

# Pure Facts

Newsletter of the Feingold® Associations of the United States



March, 1991

Vol. 15, No. 2

## Getting the Support You Need

“Could you please send me some information. I have an eight-year-old son who has recently been diagnosed with ADD. I feel especially confused about this, because we live in a very small town, and my son is the only child in our school system who has been diagnosed with ADD.”

Whether they live in a large city or a small town, parents of children with special needs frequently feel isolated. These feelings led many Feingold parents to form support groups during the 1970's and '80's. But the moms who were once the backbone of volunteer organizations are now working outside the home, or raising their children singlehandedly. Help for the new Feingold family may not come in the form of a monthly meeting or workshop, but it is still here and available to our members. This newsletter is designed to help you find the support you will want to have as you use the Feingold Program.

The first place to begin is to call one of the volunteers on your Program Assistant (formerly called “diet assistant”) list. Don't be bashful; these are parents who may have experienced many of the same problems you now face.

Your child's teacher can be a valuable colleague, but s/he needs to have information about the program and to understand how it relates to learning difficulties. This newsletter contains an insert titled, “Color Johnny Hyperactive/ADD.” It is designed to be removed and given to a teacher or other professional interested in ADD. Contact us if you would like additional copies.

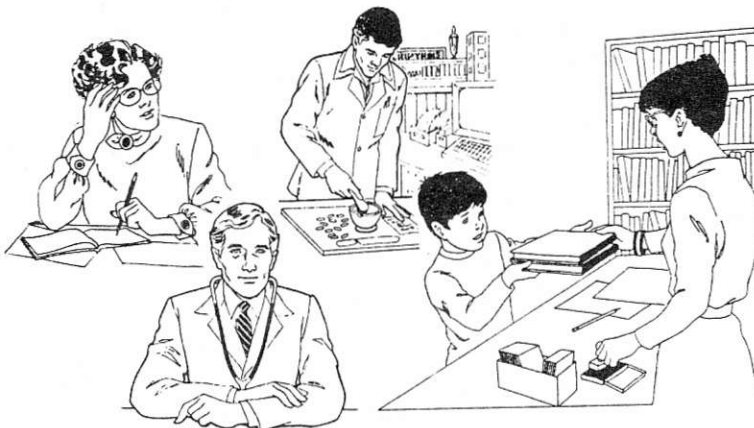
The November 1990 issue of *Pure Facts* was written for the grandparents or others who are likely to offer food to your child. We can provide additional copies of this as well. (50 cents per copy will enable us to offset costs of these two materials.)

Your child's doctor may not be aware of the scientific studies supporting our program. Contact your local association or FAUS for information on them, as well as an

extra copy of the *Medication List* for your child's file. Dentists, pharmacists, and the school nurse can also be important allies as you seek to avoid synthetic dyes, etc.

“*Snacks for Kids*” is a little pamphlet just right to give to the neighbor who is likely to feed your youngster Purple Junker-doodles.

We can provide additional information brochures to help you explain what this program is all about. Give one to the manager of your local grocery store, who could be a big help



in ordering foods you can't easily obtain. For items you use in quantity, offer to buy a full case; keep it on stock for your family or split it with a friend.

Most health food store managers are very sympathetic to the Feingold concept and are likely to display our brochures and posters. They can help you locate a natural baby or

children's vitamin, acceptable candy, chewing gum, and a good selection of toothpastes.

Librarians who have been on the job for a few years are probably well acquainted with Dr. Feingold's books, *Why Your Child is Hyperactive* and *The Feingold Cookbook*. If your library doesn't have copies, they can be ordered from the publisher, Random House, or from FAUS. Please let the librarian know we will provide a complimentary copy of our *Handbook* for the library. And before you leave, ask them to post a copy of our flier which is enclosed in this newsletter. When it comes to support, nothing beats having another parent who is dealing with the same issues that face your family. A flier in the library (supermarket, church, bulletin board at work) can be the beginning of a support group in your area.

