

Pure Facts

Newsletter of the Feingold® Associations of the United States



October, 1993

Vol. 17, No. 8

Young and Violent

The response to juvenile crime — looking for answers in all the wrong places.

Following a particularly violent summer the Colorado legislature met in special session to create laws designed to attempt to stem the tide of juvenile crime. More prisons for teens and tougher gun control were proposed. There was no mention of funds allocated to determine possible causes of those crimes, no investigation of biochemical factors that may play a part in the violent behaviors.

Meanwhile, in another part of the country, researchers are reporting some startling findings. William Walsh, Ph.D., of the Carl Pfeiffer Treatment Center in Wheaton, IL found there are measurable physiological differences between the normal population and those who have committed serious crimes. An autopsy of

one mass killer showed that he had very high levels of lead, which may have been the result of frequent exposure to firearms, inhaling the lead vapor which is given off when a gun is fired. He had been a champion sharpshooter.

Another convicted criminal — James Humerty, who opened fire on the customers in a McDonald's — had extraordinarily high levels of cadmium, a lethal substance. His exposure to cadmium had apparently come from his profession as a welder. (He had resigned his job, explaining that the welding fumes were "making him crazy".)

Abnormally low levels of minerals are also associated with criminal acts. Charles Manson's copper level was found to be astonishingly low. Dr. Carl Pfeiffer,

whose work has served as the model for the Treatment Center, reported success helping children with hyperactivity, learning disabilities and attention deficit disorder. Dr. Walsh and his colleagues have continued this work, along with their interest in the causes of criminal behavior.

Addressing the Well Mind Association in 1991, Dr. Walsh noted, "The answer to crime prevention is not in bigger prisons and more stringent penalties but in identifying children and intervening biochemically before their lives are ruined. Allergies are often an aggravating factor, sometimes the only factor. Sugar and yellow and red food dyes hit kids hard. Eventually we'll learn all about what needs to be known in the prevention of crime."

Continued on page 2

New! FAUS Endowment Fund

At the Feingold Association's conference held in New York City this past June a historic resolution was adopted. Delegates established the Feingold Association of the United States Endowment Fund (FAUS-EF).

Endowments and foundations in this country have enabled many diseases to be conquered. It is our turn now!

The Feingold Association has never had enough money to hire personnel, fund research, and provide outreach on a professional level. We have, however, had the good fortune to have hard working volunteers, whose dedication comes from their experience and success with the Program. Their efforts have enabled thousands of people to lead a better life. Now it is time to take the next step into the

future by funding the new Endowment Fund. It is the instrument that can bring us to new levels of achievement.

Three Feingold member trustees will administer the FAUS-EF. The funds will be invested through Fidelity Investments Tax Exempt Services Company of Boston, MA. Two of the trustees will be Lori Wachsmuth, Designated Trustee and

An endowment is a means for providing ongoing funding. A large investment pays interest and dividends, and this money is available for research, etc. Since the invested money (called the principal) is not spent, it continues to generate funds.

Leslie Fowler, FAUS Treasurer. The search committee is still accepting suggestions for the third trustee. Recommendations should be sent to Pat Palmer, Room 106, 127 East Main Street, Riverhead, NY 11901.

Your contributions are warranted and necessary. Checks should be made out to FAUS-EF and mailed to:

FAUS - EF
P.O. Box 6550
Alexandria, VA 22306

If you would like to know more about the Endowment Fund please contact Sandy Ehrenkranz, 200 Fifth Street, Stamford, CT 06905 (203) 325-8110.

She would be happy to speak with you on the phone, or arrange to visit you.

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.

Dim Prospects

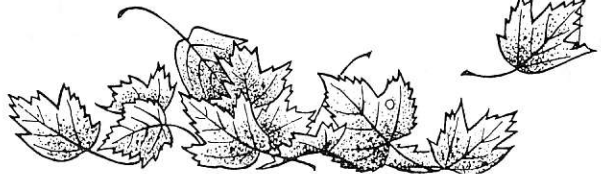
A recent study published in *Archives of General Psychiatry* (Vol. 50, July 1993, pp 565-567) documents the poor prospects of young adults who had been diagnosed hyperactive.

