

Pure Facts

Newsletter of the Feingold® Associations of the United States



June, 1993

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The Feingold Program's 20th Anniversary

Twenty years ago this month, Ben F. Feingold, M.D., presented his findings to the Allergy Section of the annual meeting of the American Medical Association. His work continues to help us understand many different health, learning, and behavior problems.

He described eight years of clinical experience and an impressive track record helping children who he referred to as "the failures of the medical community." Dr. Feingold's credentials were also impressive, and his techniques followed the best medical procedures: treat patients on the clinical level, gather information on successful techniques, relate this to probable causes using information found in respected medical journals. Since he was a clinician, it was his role to help a patient become well. The job of determining why a clinical technique works is the realm of the academician, or researcher. Dr. Feingold called upon his colleagues to begin the complex task of understanding what happens on the molecular level when a syn-

thetically colored or flavored food enters a child's body, and why the result is often profoundly disturbed behavior or inability to focus. Very little has been carried out in this important area; there has never been a double blind study of the Feingold Program.

Dr. Feingold called upon another group. He asked parent volunteers to provide the information and support which enables a family to find suitable food and test the program. For more than seventeen years the Feingold Associations have done this.

Most of the focus of the Association is on helping children with learning or behavior problems, but over the years we have received many reports of other family members experiencing unexpected benefits. The longer the As-

sociation has carried out our work, the more diverse the reports of other conditions responding to the program. Dr. Feingold often told us that "any system of the body" can be affected by the additives we eliminate, but it still took us by surprise each time we learned of another condition which was helped by the removal of certain additives and salicylates.

While the research Dr. Feingold called for has not been carried out, work in related fields sheds some light on how symptoms which seem very different from each other are interrelated.

Researchers at MIT have shown that nutrients in food can alter the functioning of the brain. Other researchers have demonstrated the effect

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Traveling Abroad

by Mme. Margaret Serandour-Kerr, Bois d'Arcy, France

In the July/August 1992 *Pure Facts*, Gabriela Ehrlich published a complete guide to traveling in Europe with a Feingold child. It was so exhaustive that there is little to add except information concerning France. Here are a few thoughts which should be useful to those visiting Paris or the provinces.

Most high-priced restaurants can be trusted to use fresh food. But since even the profession of restaurateur has a few bad eggs (excuse the pun — it was irresistible) it would be a good idea to consult one of the good French restaurant guides. They generally mention if the chef does the shopping himself or uses fresh food. You can ask to speak with the chef and explain your needs.



To minimize costs, buy the fixings for the midday meal yourself. Bakers in France are not permitted to put additives in the baguettes, so you are safer if you buy bread from bakeries and avoid commercial sliced bread.

Many large supermarkets have a health food section, or *rayon de produits de regime*, but check these labels as carefully as you would all others. You may find some health food products which you have used in the U.S.

Some of the chocolate in the health food section contains vanillin, particularly the dietary chocolate. On the other hand, the higher grade Lindt & Sprungli or Cote d'Or chocolate in the regular food section is made with real vanilla. Most large supermarkets sell a full range of qualities of chocolate, from the best to the very worst. Make sure the label says *arome naturelle de vanille* or *vanille en gousse* or *vanille*

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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.

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that food dyes have on the brains of both animals and humans. Both researchers and consumers report a wide range of negative effects from other additives, notably MSG and aspartame. Presumably, these additives also affect the chemistry of the brain.

Parents of ADD children often hear reference to neurotransmitters; these are chemical messengers that enable nerve cells to communicate with each other. The three neurotransmitters which are repeatedly associated with ADD and related problems are: serotonin, dopamine and norepinephrine.

