). The doctor was preparing to take the door off the hinges when he was finally able to unlock it.

In general, Paul made a shambles of the examination and left the pediatrician out of breath and somewhat disheveled. I made no effort to intervene and sat mute while all this went on. When we all got ourselves pulled together the pediatrician said, "(expletive deleted!!) I see what you mean. We have to do something."

I couldn't resist saying, "Maybe you're just over-anxious. Why don't you move your office to a farm where children could have room to explore and not be suppressed?"

From that point, we obtained a psychological evaluation, and a neurological evaluation. No abnormalities could be found, but it was the consensus of opinion of all concerned that this was an "organically driven" child and a trial on Ritalin was in order.

The next year was terrible for our family. The side-effects of Ritalin were very hard for all of us to endure. I won't dwell on this except to say that I wish I could give this year back to my son and erase it from my memory. It will always be a source of pain to me that we allowed it to take place. But the agony of

that year forced me to realize that we had to find another way. I simply could not abandon my son to a lifetime of drugs, and I could not bear to see him suffer from either the frustration of being unable to control his behavior or the side effects of the drugs used to control it. It was then that I began to read — anything and everything I could get my hands on about hyperactivity and learning disabilities.

As I read I picked up more and more information about the influence of nutrition and the effects of what we ingest. Eventually, I learned about Dr. Feingold's book, and it opened a door of hope for us for which I will be eternally grateful.

I contacted the Feingold Association in New York and Joan Syron, one of their volunteers, stayed up late, writing a reply to my questions.

After a few weeks on the diet, Paul was taken off Ritalin and began to function as a calm, in-control, well-behaved little boy. We have worked to remedy his "learning disabilities," which in actuality were only gaps in his knowledge which occurred while he was unable to function normally in school. We have found that he is indeed capable of learning and achieving. He brings home B's and C's and some A's on his report card, and received satisfactory marks on behavior, citizenship, attitude, work habits, etc. He made the basketball team this year, and he won third place in the Science Fair.

But the point is that Paul is functioning normally in a world where the demands made on him are the same as those made on the other children in our family and on others in his peer group.

---

*This is an excerpt from a paper one of our members delivered at a criminal justice conference sponsored by the Florida Supreme Court. She later became an active volunteer in the Association and compiled our first regional Foodlist. This has led to the development of a series of Foodlists, covering the United States.*

## New Ideas

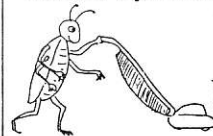
### Keeping Food Fresh

Cooks have long known that lemon juice keeps a fruit salad from turning brown. Now a group of researchers headed by food science professor Theodore P. Labuza at the University of Minnesota has found that proteases, a wide range of naturally occurring enzymes in kiwi, figs, papaya, pineapple and other fruits, have the same effect. As a result, those enzymes, which already are used as meat tenderizers, may find a new commercial market.

The researchers believe the enzymes could turn out to be a substitute for sulfites. Those chemicals were widely used by restaurants and food processors to keep fresh fruits and vegetables from turning brown. But they can cause violent allergic reactions — and even death — in some asthmatics.

Proteases keep food fresh by destroying enzymes in the plant that cause browning. Unlike sulfites, however, proteases don't inhibit bacteria and other microbes, so they would have to be used along with antimicrobial preservatives such as sodium benzoate\*. Labuza says some potato and shirmp processors [who currently use sulfiting agents] will soon test the enzymes.

*\*Sodium benzoate causes adverse reactions for some Feingold members. Refer to the Feingold Handbook for additional information.*



### Bug-Vac

Some California farmers have found a way to de-bug their crops without the use of pesticides. They vacuum them off!

Growers of strawberries, grapes, citrus and lettuce are experimenting with huge tubular vacuuming devices which attach to a tractor. The suction gently removes bugs from the top of the crops.

Although most farmers find they must still use pesticides, even with the mechanical de-bugging, they are able to cut back drastically on the quantity.

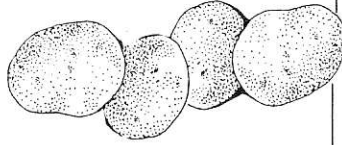
Since the Bug-Vac was first introduced in 1986, this technique has spread quickly; however, traditional methods, relying heavily on synthetic pesticides, still predominate in the state.

## Our Family's Favorite Potato Salad

If commercial potato salad leaves a bad taste in your mouth, consider this delicious, mild version.