*Continued on page 6*

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.

## Get the Bugs Out — Bringing Integrated Pest Management (IPM) to your Community

Three years ago Joshua Perrella came home from second grade in the throes of a reaction.

The Perrellas follow the Feingold Program, but are also careful to avoid many environmental chemicals. Rebeka Perrella explained that not only are Josh and his sister, Lizzy, very sensitive, but she is too.

Experience had taught her to distinguish between the sources of her children's reactions, and this one was clearly caused by pesticides.

The next day when she entered the school building, her senses were assaulted by the unmistakable smell of pesticides. Even though the chemicals had been correctly applied, the smell was so strong many of the people in the school felt ill.

Rebeka contacted the health department and asked to have someone go to the school with her on the following day. They met with the head of maintenance, Mr. Firby, who was receptive to their concerns and expressed a willingness to explore alternatives.

The Perrellas live in the Conroe Independent School District, near Houston, Texas. They are fortunate to have a very progressive administration. Dr. Griffin, the Superintendent, is extremely concerned about all issues that affect the welfare of the children.

In a warm, humid climate such as southeastern Texas, pest control is a necessity, and many homes are treated with pesticides on a monthly basis. It was not sufficient to just eliminate harmful chemicals at the school; an effective alternative had to be found.

During the summer, Becky "loaded" Mr. Firby up with everything she could find on the toxic effects of traditional pesticides. She did a great deal of research, and by September had an alternative program to recommend.

Alternatives are not really as hard to locate as one may think, Rebeka stressed. She received a great deal of practical information from the Bio Integral Resource Center (BIRC).

For information on publications available from the Bio Integral Resource Center, send \$1 to BIRC, P.O. Box 7414, Berkley, CA 94707. (415) 524-2567.



Other sources of help include: the Human Ecology Action League (HEAL), the National Coalition Against the Misuse of Pesticides (NCAMP), and the Texas Department of Agriculture.

John Perrella was a big help in his wife's efforts. He stressed a positive approach and encouraged her to accept a slower rate of progress than she would have preferred. Becky found her husband was right when he said, "You'll need all the friends you can get."

This philosophy has helped her win allies in her neighborhood as well, and her neighbors are considerate of the Perrella's sensitivities to lawn chemicals.

The product which is proving to be far safer, and effective in the Conroe schools is called "Blue Diamond Crack & Crevice Treatment". It is a combination of boric acid and a hormone that attracts cockroaches. Blue Diamond is available from the manufacturer. Call: 1-800-237-5705.

When the IPM method worked in the oldest, most infested school, plans were drawn up to eventually convert the rest of the schools in the district. Becky is especially pleased that the three new schools in Conroe have never had any pesticides used.

The Texas Department of Health is very interested in the pilot schools and officials are considering IPM for all of the schools in the state.

The Perrellas have used Blue Diamond to rid their garage of both cockroaches and silverfish. Inside the house, Becky finds that extra care to keep food in sealed containers and to

pick up crumbs quickly has kept their home bug-free.

She shared some of her techniques for using IPM in the yard. Two tablespoons of biodegradable soap mixed with 4 gallons of water is the mainstay for treating the grass, the plants, and even for the dogs! Becky uses an all-purpose soap such as Amway, Neo-Life, Shaklee, or (her favorite) Dr. Bonner's Eucalyptus soap, which is available in health food stores. This solution will not only dissolve larvae, grubs and aphids, but is actually good for the grass and plants.

The dogs get a bath once a week, and the soapy water drowns any fleas they have managed to attract. Garlic and yeast tablets which are given to the dogs daily, also discourage pests.

Rebeka now has her own consulting business to help others find natural alternatives. The Perrellas have been selected by *Family Circle* magazine as the family which has done the most for the environment from the state of Texas. The April issue will feature award winners.

### What is "Integrated Pest Management"?

It means using non-toxic or the least toxic method first, and resorting to stronger techniques only if necessary. For example, keeping food in sealed containers would be the first course of action. The second step might be using boric acid. A more powerful chemical would be considered only if these did not resolve the problem.