The study followed ninety-one males for more than a decade and found that now, in their mid-twenties, these men have had a significantly higher incidence of antisocial personality disorder (18% vs. 2%) and drug abuse (16% vs. 4%) compared to their peers who had not been diagnosed ADHD (attention deficit hyperactivity disorder). In addition, the ADHD subjects were less successful in school and in their jobs.

The article, authored by Mannuzza, Klein, Bessler, Mallow and LaPadula, only serves to confirm what Feingold parents have long known — had they not found help for their children, the prospects for their child's future would have been dim.

The High Cost of Violence

The price tag for housing one man in prison for one year is \$35,600, according to the new Surgeon General, Dr. Jocelyn Elders.



Walt's Story — Dr. Jekyll and Mr. Hyde

The Henleys watched their child experience violent behavior as a result of synthetic food additives.

As an infant Walt didn't sleep much, and was remarkably strong, turning himself over before he was a week old. But he was basically a happy, affectionate baby. As table food was gradually added he became increasingly unmanageable. By the time he was six months old, Walt had climbed out of his crib so many times that his mother, Lisa, removed it.

As he was exposed to more additives, his episodes of anger became more violent. He would suddenly strike out, screaming, hitting people and objects, breaking toys, furniture, or anything available. One memorable day, at the age of 18 months, Walt broke the windows in his room and tore the wallpaper off the wall.

Lisa had begun to suspect that the violent episodes were related to food. When

they went to McDonald's she gave him the orange drink (artificially colored and flavored) in preference to soda with caffeine. He would go into the restaurant calm, well behaved and agreeable. Then an hour or two afterward he would be out of control and not return to normal behavior for three days.

Walt was three when Lisa came across Dr. Feingold's book, *Why Your Child is Hyperactive*. She began following the diet and watched some dramatic changes in her son. Visits to the doctor's office had always been a disaster. (Walt liked to take the scale apart, tear off down the hall, etc.) In their first post-Feingold doctor's visit, the three year old sat patiently, and asked, "Mommy, would you count with me?"

During an illness the doctor insisted

Dr. Walsh and his colleagues are endeavoring to demonstrate their success in controlled, double blind studies, and until this happens it will be difficult to have an impact on the approach to crime and behavior disorders.

Last year FAUS was contacted by a treatment center for juvenile offenders. The Association can provide information on clinical successes by Feingold and others who have seen success in this area: Reed, Schoenthaler, and Schauss, to name a few. We can provide studies demonstrating the connection between food additives and hyperactivity. But the work showing the connection between crime and chemicals in food and in the environment has not been published in mainstream medical journals.

Without this type of documentation, the treatment center would not consider something as simple as a switch in the brands of food served. This translates to more time lost, more criminal acts and more victims or crimes that probably didn't have to happen.

In 1981 Dr. Feingold addressed the New York State Assembly Standing Committee on Child Care. He focused his attention on juvenile delinquency: "It is not necessary to cite statistics to support the contention that juvenile delinquency, vandalism, violence, assault and crime in general show a persistent rise in prevalence....Every procedure for correction of behavior has not been successful, while every modality for rehabilitation of delinquency and adult criminals has failed. Since all these procedures have been structured on psychosocial factors, we must look elsewhere for the answers, and that answer is to be found in the biosciences, which include genetics, molecular genetics, pharmacogenetics, behavioral toxicology, behavioral teratology, immunology, immunochemistry, allergy, endocrinology, with a focus on nutrition, which encompasses all these areas."

Oh no! He's having a reaction!