No sulfites and no strong spices in our potato salad, but you can spice the recipe up yourself with more mustard powder, chopped onion, etc., if you like.

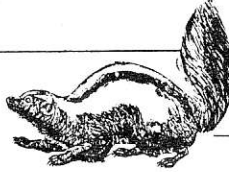
- 8 medium Potatoes (new white potatoes are good)
- 4 hard cooked eggs, chopped
- 1 cup chopped celery
- 3/4 cup Miracle Whip or mayonnaise
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 teaspoons Heinz white vinegar
- 1/8 teaspoon dry mustard powder



Boil the potatoes until a fork can be easily inserted into the center. Peel and cut them up into a large bowl. Add the eggs and celery.

Blend together the Miracle Whip and remainder of ingredients; add this to the potato mixture and stir to coat it. Chill for several

## Smelly Subjects



### Dear Pure Facts

Although I'm not the "hyperactive" one in the family, it's clear that fragrances bother me a great deal. One good whiff means a certain headache. I read labels for soaps and paper products and pass up those with added perfumes.

Why, then, did I try out my daughter's shampoo and conditioner, which had a noticeable fragrance? Curiosity, I guess, plus the notion that the scent would rinse out. It didn't, and not surprisingly, with perfumed locks only inches from the nose, a headache and general feeling of fatigue followed me around that day until I washed it out and went back to the brands I am able to tolerate.

**Editor's note:** *Fragrances come from many sources, and you may find some shampoos with fragrance are tolerated, while others causes reactions. Trial and error is the only reliable way to locate the product best for you.*

### Air Fresheners

"If you can't eat it, don't breathe it" writes Alfred V. Zamm, M.D. in his book, *Why Your House May Endanger Your Health*.

"Nobody in his right mind would drink a room deodorizer, for instance, yet few hesitate to spray it around the house, breathing for the next few hours those same molecules of alien chemicals, which pass into the bloodstream even more easily than a sip of deodorizer.

"...those so called air fresheners that are supposed to deodorize...do no such thing. Odors are caused by the air-borne dispersal of numerous molecules, and there is no known way of retrieving them, no chemical magnet. What the "deodorants" actually do is add more chemicals to the air, where they either mask the odor by overwhelming the nasal nerve endings with a stronger odor or temporarily poison the nerve endings so they can't smell anything very well."

## PIC Report

### Barbara Ballmer, Chairperson

The following products have been researched by our Product Information Committee and may be added to your Foodlist:

#### Stage I (Non-salicylate)

- JUST JUICE Frozen Banana Bars (Just Juice products, Madison, WI)
- BUNCH O' CRUNCH 5 Crunchy Fish Fillets (frozen)
- FOOD CLUB Butter, lightly salted (Northeast and Midwest)
- HEALTH VALLEY (HFS) Natural Spice Chicken Sausage / Wiener Flavor
- HYLAND'S Vitamin C for Children (P&S Laboratories, Los Angeles, CA)
- LUCERNE Butter (Safeway)
- UNDERWOOD Deviled Ham (Nitrites)
- WALNUT ACRES Chicken Broth

#### Stage II (Salicylate)

- JUST JUICE Frozen Raspberry Bars (contain apples, raspberries)
- LUCERNE (Safeway) Natural Fruit Juice Bars: Grape and Orange (both contain CS)

Dr. Zamm's information on air fresheners was helpful for a Feingold adult wanting to persuade office colleagues to get ride of the air fresheners on their desks.

"I have been sick to my stomach and found I was unable to concentrate now that the women on both sides have these on their desk. To make matters worse, one woman has a mini fan in back of the air freshner and it blows right at me. Both of these women have had reactions to them as well, with headaches and frequent sick days."



### Say It Isn't So

Handi Bags has found a way to glamorize your garbage. Their "fashion almond" colored trash bags will not only spruce up your kitchen, but will smell it up as well. They are available in the "Country Kitchen Scented" variety.

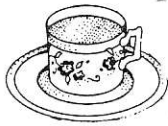
The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily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

## A Better Cup of Coffee

Health conscious coffee drinkers who switch to a decaffeinated brew may be unaware that they are trading one problem for another.

Most decaffeinated coffees in the United States are produced by treating the beans with methylene chloride, a chemical solvent found to cause cancer in laboratory animals. Permitting the use of a known carcinogen such as this is in violation of the Delaney Clause, a provision of the Federal Food Drug and Cosmetic Act of 1960, and is thus illegal.