# Color Johnny Hyperactive/ADD

Our lives are filled with color; it brings pleasure in countless ways.

Color is an important part of food — alerting us to the time when fruit is ripe, making it easy to obtain needed vitamins and minerals by selecting a diet made up of foods of different colors.

But Mother Nature didn't stop with mere eye appeal, she saw to it that foods which are good for us also taste good. Does that mean healthy eating simply requires us to follow our eyes and palate?

Unfortunately, this approach, which has served humanity well for thousands of years, has recently been upset by the wonders of modern food technology.

The problem began when a chemist first discovered how to change coal tar oil into brightly colored liquids which then found their way into virtually everything we use, including food.

More recently, chemists have managed to unlock some of the secrets of nature's flavorings, and can now come very close to mimicking the real thing. All this is great news for food manufacturers. Synthetic colors and flavorings are cheap, remain stable in food, and do not depend upon the whims of season or harvest. Today most food colors are made from petroleum, and flavorings can be made from thousands of natural and artificial chemicals.

So what's wrong with a bit of petrol in your popsicle? Does it matter that cherry gelatin doesn't contain any cherries, and grape drink mix has never been near a grape? And if fluorescent cereal will get breakfast into little Johnny, do we really need to be concerned? Unfortunately, we do.

Humans have a remarkable ability to tolerate exposure to harmful substances, but we're not identical, and some of us can handle more than others. In a world where neither our water nor

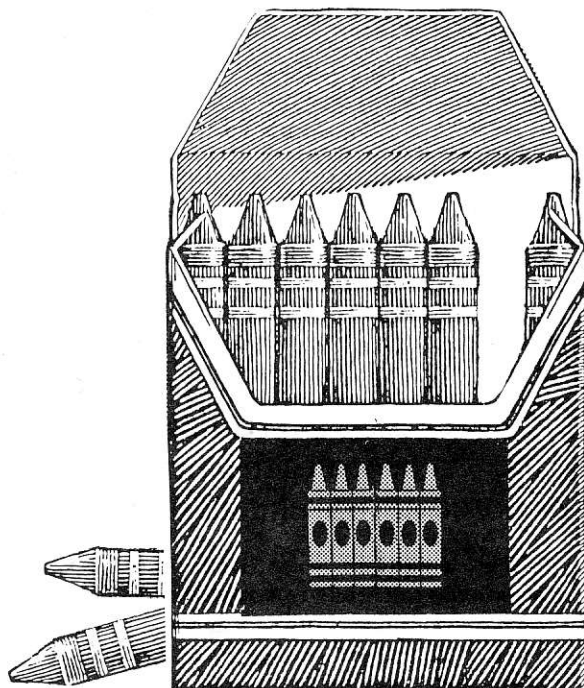
our air is pure, where food is laced with pesticides, antibiotics and growth hormones, where excessive processing has removed essential nutrients and fiber, many of us are already having a tough time coping. Then add three of the more troublesome chemicals: synthetic food dye, artificial flavoring, and antioxidant preservatives, and feed them to a small child. It's a recipe for disaster.

Johnny might have a physical reaction to such a chemical stew, for example: stomachache, bedwetting, hives, poor muscle control, or earache. He could have a behavioral reaction: becoming easily frustrated, overactive, aggressive, excessively talkative. Or he may have a hard time paying attention in school, reading a story, remembering a spelling word, doing a math problem, or writing.

Parents and teachers, searching for answers, seldom consider that

Johnny may be a normal child who is merely sensitive to some of the abnormal substances in his food or environment. The first place to begin is to rule out chemical sensitivity and fortunately this is not as difficult as it sounds.

A nonprofit parent support group, called the Feingold Association, shows families how they can easily determine if their child is reacting to the most troublesome of these chemicals.



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The Feingold Association of the United States, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.



