

Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 1992

Vol. 16, No. 3

“Why I Don’t Go to Church Anymore”

“The only time I really fit in at church is during a funeral service; then it’s ok to cry.”

This was the comment of an adult Feingold member who has been on our program for eleven years. She is extremely sensitive to perfume, and exposure to it will quickly bring on depression and uncontrollable crying.

Another member realized that her daughter became ill when she was exposed to the new carpeting in their church. Her observations were greeted with ridicule.

Bobby reacted to church in a different way; as soon as the organ began to play, he covered his ears and screamed. Like many chemically sensitive children, his perception of noise was greatly exaggerated. What the other members of the congregation experienced as a loud, but pleasant sound, was painful to Bobby.

Children who are unable to be calm just don’t fit in at most religious activities. Their disruptive behavior often means that families stay home rather than face embarrassment.



Feingold Mom, Sharon Latta, has conducted workshops on this subject for Sunday school teachers. She points out to the teachers that, “Whenever we see pain we have the opportunity to reach out and help.” Her workshop, titled “How to minister to the child you wish were in another classroom” always draws a standing-room-only response.

Sharon notes that religions traditionally believe that children should be “seen, not heard”. They are not set up to deal with the hyperactive child, nor are they equipped to provide help to their families. And yet, behind every

difficult child there is a grieving family, including siblings who are hurting.

Members of your fellowship can be a wonderful help when they understand about chemical sensitivity. They can show their support by taking care in preparing foods — perhaps even offering “Biblical foods” in place of the junk drinks and cookies. They can support you by skipping perfume and aftershave lotion, or even just by opening the windows to let in fresh air.

If you’re less fortunate, the members of your congregation may tolerate your child being on a special diet as long as you provide all of the allowed foods. Or you may have the misfortune to find that nobody wants to upset Mrs. Whoever — the person in charge of the chemically-laden snacks and church suppers.

Have you found a way to deal with problems such as this in your religious community, or have you given up? We would be interested in hearing how you have handled these issues.

A View of Hyperactivity from the Other Side of the Pulpit

It’s difficult enough when you’re a member of the congregation and your child is hyperactive. What do you do if you are the minister or rabbi, and the terror of the nursery is yours?

Pure Facts spoke with member families for some insight to share with you. First of all, assuming Dad is the clergyman, it’s Mom who deals with the brunt of the problem. Once successfully on the Feingold Program, the child isn’t likely to be treated differently than the other children in the congregation unless he/she is having a reaction.

The attitude of the clergyman tends to set the tone for the congregation. If he shows sympathy and understanding to people with special needs, a family’s food choices are more likely to be respected. A pastor who has young

children of his own is likely to be more understanding of others’, and not so inclined to get upset when the children’s choir gets restless. Of course there are times when a child needs to be removed from the ceremony, and parents should be able to do so without any embarrassment.

One pastor’s wife noted it was easier to find cooperation when they dealt with small groups, but the larger the numbers, the more complex it became. Speak to people in small group situations, she advised. Gently ask for their help; don’t become militant. Demand-

ing a perfume-free section of the church won’t work, but more modest requests may be honored as those around you gain understanding.

While she’s a pastor’s wife, she feels her role as a mother comes first, and puts her children’s needs ahead of church obligations. Her husband’s advice was similar. He feels a family must put the welfare of its members first. “It’s o.k. to change churches if you don’t have the support of the pastor and a segment of the population. If you are not happy in your present church, find one where you feel comfortable.”

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.

Special issue on indoor air pollution

More About Carpeting

Our February issue discussed some of the precautions Feingold members may want to take in purchasing new carpeting.

This story brought an interesting response from one of our adult members. It's one of those happy stories that can take place in a small town, where folks all know each other. She and her husband went to a friend who owns a furniture store, and asked about the possibility of buying carpeting that had been stored long enough for the chemical fumes to have aired out. To everyone's delight, he found two rolls of carpeting which had been in his warehouse for six years! Both the colors and yardage were perfect, and our member had no reaction.

She wanted to avoid foam padding, so finding one that would not be irritating took a bit more detective work. They were able to locate padding made from compressed rag pieces encased in a plastic mesh. This type of product is generally used in commercial applications. It isn't as plush as foam, but worked out fine.