Serotonin is called an inhibitor. It prevents us from doing things which are inappropriate or dangerous. In his book, *Tourette Syndrome and Human Behavior*, Dr. David Comings states, "Low levels of brain serotonin are associated with aggression, depression, violent suicide, alcoholism, arson, borderline personality, bulimia, and other impulsive behaviors. Low brain serotonin may also cause panic attacks." The Food and Drug Administration connects serotonin with migraine headaches, "Working with other chemicals, serotonin regulates blood vessel constriction and dilation. It can both sharpen and deaden pain." (*FDA Consumer*, Sept. 1992)

Another area where serotonin seems to play an important part is obsessive compulsive disorder, or OCD — when a person feels compelled to repeat an activity over and over, and feels very anxious when they do not. Researchers at Brown University and Yale have found that drugs which increase serotonin can help OCD sufferers. "When utilized by the brain's neurotransmitters at normal levels, serotonin is believed to impart a feeling of certainty, so that people don't experience excessive doubt about what they think and do. If his serotonin level is out of whack, an individual may have no confidence in his decisions or actions, leading him to repeat actions over and over." (*Brown Alumni Monthly*, 12/88)

Considering how vulnerable the brain is to chemicals, it's no wonder the Program helps so many symptoms.

The neurotransmitter, dopamine, is involved in the control of muscle movements, and may play a part in such disorders as Parkinson's disease and Tourette syndrome. The third important chemical, norepinephrine, is formed from dopamine, and helps regulate dopamine.

As the director of the Tourette Syndrome Clinic at the City of Hope National Medical Center, Dr. Comings has collected a wealth of information on symptoms which may be related to Tourette syndrome. They include: hyperactivity, ADD, dyslexia, obsessive-compulsive behaviors, conduct disorders, depression, mood swings, irritability, migraine headaches, short temper, anxiety, panic attacks, phobias, speech problems, sleep problems, addictive behaviors like alcoholism and eating disorders.

Comings has found that the Tourette patient is far more likely than the average person to have one or more of these symptoms. Apparently they are more closely related than they may seem at first glance. It would follow, then, that a technique which can help one of these problems (such as hyperactivity) might also allieviate depression or headaches, etc.

Because the Feingold Program asks the entire family to use the same foods, we hear of other problems which have responded to the change. Dad's headaches disappear, Mom is no longer troubled by PMS, and older sister isn't so distracted. The separate pieces of the puzzle begin to fit when you consider that foods and additives can affect brain chemistry, and that altered brain chemistry can result in a wide range of symptoms.

Why do we bother?

The Feingold volunteer receives no material compensation for her hours of work. Her family is doing well, and no longer is dependent upon the Association for information or support. Why does she stay involved when there are so many other things competing for her time?

This letter from Deborah and Bill Hayes explains why parents stay on as volunteers, and why Dr. Feingold gave his time and all his energy.

Dear Feingold Friends,

I was thrilled to have the opportunity to show off in pictures the results of the wonderful Feingold diet. Randy, who is 5 years old, is shown with his younger brother, Billy, who is 2 1/2.

Prior to the diet, which I began in May, 1992, Randy never smiled, never sat with Billy and was unable to play outside without a harness because he continually ran into the street in front of cars. As you can see from the picture, all of this and so much more has changed.



Bill and I finally feel that Randy has the chance to be healthy, happy and to have fun! Randy also is so aware of the difference he feels. I volunteered at the Nassau Coliseum Food Show by sitting at the Feingold booth. Randy wanted to come with me so that he could tell people about his diet. I had such a sense of pride as my little boy sat for a couple of hours handing out literature and smiling at people. When people came up to ask questions, Randy would always tell them, "This is my diet."

Less than one year ago I was afraid to let him out in the back yard, and a few weeks ago he was at the Nassau Coliseum. That's incredible!

Deborah & Bill Hayes
Hempstead, NY

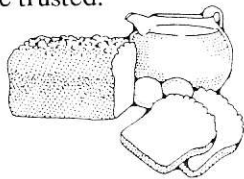
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naturelle. Some contain a blend of natural and synthetic vanilla.

If your child can tolerate salicylates, you can buy fruit juices in the supermarket. Government regulations oblige manufacturers to state clearly on the label when the juice is not 100% fruit or when it contains additives. (Most additives are illegal in fruit juice.)

Breakfast in France

If you suspect your hotel is giving you croissants made with margarine at breakfast, just nip out to the local bakery (most of them open very early) and ask for croissants au beurre, which you can trust. Most jams and jellies in France are made with no additives, but they do contain apple pectin. Read the label carefully before you buy British and Dutch jams/jellies. Butter in France should be fine, and the French are partial to sweet (unsalted) butter. Avoid margarine unless you get it in a health food store. Avoid the cereals most hotels offer at breakfast as they are just French versions of the American cereals we have all learned to avoid. You may occasionally find fresh-made oatmeal, which would be fine. Health food stores will have a variety of cereals which can generally be trusted, but many of the products are based on mueslis and may contain pieces of salicylate fruit. Lima, Cereal and Kentaur are brands which can generally be trusted.