## A Brief Background of the Feingold Program

As early as the 1940's allergists began to publish reports of patients who were sensitive to tartrazine (Yellow dye No. 5). The medical literature contains many references to symptoms such as hives, asthma and nasal congestion.

Doctors also found that aspirin and other substances, commonly found in some fruits and vegetables, have a chemical similarity to synthetic yellow dye. (The chemical name for aspirin is acetyl salicylic acid, and from this comes the term "salicylate", used to refer to those substances.)

Physicians later found these chemicals affect children as well as adults, and that they can trigger behavior and learning problems. The doctor who first observed this was Ben F. Feingold, M.D., Chief of Allergy at the Kaiser Permanente Medical Center in San Francisco. Dr. Feingold was both a pediatrician and an allergist, and was a pioneer in the fields of allergy and immunology. In 1973 he reported the results of his work at the annual conference of the American Medical Association.

A number of studies were carried out in the 1970's. Through their lobbies, the food/chemical industries have directly funded or been involved with much of the work in this area. These lobbies have consistently claimed the studies were negative, despite the fact that most researchers reported favorable results in their original journal articles.

In an effort to reach a consensus, the National Institutes of Health held a three day conference in 1982 on defined diets and childhood hyperactivity. The scientific panel concluded that the Feingold diet had never been subjected to a carefully controlled scientific study, and was worth a try.

In 1985 *Lancet*, the leading British medical journal, reported that a double-blind study by Egger showed 79% of the hyperactive children tested reacted to Yellow No. 5 and a preservative. In January of 1989 *Pediatrics* reported the results of a double blind study by Kaplan et al. A diet similar to that proposed by Feingold produced improved behavior in 58% of the children.

Writing in *Proceedings of the National Conference on Learning Disabilities*, Hazel and Schumaker note that the early research of Feingold's work "has been so flawed, it is impossible to draw firm conclusions from it." Similarly, Goldstein and Goldstein point out that most researchers considered only one aspect of the Feingold program (synthetic dyes) and did not take into account the other additives and natural salicylates which must be removed as well.

While the controversy over the Feingold program continues, the medical community remains uneasy about the ingestion of synthetic food additives. The National Academy of Pediatrics Committee on Drugs (1985) noted the many health hazards which are associated with dyes routinely added to foods and drugs. And the 1987 edition of the authoritative *Nelson's Textbook of Pediatrics* cautions that artificial colors and flavors have been associated with various health and behavior problems, including hyperkinesis in childhood.

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The Feingold Program is both a test and a method of treatment. For 4 to 6 weeks, a family uses only foods which are free of the offending additives. Behavior is generally the first change to be noted. If there is an improvement, then the offending foods/additives are simply avoided, and the test becomes the method of treatment. This is the same technique used in the time-honored allergy elimination diet.

The information needed to test the program is supplied by Feingold Associations. These are non-profit volunteer parent support groups located in the United States and various countries abroad.

The associations research foods to determine which brands are free of both obvious and hidden additives. This information, along with step-by-step guidance, and phone numbers of parent volunteers, is provided for members.

In the 1970's it was difficult to be on the Feingold diet because many foods had to be made from scratch and eating out was risky. Today, however, the food supply has changed, and Feingold research enables members to shop at supermarkets, use many convenience foods (including candy and ice cream) and even eat at fast food restaurants. Feingold "Foodlists" include a wide selection of acceptable brand name foods and non-food products.

## Summer School for Keri and Me

My granddaughter was diagnosed as an ADD child in first grade, and now she was showing poor prospects of passing from third to fourth grade.

Her math ability was above average but there just seemed to be a mental block where reading was concerned. She skipped words, or reversed them, and labored over every word until she lost the meaning. As a result, all subjects suffered progressively to the point of total frustration for her bright little mind.

I am a school teacher, but teaching reading is not in my field. However, the urge to try to help became too great to ignore and I made plans with my family to spend the summer tutoring Keri.

Shortly before I was to leave, I learned about the Feingold Association and received their literature.