They also were shopping for furniture, and ended up buying some slightly used furniture from the store owner's own home. All of the "new furniture smell" was gone.

"Toxic Carpet"

This is the name of an organization begun by a family whose health has been badly damaged by defective carpeting. They didn't think much about the strong odor of their new carpeting, at first, but were puzzled that plants quickly died when they were brought into their newly carpeted office. Spiders who ventured onto the carpet died as well.

Sharon and Glenn Beebe describe their efforts to find answers and to get legal and medical help. They provide detailed information on some of the physical symptoms that could mean one is reacting, and suggestions on action to take. For more information, contact: Toxic Carpet, P.O. Box 399086, Cleveland, Ohio 45239.



Perfume! What is this stuff?

It is a blend of as many as several hundred natural and synthetic chemicals, in an alcohol base. It is also a potential neurotoxin.

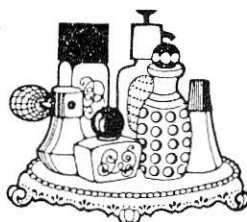
Synthetic ingredients are playing a larger and larger role in the manufacture of perfumes since the natural components can cost 1,000 times as much. Sensitive people can react adversely to natural oils in perfumes, but the synthetic components appear to be the most damaging.

One of the most disturbing developments in the manufacture of fragrances is the increase in the use of synthetic musks. Research conducted in the 1980's showed that a synthetic chemical called musk ambrette caused nervous system damage, weight loss and muscular atrophy in test animals.* According to a report by the Human Ecology Action League, other chemicals which were tested yielded the following effects:

Cyclohexanol - inhibition of motor activity, spasms, death, irritates the upper respiratory tract and has a narcotic effect when inhaled.

Linalool - respiratory disturbances leading to death, narcotic effects.

Methyl ethyl ketone - high concentrations caused unconsciousness, emphysema, congestion of liver and kidneys. In humans, this chemical



caused marked eye, nose, or throat irritation, and numbness of fingers and arms.

Eugenol - signs of intoxication.

Musk ketone - deterioration of the liver.

Musk AETT - When it was shown in 1977 that this chemical caused permanent brain damage in test animals, the fragrance industry voluntarily stopped using it. Between 1955 and 1976 it was widely used as an ingredient in fragrances and as a masking fragrance in "unscented" products. Further research showed that when musk AETT was applied to the skin of animals it caused deterioration of the brain, spinal cord, and nerves. The initial reaction of the animals was **hyperactivity**, irritability, and a tendency to bite. This progressed to limb weakness, discoloration of internal organs and the nervous system, and degeneration of central nervous system neurons.

Although the industry has chosen to discontinue using musk AETT, it could still be legally used in fragrances since the Food and Drug Administration has not taken action to regulate it. While the FDA acknowledges that there are more and more reports of people reacting to fragrances, and the reactions may involve both the immune system and the nervous system, it considers the number of people affected to be very small.

Consumers wishing to make their voice heard on this issue can write to Congressman Ron Wyden, who has taken an active role in calling for regulation of fragrances and cosmetics. His address is: 1406 Longworth H.O.B., Washington, DC 20515. The FDA can be contacted by addressing your letter to: Mr. Heinz J. Eiermann, Director of Division of Colors and Cosmetics, U.S. Food and Drug Administration, Mail Code HFF440, 200 C Street, Washington, DC 20204.

*Spencer, Peter S., & Bischoff, Monica C. Skin as a route of entry for neurotoxic substances. In Francis N. Marzulli & Howard I. Mailback (eds.), *Dermatotoxicology*. (1984). (3rd ed.) (pp. 629-630). Washington, DC. quoted by Karen I. N. Stevens, in *The Human Ecologist*, Fall, 1990.

MCS – Multiple Chemical Sensitivity

The Feingold Program is a basic first step for many people. They may see small improvements, but feel frustrated that they are not able to identify other culprits which appear to be triggering reactions, or to achieve a higher level of response.

In this case, two possibilities to consider are: allergies (most commonly to milk), and MCS, or multiple chemical sensitivities. Here is a brief list of some common irritants which can disrupt virtually any system of the body and can affect one's behavior and ability to learn.