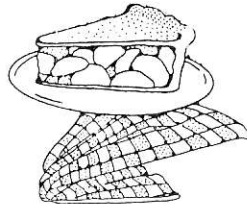


Health food stores are a good resource

Health food stores can be found in moderate-sized towns. They are generally called *magasins de regime* or *magasins dietetiques*, and one national chain is called "La Vie Claire". As Mrs. Ehrlich said, they can help you find a good restaurant or a bakery, and sometimes they may even be able to recommend a good local butcher who makes his own cold-cuts. In two of the small towns where I have lived I found a butcher who made most of the delicatessen products he sold and would even smoke a ham on special order.

French bakeries

Buy your breads and desserts in bakeries, rather than supermarkets. France being France, a lousy baker will not last long unless he is the only one in town. On the whole, you can judge the quality of a baker by the line of people buying bread early in the morning or upon returning from work. In the Paris area there are a few really famous bakers whose products you can trust as well as one or two American bakeries (and here you can discuss the ingredients before making your purchase).



A taste of home

American grocery stores carry the best and the worst of American food, but you may stumble across products which are familiar. In any case, everyone speaks English and you can discuss ingredients. If you don't wish to venture out of the center of Paris, try Fauchon, the fancy grocery on the Place de la Madeleine. The grocery section carries many imported products, including American.

Here are some American stores in Paris (don't forget to check labels carefully):

San Francisco Muffin Co., La patisserie americaine - 35, rue du Dragon

Thanksgiving - 20, rue St. Paul (American grocery store and bakery)

The Real McCoy - 194, rue de Grenelle and 67, rue d'Argout (American grocery store)



Cosmetics and toiletries

The best advice I can give is to bring what you need from home. Most products, except those sold in health food stores, do not specify all of their contents on the label. If you run out of toothpaste, however, try buying the homeopathic toothpaste called Homeo-dent, manufactured by Laboratoires Boiron and sold in most pharmacies.

If you are traveling in Provence, you might want to drop by the factory store of L'Occitane (route de Forcalquier, Volx, in the department of Alpes de Haute-Provence). They make and sell all-natural toiletries and soaps as well as toilet water and flower essences. (Sensitive people may react to some of the natural salicylates.) You can also order these products through the chain of stores called Sephora.

Decoding the ingredients

In Europe additives are identified by the letter E followed by a number. Here are a few things which may be tolerated by your child; avoid every other E additive. Needless to say, it's not a good idea to do any experimenting while on a trip.

- E100: curcuma or tumeric
- E101: riboflavin (yellow coloring)
- E140: chlorophyll
- E160: carotene
- E162: red coloring from beets
- E200: sorbic acid
- E260: acetic acid (from vinegar)
- E270: lactic acid
- E281: sodium propionate
- E282: calcium propionate
- E300: ascorbic acid (vitamin C)
- E334: tartaric acid (E335 & E336 are sodium and potassium tartrate)
- E337: potassium bitartrate (cream of tartar)
- E406: agar-agar (thickener derived from seaweed)
- E410: carob-bean flour (thickener)
- E411: tamarind-seed flour (thickener)
- E420: sorbitol
- E440: pectin

Additives in Europe

The Journal of the Hyperactive Children's Support Group in Great Britain regrettably reports that it is becoming more difficult for consumers in Europe to avoid synthetic additives.

As the nations of Europe break down barriers to trade, some of the protection afforded by food regulations will be sacrificed. Many food additives used in European countries must contain an "E" designation, followed by an identifying number. The United Kingdom had allowed about 300 of these additives, while Germany and Greece permitted about half that amount. Now, with the harmonization of trade and food standards, the number of separately listed additives has grown to 411. This does not include the enormous number of chemicals used as artificial flavorings — approximately 3700 in the U.K. alone — which do not have to be specifically identified.

Information on the E additives is available from two sources:

Find Out "Additive De-coder" pocket size booklet, Foresight, 28 The Paddock, Godlaming, Surrey GU7 1XD.