We began our reading sessions on Monday and the Feingold diet on the following Wednesday. One day during that first week Keri became so frustrated she burst into tears and cried, "My mind just won't let me do it right!"

The sixth day on the diet, Keri read a chapter in her reader without stumbling. From that time her progress has been steady, and today she is doing well in school.

*Hellyn Jordan*

## Connecting Diet and ADD

The following describe research conducted since the 1970's on the connection between food dyes and cognitive ability.

**A**rtificial food colors have been shown to alter the functioning, either permanently or temporarily, of both the nervous and muscular systems of test animals in a research project conducted by a University of Maryland scientist.

Dr. Herbert Levitan, of the University of Maryland's Zoology Department has found that food dyes reduce the ability of nerves and muscles to respond to signals from other nerves. At the same time, the intensity of signals sent spontaneously from nerves to muscles is greatly increased.

In one series of experiments, solutions containing the food dye Red No. 3 were applied by Levitan to a nervous system isolated from a species of sea slug, an invertebrate. Application of the dye produced a rapid increase in the difference in voltage between the interior and exterior of the neurons which varied with the concentration of dye applied. The changes in voltage were caused principally by an increase in the ability of potassium ions to pass from the interior to the exterior of the neuron through the cell's membrane.

Levitan applied the same techniques to the neuromuscular system of a frog. He found that individual frog muscle cells were affected by the dyes in essentially the same way as were the individual invertebrate neurons, and for the same reason. In addition, Levitan found that the amount of chemical substance which the nerve released from its endings, and with which it excites or generally communicates with muscles, was greatly increased when a solution containing Red No. 3 was added to the nerve-muscle system.

### Animal Studies Show That Artificial Food Dyes Are Associated with Hyperactivity

"Animal studies indicate that certain food dyes interfere with chemical communication in the brain, adding further support to the theory that they are associated with hyperactivity in children. The researchers found that, in low doses, the dye enters the brain readily, inhibiting the uptake of neurotransmitters by nerve cells. Neurotransmitters are chemicals that convey messages from one nerve cell to another, regulating the activity of the nervous system."

(from *News & Features from NIH*, March, 1981, published by the National Institutes of Health)

### The Effects of Chronic Administration of Food Colorings on Activity Levels and Cognitive Performance in Normal and Hyperactive Developing Rat Pups

"...we have investigated the effects of administration of food colorings on developing rat pups treated with 6-hydroxydopamine at 5 days of age. Such treatment results in a syndrome that is strikingly similar to the clinical disorder of MBD in children, with hyperactivity that abates with maturity and persistent marked deficits in avoidance learning.

"Our results suggest that the administration of food colorings may affect normal development, and they mandate a more critical evaluation of the effects of food colorings in both animals and children. Our results also suggest that hyperactivity should not be the sole factor investigated, and that measures of the effects of food coloring on cognitive function must be carefully evaluated in any future study."

(Shaywitz, *Annals of Neurology*, Vol 4 No 2 August 1978)

### Food Dyes Impair Performance of Hyperactive Children on a Laboratory Learning Test

"Forty children were given a diet free of artificial food dyes and other additives for 5 days. Twenty of the children had been classified as hyperactive by scores on the Conners Rating Scale and were reported to have favorable responses to stimulant medication. A diagnosis of hyperactivity had been rejected in the other 20 children. Oral challenges with large doses (100 or 150 milligrams) of a blend of FD&C approved food dyes or placebo were administered on days 4 and 5 of the experiment. The performance of the hyperactive children on paired-associate learning tests on the day they received the dye blend was impaired relative to their performance after they received the placebo, but the performance of the nonhyperactive group was not affected by the challenge with the food dye blend."

(Swanson & Kinsbourne, *Science magazine*, Vol. 207, 28 March 1980)

### Major Study on Nutrition and Learning

In the spring of 1979, New York City's public schools ranked in the 39th percentile on standardized California Achievement Test scores.