Vehicle exhaust- When you are in high traffic areas, close the car windows and air-intake vents, and adjust the controls to recirculate inside air.

New clothing- Before you wear new clothing, wash it to remove the formaldehyde and other finishing chemicals. For extremely sensitive people, this is not sufficient. You may want to seek out "green cotton" (untreated). It is available from Seventh Generation, Colchester, VT 05446-1672. Phone 1-(800) 456-1177.



Cleaning products- For a comprehensive resource on non-toxic formulas for cleaning just about everything imaginable, consider the new book, *Clean & Green*, by Annie Berthold-Bond. (\$8.95, available from Greenkeeping, Box 28, Annandale-on-Hudson, NY 12504)

Sometimes a clever soul comes up with a product that makes caustic cleaners unnecessary. "The Plumbing Window" is a sink trap which replaces an existing pipe. The drain can easily be cleaned out by unscrewing a special cap attached to filters. When you pull out the cap, the gunk comes along with it. (\$9.95 plus \$3.00 shipping, contact Marque Enterprises, 3630 McCall Road S., Suite D, Englewood, FL 34224-8655 (813) 475-0164.)

Cosmetics- Fragrances and dyes are irritants in many products. Sensitive people may be unable to tolerate the powerful chemicals in nail polish remover and the glues used with artificial nails.

(Refer to the July/August 1990 issue of *Pure Facts* for safe cosmetic products. Back issues are 50 cents each.)

Office machinery- Things such as copiers and printers can give off irritating fumes. Reduce the concentration by increasing air circulation (open a nearby window, or consider installing an exhaust fan).

Moth balls- In the new book, *Healthy Homes, Healthy Kids*, the authors suggest storing woolen clothes in a hot attic during the summer since the heat will kill all stages of the moth life cycle. (*Healthy Homes, Healthy Kids*, by Joyce M. Schoemaker, Ph.D., and Charity Y. Vitale, Ph.D., published by Island Press, Covelo, CA. and Washington, DC (202) 232-7933 \$12.95 paperback)



Particle board- It is increasingly difficult to find furniture made from solid wood. The resins used in particle board contain formaldehyde, and this "gasses off", releasing fumes that can be irritants. Some people find they can tolerate furniture made from particle board if all of it is painted with a sealant. (See the February, 1992 *Pure Facts* for product information.) Plywood may also be treated with formaldehyde.

Foam insulation- Mobile homes are particularly likely to be a problem if they contain urea-formaldehyde foam insulation since their size and tight construction concentrate the fumes.



Pesticides- Chemicals designed to damage the nervous system of insects are not likely to be kind to humans. Many mail-order companies provide safer alternatives. See *Pure Facts*, March 1991.

Gas stove emissions- This isn't as potent a problem as kerosene heaters, but gas stoves are generally on the hit list for chemically sensitive families. If you experience symptoms only in the kitchen, it's a tip-off that the gas stove could be the culprit.

Smoke- Cigarette smoke, fireplace smoke, wood stoves, and even food cooked over a grill, have been identified by Feingold members as irritants.

Scented products- Scented candles, incense, pot pourri...you name it! If it smells it can cause trouble for some people. Fragrance strips in magazines have received a lot of notoriety lately, since the encapsulated fragrances often break open during shipping. Can you believe there are stores which just sell home fragrances?



Printing ink- Some publications retain a noticeable odor for a long time after they have been printed. A few printers have begun using soy-based ink, rather than petroleum based ones, but the use is still limited.

Dry cleaning- You may find your clothes contain a strong odor of the cleaning solvents. Try to air them outside until the fumes are gone.

People who have suffered from exposure to toxic chemicals often find professionals will say the symptoms are imagined. But the problem of indoor air pollution is finding its way into more and more publications, and the public is gradually becoming aware of the problem. The March 1992 issue of *Good Housekeeping* has an excellent article, "Schools that Make Kids Sick."