Food Additives — Look Before You Eat provides information on all the additives, including the unnumbered ones. It is available from: Food Additives, P.O. Box No. 4000, London W3 6XJ.

MSG Safety Debated

In April a scientific advisory panel of the prestigious FASEB (Federation of American Societies for Experimental Biology) heard testimony concerning the safety/hazard of monosodium glutamate (MSG). The following account of the proceedings has been supplied by Adrienne Samuels.

There were 26 scheduled speakers. Among them were: six glutamate industry representatives and the president of a small (ten million dollar) flavoring company. Speaking in favor of tighter restrictions were three independent neuroscientists of international reputation, three practicing physicians, one lawyer, a representative from the Center for Science in the Public Interest and ten consumers.

Each of the consumers was articulate. Each left the Panel with meaningful information. We left the meeting with a feeling of satisfaction knowing that we were telling a story that needed to be told, and that it was being told well. Be we weren't sure anyone was listening.

That all changed on Thursday. The turning point came with the presentation of lawyer (James) Turner. He talked simply and clearly about the studies, and the reports from MSG-sensitive individuals that suggested that MSG in the food supply placed humans at risk — that MSG can not be called something that is generally recognized as safe. [MSG is one of the food additives called "GRAS", which stands for "generally recognized as safe".]

Addressing the FASEB panel [Turner] said, "Can you honestly say nothing you've heard, or nothing you've seen, raises a question worth being pursued, that this substance is so clearly safe, it has been so clearly demonstrated to be safe, that we no longer need to worry about it? It is my view of the law that if you conclude anything other than the evidence conclusively shows that there are no problems with MSG, then it can no longer be GRAS, it has to go through serious study; technically it should go out of the food supply until those studies have been concluded."

Editor's Note: The Feingold Program does not eliminate MSG, but members are cautioned to be alert for possible sensitivity to this widely used and often disguised food additive.

The significance of these hearings is that they raise the same questions that should be raised concerning the additives we do eliminate. Red No. 2 was removed because its safety had not been proved; Red No. 3 remains in our food supply despite FDA's acknowledgement that it is a health hazard.

... and Australia

Families in Australia seeking to avoid harmful additives face as much difficulty as those in the United States.

The Health Association of Australia reports, "One small ray of hope is that the Department of Health has acknowledged that chemical additives in foods result in severe and dangerous consequences for some people. They have issued a booklet of chemical additives (colourings, flavorings and preservatives) so that families are able to identify potential hazards on food labels when they go shopping...At least one section of the bureaucracy now recognises that additives can be a danger to health."

(from the newsletter of the Well Mind Association, Seattle, WA)



Something to think about

In 1977 the U.S. Senate Select Committee on Nutrition and Human Needs held hearings on the role of nutrition in health and mental disorders.

Prominent physicians testified before the committee, and the proceedings were published in a 340 page document titled, *Nutrition Related to Killer Diseases, Nutrition and Mental Health*.

Senator Dole (currently the Senate Minority leader) told the committee,

"Today...we hear further testimony that some mental and emotional irregularities, such as schizophrenia, hyperactivity, and some types of juvenile delinquency can be successfully treated by modifying dietary patterns. The possibility that mental illness can be brought under control by correcting nutritional deficiencies is a significant discovery."

How has this information affected the treatment of hyperactivity, learning disabilities, mental illness, and health care?

Many of us once believed that if professionals and legislators were aware of the impact that diet can have on behavior and health, they would take action to make this information and help available to the public. It's now sixteen years later, and we've grown a bit skeptical.

Ingredient Labeling

You have probably read about the Food and Drug Administration's new labeling regulations. Are they as good as the agency proudly proclaims? They certainly will be an improvement, but not all that the sensitive consumer needs.

We will be given more information about which synthetic dyes are used (not very important information since they are all terrible), sources of hidden MSG, identification of milk derivatives in "non dairy" products, and percentages of juice in drinks.

What will be missing is the small amounts of chemicals — especially BHA, BHT and TBHQ — which are found in shortenings, vitamins, etc. used in foods. There is also no provision for disclosing these additives when they are sprayed on the inside of packaging of foods such as cheese.

Summer Sunning

Several OIL OF OLAY Beauty Fluids may be of help to the Feingold sunner.