In the fall of that year the New York City Board of Education ordered a reduction in the sugar content of foods served in the school feeding programs and banned two synthetic food colorings. In the spring of 1980 the achievement test scores soared to the 47th percentile nationally. During the following school year the schools banned all synthetic colorings and flavorings. Again the test scores increased, bringing the New York City schools up to the 51st percentile.

After BHA and BHT were removed the test scores rose further, and in the spring of 1983 students in the New York City schools scored in the 55th percentile. Thus, over a four year period, with the only change being an improvement in diet, scores in 803 public schools showed a mean academic percentile increase of 15.7%.

The study was conducted by Stephen J. Schoenthaler, Ph.D., Walter E. Doraz, Ph.D., and James A. Wakefield, Jr., Ph.D. of California State University. Source: the *International Journal of Biosocial Research*, Vol., 8, No. 2, 1986.

## Mark

We called our son "Scooter" when he was a baby because he rocked so hard in his crib that he would scoot it all the way across the room. Mark had problems from the beginning. First it was colic, then speech problems, and later it was an inability to read or spell.

He was not at all like the typical "hyperactive" child I had learned about in nursing school. Mark was a quiet little boy who enjoyed listening to stories; in fact, he could sit for hours, drawing tiny little pictures.

It was clear our son was bright, so why couldn't he learn? The school thought maybe the problem was that my husband's job caused us to move so frequently. I didn't agree, but couldn't come up with an answer either. Our daughter, who was three years younger, didn't have these problems. Virtually every professional we encountered told us the same thing, which was, in effect: "Michelle is fine — what are you doing wrong with Mark?"

When he was 9 we were told that Mark would be placed in an "LD class." I asked for a copy of the results of their tests and was told he had not been tested. There was no way I was going to agree to any such placement without some solid information. Testing then showed Mark to be close to the 98th percentile in all subjects.

By the time Mark reached fifth grade things were getting desperate. "If Mark would progress any slower," I was told, "he'd be going backwards."

He had been moved along from grade to grade even though he wasn't able to keep up. In the earlier years it was less crucial, but now, since he couldn't read he couldn't learn, and this began to damage his usually sunny disposition. He wasn't happy with himself, and the other children began to exclude him.

The fifth grade teacher suggested Mark may be hyperactive. This prompted me to go to the library and do some research on the problem. I recalled seeing Dr. Feingold on the Donahue show, and then found his book, *Why Your Child*

*is Hyperactive*. After reading it I began to recognize that other symptoms — what is now called "attention deficit disorder" — seemed to fit Mark. With my new-found information, I attacked the cupboards with a vengeance.

After we began the program he no longer had problems which we hadn't even identified as problems! He could come to the dinner table and sit down without spilling everything, could go to sleep without rocking, and stopped talking out in his sleep. He stopped incessantly teasing his sister, being argumentative, and could now turn off the TV without a confrontation.

Mark had become so unhappy with his life by the time he was ten years old, he welcomed a chance to change things.

I soon received a letter from his teacher which says "Mark is a pleasure to have in class." After ten years of worry and searching, I can't describe the feelings this brought. Needless to say, I still have that letter.

We began the diet in November, and by the end of the school year Mark had brought his skills up to almost grade level! He had no problems with reading or spelling after that, and sixth grade was a real success story.

It's been 12 years since we first learned about the Feingold Program, and I've been an active advocate, both as a diet assistant, and in my work as a nurse. Moms who learn of the program when their children are toddlers are so fortunate; there's so much we had to go through.

If this sounds like I feel sorry for myself, nothing could be further from the truth. The day our ten year old told us, "I really like me the way I am now," I knew no amount of effort would have been too much.

Gayle Giza

## Policy Statement

### Is Ritalin Good or Bad?

To ask if a drug is "good" or "bad", "safe" or "dangerous" is really not the issue.

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 dietary control of cholesterol and prevention of cancer shows the growing recognition of the "gentler" approach to health issues.