A major article on multiple chemical sensitivity appeared in the July 22, 1991 issue of *Chemical & Engineering News*. This article can help Feingold members pick up valuable insight on the type of symptoms the MCS person experiences, and could help to identify the cause of a reaction. (You can order the article from **National Center for Environmental Health Strategies**. It is provided along with their comprehensive newsletter, *The Delicate Balance*. The cost for both is \$6.00. Contact NCEHS, 1100 Rural Avenue, Voorhees, NJ 08043.)

Your Child's Bedroom

Your youngster is doing well on the Feingold Program — but only some of the time. When this happens try to look for a pattern that may give you a clue to the culprit(s).

He wakes up every morning, complaining of a headache. She seems too eager to be in another room of the house, not her bedroom. He is "all stuffed up" in the morning, but gets better as the day goes on. She is a restless sleeper at night, but naps peacefully on the sofa.

Does your child do better after he has spent some time outside? The improvement you observe in his behavior may be due to more than just "running the energy off".

It could be that there are chemicals in any part of the house that are irritating him and the fresher outside air is responsible for the improvement. We are accustomed to thinking of air pollution as an outside problem. But new evidence indicates that the air inside your home is far more polluted than outdoors and is likely to cause reactions in highly sensitive people. In his book, *Why Your House May Endanger Your Health*, Dr. Alfred Zamm describes the findings of a research team that tested the air in six typical American homes.

"They found the air in them not only containing such noxious vapors as carbon monoxide, nitric oxide and nitrogen dioxide, but in concentrations much higher than levels in the outdoor air, and up to four times the maximum recommended by federal guide-lines." (*Why Your House May Endanger Your Health*, by Alfred V. Zamm, M.D., Simon and Schuster, New York)

Before you consider drastic changes in your home or your child's room, try to arrange for a trial period when the child sleeps somewhere else. This could be at a relative's home, a vacation site, or even some other part of your home. If you see a clear improvement when the child is away from his room, then it's probably worthwhile to further try to narrow down the cause(s).

You may even find that just opening your child's window at night, brings enough fresh air into the bedroom to relieve the symptoms.

If that isn't enough to make a difference, consider some of these common irritants. Here is a checklist to help you identify things that could be affecting your child (or yourself).

* **Bedroom located over a garage or carport.** When you start the car engine, exhaust fumes can seep up to the rooms above. (Don't ever keep a garage door closed while you start the engine. This can be especially dangerous for the driver.) Move the car out from under the house as soon as possible.



Store toxic chemicals such as paint thinner, gasoline, etc. in a shed away from the house — or get rid of them entirely.

* **Laminated furniture**, or any furniture that gives off a noticeable odor. If you are able to do so, return it to the store; if that's not possible, you may be able to contain the fumes by sealing the unlaminated sides of the particleboard. See the February issue of *Pure Facts* for information on sealants.

* **Freshly painted walls, woodwork, and furniture.** Paints take time to "gas out". The degree of care you will need to use depends on the level of sensitivity.

People who are especially vulnerable may need to order special paint from companies that cater to the highly chemically sensitive.

* **New carpeting.** See the related articles in this issue.

* **Cork tiles.** These are created by heating a mixture of cork pieces and petroleum-based binders. They are a potential irritant, especially if they are at the head of the bed.

* **Wallpaper paste** contains chemical fungicides. This could be a problem if the head of the bed is against the wall. Try moving the bed away from the wall and see if there's any change.

* **Scented toys, stickers, markers, or any type of cologne** is a no-no for sensitive people.

* **Cedar-lined closets** might be an irritant. Freshly dry cleaned clothes and moth balls are very undesirable.

* **Pillows-** Some people have trouble with feathers or down; others don't tolerate foam. If you notice symptoms are worst after awakening, try substituting a thick, cotton bath towel, folded and inserted in a pillow case. It won't be soft, but it will help you narrow down the culprit.

* **Detergent, fabric softening strips-** Wash new linens before you use them, but stay away from fragrances in laundry products. Sheets and pajamas that pick up these chemicals will affect a child for the many hours he spends in bed.

* **Fire-retardant chemicals** on pajama fabrics have bothered some children. Test for this by allowing your child to substitute well-worn-and-washed play clothes.

Some critics also question the use of electric blankets. As a precaution, stick with ordinary blankets or quilts.