Their **Fragrance Free Moisture Replenishing Cream** is a Stage One sunscreen with SPF 15 UV protection.

Fragrance Free Daily UV Protectant Beauty Fluid is also Stage One and is free of PABA. The letters stand for "para amino benzoic acid", which may be poorly tolerated by individuals who are sensitive to benzoates.

Refer to the *Feingold Handbook for more information on benzoates*. In depth information is found in the *Feingold Association's Salicylate/Aspirin Sensitivity Handbook*, available to members for \$5 and non members for \$10.



PIC Report

from the FAUS Product Information Committee

There's good news and bad news this month. A popular line of cookies and muffins have been approved for use, but two drinks which had been a welcomed addition to Stage One now contain salicylates.

These **MRS. FIELD'S COOKIES** available in Mrs. Fields stores, may be added to your Stage One list:

- Chocolate Chip
- Milk Chocolate Chip
- Chocolate Chip w/Macadamia Nut
- White Chunk with Macadamia Nut
- Coconut Macadamia Nut
- Shortbread
- White Buttercream Frosting

The additions for Stage Two are:

- Chewy Fudge Cookie (CS, coffee)
- Mandarin Orange Muffin (orange)
- Bran Raisin Walnut Muffin (raisin)
- Pumpkin Muffin (clove, raisin)

...and now the bad news

Chiquita Tropical Squeeze refrigerated juice now contains orange, and **Chiquita Caribbean Splash** contains both orange and clove in the "natural flavoring".

Members on Stage One have a difficult time finding a variety of juices, and losing these two products is a profound disappointment.

We would be interested in knowing how salicylate-sensitive members deal with the limitations of fruit juices and drinks. Have any of you tried:

- * putting pineapple juice in the blender and adding a fresh kiwi?
- * blending banana with baby food pear juice?
- * adding papaya or pomegranate juice to Seven Up?
- * mixing a variety of stage one juices, to make your own version of tropical squeeze or Caribbean splash?
- * adding stage one juices to lemonade?

One bright spot is the addition of these products to Stage One:

- DOLE Pine Passion Banana Juice** (refrigerated and Frozen concentrate)
- DOLE Tropical Fruit Salad** (canned)

Picnic time, pickle time

Searching for the perfect, additive free pickle can be discouraging for someone wishing to avoid Yellow No. 5.

One of our adult members wrote to pickle company in North Carolina, asking why they did not offer products free of yellow dye. She received this response:

"Our pickle recipes are based upon a product mix found in homemade-old-fashioned pickles. Many of the ingredients used in the old days would be extremely expensive if used today. Therefore, we use safe, approved, and cost effective alternatives. This allows us to sell our product at reasonable competitive prices."

In other words, they use an old fashioned recipe, but don't use the ingredients in the recipe. (?)

Let's take a look at some of the "extremely expensive" ingredients to which they refer. Pat Palmer, FAUS's president, shared her grandmother's recipe which she uses today. Here are her recipe's "extremely expensive" ingredients: unwaxed cucumbers, onions, garlic, dill seeds or fresh dill, Heinz white vinegar, water, kosher salt. It's hard to imagine being able to make a dill pickle without any of these (inexpensive) ingredients. What ingredient would the pickle company leave out?

The letter further explained, that they use yellow dye. *"FD&C Yellow #5 has undergone years of extensive testings and has been shown to be safe. It does cause an asthmatic reaction in a very small percentage of the population. However, many foods, such as chocolate or even milk can cause such a reaction in some people."*

The adult member who inquired has found that the "safe" FD&C Yellow #5 triggers anxiety and health problems which had caused frequent hospitalization. The company's representative justified the unnecessary addition of petroleum-based dyes to everybody's food because some people have food allergies. That's a hard one to swallow.

"FD&C Yellow #5 is the best available agent for stabilizing color in pickles. It prevents the fluorescent lights in grocery stores from bleaching the natural color of our cucumbers. Without it, our products would look very pale and unappetizing, so much so that consumers would not buy them."

Health food stores use fluorescent lights as well, but find that their dye-free pickles hold up fine.

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.

Flower Fundraiser

In the April issue of *Pure Facts* we announced a fund raising project where members could have a donation provided for the Association when they order flowers.

We checked out the company with both the Better Business Bureau and the state Attorney General's office; the company, called Bloomen, passed both times.