Given the choice between diet therapy and drug therapy, questions to ask include: "How do they compare in effectiveness, in difficulty to implement, in cost and in side effects?" (For more information on the Feingold Program, contact the Association.)

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 treatments with their benefits. For some children, counseling or a small dosage of medication, combined with the Feingold Program is highly successful. Our logo states, "Nutrition is a better way": it does not say that nutrition is the *only* way.

Parents have the right to be provided with complete, accurate information concerning all options available, including diet therapy.

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

The Feingold® Association of the United States

6 Pure Facts/March 1991



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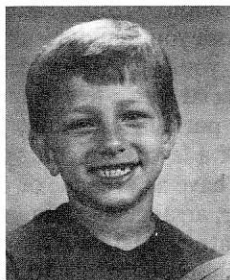


## Easter Time – There’s Life Without Jelly Beans

“I’m the room mother for my son Steven’s class.” writes Feingold mom, Lea English. “I went into the classroom the day of the Easter party and the kids were wild with excitement. They were jumping around and talking, etc. Typical kids, right?”

“Well, the teacher has been saying all year how sweet and calm Steven is, but from past experience, I took it with a grain of salt. (Shame on me, right!?) Anyway, she took me aside and said, “There, you can see what I’m talking about with Steven.”

“I looked over, and he was just sitting at his desk smiling at the kids around him! She said, “That’s how he



always is. I’ve been telling you that all year, and now you can see it for yourself!” I was so happy, you won’t be surprised to know that I cried all the way to work that day! Teachers really have the power to make a parent’s day, don’t they!

“Thank you, thank you, thank you, Feingold!”

### Say It Isn’t So!

\* Ranchers are considering spraying grape flavoring on fields because cattle crave it and eat up.

\* Are you ready for this? Researchers are working on a way to link two fads – by making a synthetic fat from oat bran. It’s called Oatrim.

### Is This Really Progress?

The FDA reports that “In the year 2000, menus from restaurants, be they haute cuisine or fast food, will emphasize nutrition, according to the National Restaurant Association.”

The association and other industry experts predict that:

\* restaurants will offer more fish and poultry and less game, beef and hard liquor;

\* beef dishes will be lower in fat because fewer recipes will include sauces and because advances in genetic engineering will produce leaner beef.

\* all recipes will have less fat, cholesterol, calories and salt;

\* and with decreased use of salt and fats, flavor will be enhanced in other ways, such as by using **fat- and sugar-substitutes** and new methods of preparation to retain flavor.

### Sulfites

Feingold members who also avoid sulfiting agents will be disappointed to learn that these preservatives are now being added to **Mounds** bars and **Almond Joy**. Sulfites are known to be especially harmful for some asthmatics.

### Filling the Baskets

This year Easter falls on March 31. Natural chocolates are available in many stores and by mail order. Our School Year Calendar has information about ordering candy from Giambri’s; and look for those varieties of Palmer chocolates which do not contain synthetic vanilla (called “vanillin”). Palmer candies are sold at some variety stores, discount stores, supermarkets and drug stores.

Lynn Murphy suggests you check out the party favor selection in toy stores for trinkets to include in the Easter baskets. Refer to your *Feingold Handbook* for more ideas.

### Allergic-type Reactions to Nail Polish

If you suspect you are allergic to eye makeup, it’s possible that the culprit is really your nail polish. Dr. David Harris of Stanford University Medical Center warns that even after nail polish appears to be dry, the formaldehyde it contains can still affect sensitive membranes, such as those of the eye lids. If your newly painted nails come in contact with them, you may experience swollen, itchy eye lids.

For more information on cosmetics for Feingold members, see the July/August 1990 issue of *Pure Facts*.

### Corn Syrup Sensitivity?

It’s the time of year to look for Seven-Up soda made with sugar instead of corn syrup. In conformance with Jewish dietary laws, some bottlers make a special version of the soda for Passover, which begins at the end of March. Call the bottler in your area and ask if he will be making a soda without corn syrup. It should be designated “kosher for Passover.”