* **Bathtime-** This is getting monotonous, but stay away from the scented soaps, shampoos, etc., and from dyed bath products such as bubble bath and soap crayons.

Dinner in a Hurry

Super Supper Sandwiches

This sprint-through-the-Supermarket dinner is nourishing, very economical, and tasty. You shouldn't have any trouble getting it on the table in less than 30 minutes. It begins with French or sour dough bread — most of which are free of the unwanted additives. These open-faced sandwiches are filling, so a single slice may be enough for a serving.

1 Loaf French or sour dough bread

Steak-Umms

Fresh vegetables, sliced or cut up, such as: onion, mushroom, zucchini or yellow squash, carrots, broccoli (Prepare them yourself, or get them from the salad bar.)

Sliced or grated cheese (such as cheddar or Monterey Jack or mozzarella)

1. Have the vegetables and cheese prepared.
2. Cut diagonal slices of bread so that each slice will be big enough to hold a Steak-Umm. Place the bread slices on a broiler pan or cookie sheet.
3. In a large frypan, cook the Steak-Umms as directed. Place each piece of meat on a slice of bread. If you like salt or pepper, sprinkle some on.
4. Now stir-fry the vegetables in the same pan, adding a little vegetable or olive oil if you like. Use medium-high heat, and stir them to prevent burning. If necessary, add a tablespoon or two of water to keep the meat drippings from burning.
5. When the veggies are tender, but still a bit crisp, spoon them on the Steak-Umms.
6. Cover each portion with some cheese; place these under the broiler until the cheese is melted and bubbly. (Watch them carefully.)

The leftover bread can easily become garlic bread for tomorrow's dinner, or use it to surprise your family with a new version of cinnamon/sugar toast or French toast.

Pretzel Treats — a Great Way to Wrap up Another School Year



Saco Dolci Frutta Natural Chocolate Melting Wafers should be found in produce departments at many supermarkets. They are generally available once strawberry season arrives.

You can easily make your own coated pretzels by melting the wafers, dipping pretzels, and letting them cool on waxed paper.

Elementary School Age — Take them in for the end-of-school party. (And bring in extras as gifts for your favorite teachers. Their families will love them too.)

High School — Provide your scholar with a diversion during the cram-for-exam days.

College Student — Don't give in to those junky Final Exam Survival Kits many colleges advertise. Your Feingolder will need to have all the brain cells in top working order. A "Care" package of home-dipped pretzels (plus some especially healthy fare) will be gratefully received.

FAUS Product Information

Good Morning News

We have just received the completed inquiry forms from Kellogg. You can now add Kellogg's Crispix and Kellogg's Smacks to your Foodlist.

The Crispix contains: corn, rice, brown sugar, salt, malt flavoring, baking soda, tumeric color (natural). Smacks contains: sugar, wheat, corn syrup, honey, hydrogenated soybean oil, caramel color (natural) and salt.

When your kids eat highly sugared foods, try to get some protein into them as well.

Ativan (by Wyeth) can be added to your *Medication List*. This is classified as an anti-anxiety agent.

Shopping for grapefruit juice? Please note that the **Tropicana plain** grapefruit juice is acceptable, but the *Tropicana Twister grapefruit juice drink contains artificial coloring*.

Canadian Shopping

Thanks to Irma Kennedy in New York and Betty Smida in Ontario, we have received information on several Canadian products.

Sarah's Nectars have been found acceptable, but if you are on Stage One, check the label for added salicylate juices. They are available in Ontario, Quebec and British Columbia.

The **Highland Oatcakes** and **Bran Oatcakes** from Walker's Shortbread, Ltd., are acceptable. Both are non-salicylate.

These **Murphy's The Ridged Potato Chip** varieties are non-salicylate: Natural, Dill, Salt & Vinegar. Their BBQ flavor contains both paprika (a salicylate) and smoke flavoring. Because of the smoke flavoring, it should be considered a "conditional" item — which may be tested out after you have had some experience on the Program.

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.

Northern California Feingold Camp

Once again, Camp Latieze will offer a week of learning and fun in the beautiful mountains near Lassen National Park.