There will be times when it's very clear what triggered a reaction, but sometimes the cause may not be obvious. Here is a checklist to help you narrow down some of the likely culprits. This list is not intended to suggest you should live in a glass box, but is offered as a comprehensive guide in the event you or your child experience a reaction, and are having trouble pinpointing the cause. Every item listed will not be a problem for every Feingolder. (Hold on to this for future reference, and make copies if you like.)

Food

The most common reason for a reaction is that you have used a product which is similar to one on the Foodlist, but it is not the identical one listed.

- Check back through your diet diary for the past day or two, and see if you have used any products which are not on your Stage One Foodlist.
- Margarine - If you are using margarine, is it one of the (few) brands which are free of all unwanted additives and included in your foodlist?
- Milk - Remember that most low fat and skimmed milks have hidden preservatives in the vitamin A palmitate.
- Salicylates - If you are new to the program have you eliminated all of the salicylates? (Avoid fresh pineapple, as it is not well tolerated by salicylate-sensitive people.)
- If you are on Stage Two have you been using too many salicylates? Have you added any new salicylate foods?
- Are you using foods from the health food store which are not on your Foodlist? They may have salicylate sweeteners or the unwanted synthetic additives.
- Have you added too many new products too quickly?
- Have you considered a possible sensitivity to corn syrup, MSG, nitrites, sodium benzoate or calcium propionate?
- Is your child getting food from a neighbor or relative? Are the drinks served at day care, soccer practice or scouts acceptable? Is your child swapping food in the school cafeteria or getting candy from the teacher or bus driver?
- Do you have non-Feingold food in the house that could be getting mixed in?
- Do you have the current foodlist and newsletters? Products change often.

Non-Foods

- Is your child taking any type of medicine which is colored, or flavored? Are any medications or lotions being applied to the skin, and are they artificially colored or scented?
- Are you using children's vitamins? If so are they one of the brands acceptable for the Feingold Program?
- Do you have an approved brand of toothpaste? How about mouthwash? (Colored toothpaste or mouthwash can trigger a reaction even if it is held in the mouth briefly).
- Are you using colored or flavored dental products at home, or is your child being exposed to them at the dentist's office?
- Some children are extremely sensitive to fluoride, which is added to dental products as well as to drinking water. You can generally find fluoride-free toothpaste in health food stores. (Tom's makes toothpaste without fluoride.)

Fragrances & Cosmetics

More and more fragrances are being synthesized from petroleum. They often appear in unlikely places and can be a major offender for a sensitive person.

- Check out the personal care products in your home (deodorants, shampoos, hair spray, hair gel, nail polish remover, sanitary supplies), as well as soaps and detergents, paper products (tissues, toilet paper). Fragrances are often added.
- What about cleaning supplies, carpet cleaner, pot pourri, fabric softening strips, room deodorizers, pet litter, carpet sprays or powders? Even trash bags can be scented!
- Does the teacher at school or Sunday school use cologne?
- After shave lotion contains fragrance as well.

Fumes

Noticeable odors can be a clue to a possible offender; it doesn't matter if you find the odor pleasant or unpleasant. The fact that you can detect it should put it on the list of suspects.

- "New car smell" has a pleasant association, but comes from the synthetic components gassing out. The same is true for brand new school buses.
- Gas stoves are a major offender for many chemically sensitive people, and can be a problem even when they are not turned on. Before you toss yours out, see if you notice a greater problem when the sensitive individual spends time in the kitchen.
- Kerosene heaters are a very poor choice whether one is sensitive or not.
- Does your car have any leaks which would allow fumes from the engine, heater, or exhaust system to seep inside?
- Wood smoke from fireplace, wood stove or even smoke from grilling food is a possible offender for the very sensitive. (If you burn wood, be sure it is not construction scraps that may have been treated with toxic chemicals.)
- Gasoline - Does your child act up when you take him to the gas station with you? Does your teen behave differently after working on his car? Electric lawn mowers are preferred to gasoline powered ones.
- Solvents of all types can be a problem. If you must keep them, can they be stored somewhere far from where the child or sensitive adult is exposed to them? If you have a bedroom over a garage, move the solvents out of the garage.
- Formaldehyde - This is widely used in building materials, especially in mobile homes and pressed wood furniture. It is also used to give fabric a smooth finish and can be the reason your eyes burn when you enter a fabric store.