### Special Harvest for Babies

The Beechnut Company has announced it is offering a line of baby foods made with organically-grown ingredients. Special Harvest is the name chosen for the premium products, which will sell for about 57 cents per jar, compared to 39 cents for the regular foods.

The significance for Feingold members isn’t that organic foods are necessary for our families, but that a major manufacturer has committed to a project such as this. Special Harvest is not a test product, a Beechnut spokesman told *Pure Facts*; it’s here to stay for as long as there is a consumer demand. But since only about 2% of farmland in this country is organic, it’s not easy to find a big enough supply of foods to cover the entire country. By the end of March, Special Harvest will be offered in five cities (Los Angeles, San Francisco, Phoenix, Chicago and New York).

Thanks to Trish Frederick for this information.

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.

## Learning Disabilities May be Inherited

The Iowa Test of Basic Skills has been given to Iowa residents for the past 45 years. This accumulated information has enabled researchers at the University of Iowa to trace learning problems through several generations. Just as chemical sensitivity appears to run in families, the UI psychiatry department has found that memory deficit, a common form of learning disability, is passed on.

The study also found that in the families where LD is prevalent, so are childhood allergies.

Support, from page 1

## Pure Facts Subscription for Your Family Members

The relatives may want to keep up-to-date on the happenings in the Feingold Association, but not feel the need for a full membership. *Pure Facts* now offers an "Extended Family" subscription for your family and friends. Members can sign others up for one introductory year of our newsletter for only \$12.

This is a great way to encourage support from the in-laws, or to introduce your grown children to additive-free living. Consider a gift subscription for your child's teacher; they appreciate something beside stationary. Use the form below to sign them up, and for multiple subscriptions, just enclose another piece of paper with the needed information.

## Happy Birthday Party

The Wellington Allergy & Hyperactivity Association in New Zealand suggests that in planning parties, families following the Feingold Program take the emphasis off food.

"Talk about birthday parties and activities with your child; his choices may surprise you. Consider doing something special with a few friends. Visit a wildlife park, a museum, go to the beach, or a favorite picnic spot. In the summer have a barbecue or pool party. In winter, arrange a skating party.

"Create a festive atmosphere at home using colored straws, cups, napkins, candles and flowers. The children may want to make their own place mats, name tags and hats.

"Older children enjoy helping to plan the menu and prepare the food and decorations. Older children or your neighbor's children usually enjoy organizing games for little ones, and may even help clean up afterwards."

**Editor's note:** *One or two teenage babysitters can be a terrific help.*



## Mailbag

"After thousands of dollars, three doctors, two psychologists, two different medications, a social worker, two teachers and many tears in a year and a half I'm holding your book hoping it's the answer to my prayers.

"About a month ago we called it quits. We are not going to any more doctors or trying any more medications. Why can't the teachers take my son for what he is — a sweet, smart little boy who has a very short attention span and needs to get up and move around once in a while? Yes, he needs her attention once in awhile to steer him in the right direction when he gets side tracked but he should not be punished for something he can't help and we refuse to let him be.

"We have joined a support group. Listening to mothers for the last year telling me how great their children are doing on medication leaves us with mixed feelings. When we tried Cylert, hyperactivity increased. When he was on Ritalin symptoms of Tourette's came along (also with this came more tests and a neurologist.) We don't want to take a chance on any more medications or spend any more money on tests and doctors that haven't been able to help us.

"A couple of weeks ago I remembered a mother coming to our support group saying her child was on the Feingold Diet and how well it worked. Unfortunately, my little town's library has little on the subject of hyperactivity or your diet. I finally found a book store that could order your book — *The Feingold Cookbook for Hyperactive Children*. After reading this I'm wondering why I didn't try this sooner."

## Pure Facts Subscription Application

Member's name \_\_\_\_\_

Extended family member's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Total number of subscriptions: \_\_\_\_\_

Total cost of subscriptions @ \$12 \$ \_\_\_\_\_

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