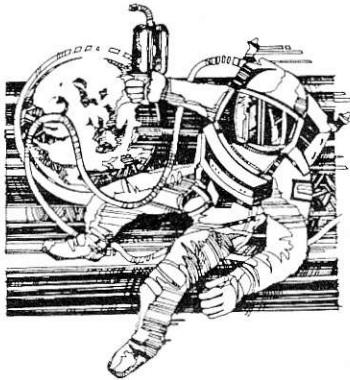
Date: July 5-10, 1992; Cost: \$140.; Food: 100% Feingold (stage one)

This year the camp theme will be "Explorers". Campers will go on archeological "digs". They will learn about paleontology and be world explorers. They will also learn about the stars and what it's like to be a space explorer. Camp Latieze's drama program is an enjoyable way for the children to integrate the many things they learn during the week.

Nature studies, drama, and arts & crafts are the basis of the program, along with the traditional camping activities, including swimming. Campers live in tents, and have a talented, enthusiastic staff to guide them. There is a registered nurse on staff at all times.

Camp Latieze was initiated by Dr. and Mrs. Feingold, working with a nurse in the Shasta County School System. It is sponsored by Shasta County Schools, but is open to children throughout the country. Feingold youngsters should be established on the program.

To learn more about Camp Latieze, call Patt Burkett at (916) 547-4563. If Patt is not available, leave your name, address and phone number on her answering machine and she will send you more details.



Fresher Air Inside

Companies that sell "miracle" air fresheners want you to believe that their product will somehow remove unwanted odors. Invariably, however, they simply add a stronger smell to mask the first one.

But there is a product that really seems to absorb odors. It's a mineral called zeolite, and is sold under the name NonScents.

Greenkeeping, a publication devoted to natural alternatives, writes, "Zeolite is a nontoxic, naturally occurring mineral found near volcanic activity. What makes zeolite unusual is that it is an ion exchanger in its natural state, which means it naturally absorbs pollutants from the air. Zeolite is nature's deodorizer; it 'adsorbs' gases to control odors. Zeolite also de-sorbs. Just put it in the sun, the adsorbed fumes will dissipate, and you can use it again and again.

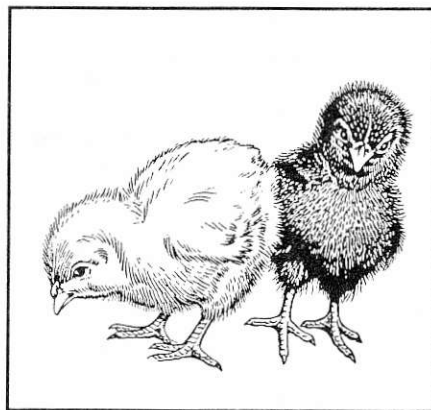
"NonScents zeolite is available in powder form for carpets and litter boxes, in small pellets of rock to place in specific areas such as closets and refrigerators, and larger bags for whole room application."

NonScents, the Dasun Co., P.O. Box M, Escondido, CA 92033 (800) 433-8929

Air Pollution Folder

The American Lung Association publishes a folder, "Air Pollution in your Home?" This booklet identifies some of the worst offenders found in the home, along with their health effects and suggested changes.

Contact the American Lung Association, 1740 Broadway, 16th floor, New York, NY 10019



Young Wisdom

After she had been on the Feingold Program for two weeks, six year old Sarah described eating food with synthetic chemical additives as "kind of like you swallowed a war."

Just Say "Ah-h-h...Phooey!"



Just when we think we've heard of every place where synthetic chemical additives are lurking, we learn of more. The latest is that old standby, the tongue depressor in your doctor's office. *Pure Facts* learned from a member that they now come in (artificial) flavors! Her child encountered a cherry flavored depressor during a visit to — believe it or not — the allergist.

Lead in Water

You can have your water tested by contacting the water authority which sends your monthly bill. If they don't conduct tests themselves, they should be able to recommend a lab which has EPA (Environmental Protection Agency) certification. Such a test should cost between \$10 and \$20.

Testing should be run on "first draw water" — what has been sitting in the pipes overnight.

For more information call the EPA at 800-426-4791.

Moving?

Please let us know in advance so you won't miss any newsletters. The Post Office will not forward bulk mail.

Pure Facts

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