(More information on the hazards of methylene chloride is available from Public Citizen Health Research Group, 2000 P Street, N.W., Washington, DC 20036.)



### SFE: A Safer Alternative

A safer alternative is available, according to Beatrice Trum Hunter, a member of the FAUS Scientific Advisory Committee. Carbon dioxide is the basis for a procedure known as supercritical fluid extraction, or SFE.

It is effective not only for the decaffeination of coffee, but for other food manufacturing procedures which employ solvents. Some examples are: the removal of bitter substances from hops in beer production, extraction of oils from seeds, removal of undesirable odors or other substances from fats and oils, removal of pesticides, and even the removal of fats and cholesterol from some foods.

Ms. Hunter writes, "SFE can be used to extract food colors from plant materials such as annatto, betaine, and beta-carotene; flavorings from spices such as black pepper, paprika, and tumeric; vanilla from vanilla beans; flavoring oils...from plants; and essential oils for perfumes.

"Among medical applications, SFE can yield substances of great purity, such as nutritional enzymes, hormones from fish oils, and marine by-products. SFE can remove nicotine from tobacco."

(Quoted from *Consumer's Research*, 6/88)

### And Even the Filter is Treated!

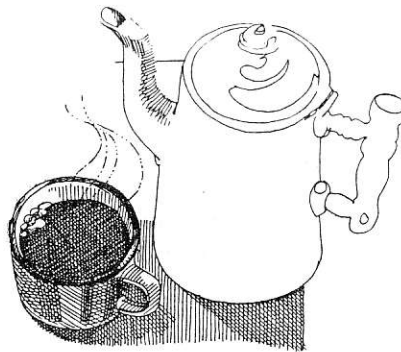
Dear FAUS,

While shopping for replacement coffee filters for my "Mr. Coffee" I noticed a box of filters called "Natural Brew" with the words "no bleach added" on the front.

I was really taken aback as I am allergic to chlorine bleach. My skin breaks out in hives if any cleaner with bleach touches it and I cannot use any aerosol cleaners (such as Tilex) which contain bleach.

There was a statement on the back of the box saying that most coffee filters are bleached white with chemicals as opposed to the "Natural Brew" which is a light brown color.

I wrote to the manufacturer of Mr. Coffee filters and they do indeed use bleach. I don't know if the amount of bleach in a filter would bother me but I have been using the Natural Brew filters just in case.



A representative of Mr. Coffee suggests consumers can use a permanent filter. "Some are made of gold-plated stainless steel, others are made of nylon. They permit some sediment to remain in the coffee, but many people find them to be satisfactory."

*Natural brown coffee filters are available in some grocery stores, or may be ordered from The Vermont Country Store, Mail Order Office, P.O. Box 3000, Manchester, VT 05255. Phone (802) 362-2400.*

## Our School Year Calendar

Last year Feingold members in the United States received a copy of our first School Year Calendar. This is a 12 month record going from September to the following August, which enables you to record the entire school year's activities in one place.

The upper page for each month contains information of value to Feingold members and advertisements for products found on our foodlists.

The calendars are a gift to members, and a small donation is optional. We are grateful for the contributions we have received; they have provided much needed funds to continue our work. This has been especially important since some chapters of the United Way and the Combined Federal Campaign have placed new restrictions on designated donations, making it increasingly difficult for members to have their contribution go to the Association.

The School Year Calendar was so well received by our members we will be printing a 1989-1990 version, to be mailed to members in the United States in late summer. (If, for any reason, you do *not* wish to receive a copy, please contact the FAUS office and let us know.)

Additional copies may be ordered to give to your child's teacher, a neighbor, or that relative who simply doesn't understand why they can't let your child have "just one" lollypop.

## Pure Facts

Jane Hersey, Editor

### Contributing Editors:

Detroit: Karen Dorries  
Fort Worth: Carolyn Allen  
Los Angeles: Colleen Smethers  
New York: Pat Palmer  
San Francisco: Lynn Murphy  
St. Paul: Sue Maldonado

*Pure Facts* is published ten times a year and is a portion of the materials provided for members of the Feingold® Associations.

For additional information contact the Feingold Association of the United States (FAUS) at Post Office Box 6550, Alexandria, VA 22306. (703) 768-FAUS.