But when Feingold members tried to order flowers they found the phone number had been disconnected. The company tells us this is temporary while they switch suppliers. Unfortunately the switch came just as we wanted to order flowers for Mother's Day!

This has been a frustrating experience for FAUS volunteers. We have spent considerable time and money, and the Association may end up not having anything to show for it. Most of all, we are concerned about the problems this may have caused for our members. We appreciate your support and hate to let you down.

Not so dandy

Most commercially available candies are off limits for Feingold kids because they contain one or more of the prohibited additives. Now a new generation of candies is being introduced to children for the purpose of "grossing out" parents and friends. Knowing what chemicals are contained in them will certainly gross out any Feingolder!

Here are some samples: Dye Hard gum filled lollipops, and Tongue Splashers gum (sold in tiny paint cans) will paint a child's mouth, throat, and beyond, with petroleum-based dyes.

Mad Dawg is a gum ball that caused the consumer to foam at the mouth. Space Worms and Spitballs complete the appetizing selection.

A spokesman for Berzerk Candy Werks, a division of Philip Morris's Kraft, told the *Wall Street Journal*, "We're focused on selling directly to children rather than to moms. Kids have more money, they're more sophisticated and independent, and they make more decisions themselves."

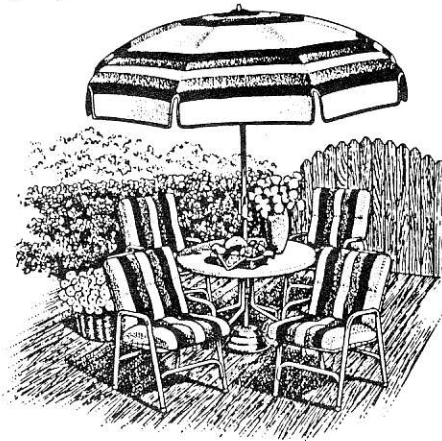
Once they begin reacting to these chemical time bombs, the children may have a lot of trouble making decisions of any type.

Fighting Fleas

Pet owners wish that fleas would flee, but the little critters prefer to find a cozy home in your carpet and furniture.

If you want to avoid the potent sprays and bombs that are generally used you may want to look into a natural alternative which should be tolerated by chemically sensitive people (but not by fleas).

Nan Bian of Reston, VA, owns a company called The Flea Specialist of Virginia. She recommends "The Flea Marshal", an organic powder which is spread on carpeting, and kills fleas in about 48 hours. For information, call (703) 437-3401.



Mothballs

Be sure to keep moth balls out of the reach of children; especially camphor balls, which contain naphthalene and can be fatal if they are swallowed. Several thousand cases are reported each year of children eating moth repellants.

There have been reported cases of infants dying after exposure to blankets and clothing which had been stored in moth balls.

Chemically sensitive people should avoid not only moth balls, but dry cleaning solvents as well. Try to use washable clothing and blankets, otherwise, air out garments until the odor can no longer be detected.

Conference '93!

If it's not yet June 20, then it's not too late to get in on the Feingold Association's 18th annual Conference to be held in New York City.

For last minute information, call the New York office at 516-369-9340.

Mail ordering natural foods

Several months ago when *Pure Facts* carried an article about a natural foods catalog we were surprised at the number of members who were interested in this. Since that time we have learned of several new companies (in addition to our old favorites such as Walnut Acres).

One such company, **Garden Spot Distributors**, has been providing natural foods for many years. They distribute a wide selection of Shiloh Farms products, as well as many brands found in health food stores. They invite you to contact them for a copy of their catalog, particularly if you must work around food allergies. Write to:

Garden Spot Distributors
438 White Oak Road
New Holland, PA 17557
(717)354-4936 or (800) 829-5100

Other resources which have sent their information to FAUS include:

Allergy Resources
Box 888
264 Brookridge
Palmer Lake, CO 80133
1-800-USE-FLAX

Natural Lifestyle Supplies
16 Lookout Drive
Asheville, NC 28804
1-800-752-2775

Pure Facts

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The next *Pure Facts* will be our combined July/August issue.

Missing a newsletter? Contact FAUS for a copy of any missed issue. Sometimes the mail *doesn't* get through — especially bulk rate mail.