Baby Products

- Baby vitamins, medicine, teething gels
- Scented diapers, diapers with dye to indicate wetness
- Diaper pail deodorizer
- Scented or colored lotion, baby wipes, powder, shampoo, soap
- Formula (preservatives — see the Foodlist for acceptable brands)

Remodeling and Redecorating

Here again, you can identify many potential offenders the same way a bloodhound would — by sniffing. The best materials are those with no noticeable smell.

- New carpeting is a notorious offender.
- Glues used in vinyl flooring
- Even wallpaper paste can contain fungicides, which may be an irritant for some people.
- New furniture and furniture waxes
- Oil based paint and related products, such as paint thinners, brush cleaners. Water based paint can be an irritant, but is more likely to be tolerated than oil based. Try to use products like these during mild weather when you can air out the house.

Inside

- Pest control
- Bedding: If something in the bedroom seems to be a culprit, you may want to experiment with plastic mattress covers, foam pillows or mattress (new foam tends to “outgas”), feather pillows. It’s not possible to predict which will be tolerated and which may be a problem. You may need to determine this through trial and error.
- New linens, clothes and pajamas should be washed before their first use. (An occasional child can be sensitive to the fire-retardant chemicals used.)
- Bathroom: Scented products of all kinds, chlorine bleach in cleaners.
- Mold in the filters of ventilation systems.
- Do you have an antique gas furnace or water heater? A crack in it can allow fumes to escape.
- Cedar lined closets and moth balls.
- Air freshener
- Glue on stamps and envelopes
- Cigarette smoke

Outside

Spring

- What is being sprayed on the lawn? Is your home or neighborhood sprayed for moths or other pests?
- Gardening chemicals, fertilizers
- Pollen can make life harder at any season.
- Freshly mowed grass.

Summer

- Swimming pool chemicals are better tolerated in outdoor pools than in indoor ones, where the fumes are trapped. If the pool is yours, check your Foodlist for suggestions.
- Freshly paved asphalt streets, and tar on roofs — the smell of these petroleum derivatives is hard to miss!

Autumn

- Wet leaves are a haven for mold.
- Ragweed!
- Smoke from burning leaves can irritate some people.
- Newly painted, carpeted or pesticide-treated schools

Winter

- Check the section on “Fumes” from heating sources.
- Even snow can contain chemicals, especially when it has been on the ground for awhile.

Places

- Auto repair, gas station: fumes from petroleum products, automobile paints, etc.
- Beauty salon: hair and nail chemicals
- Church: incense, perfume
- Cleaners: chemical solvents
- Department stores: the perfume counter, scents piped through ventilation system
- Dentist: flavored latex gloves (really!)
- Doctor’s office: flavored tongue depressors
- Fabric stores: formaldehyde
- Office: correction fluid, carbonless paper, cleaning supplies, new carpeting, air fresheners, poor ventilation
- Rest rooms: air fresheners, lingering perfume
- Print shop: fumes from petroleum based ink, copier toner.
- School: hand stamping, colored play doh, art & craft materials, solvents in shop class, chemicals in chemistry class and cosmetology, perfume or cologne, school lunches
- Supermarket: the detergent aisle
- Traveling: fumes from buses, trains, airplanes (also airline food)

Dealing with a reaction

The *Feingold Handbook* lists many ways of coping with a reaction (such as drinking plenty of water, finding an outlet for excess energy). Some physicians suggest over-the-counter remedies, particularly antacids, which could reduce the degree or length of a reaction.

CAUTION: Antacids contain significant amounts of sodium and/or potassium. These substances can be harmful if used frequently, especially if they are used by individuals with a preexisting medical condition.

Always consult your physician for guidance.

Feingold



News

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

October, 1993

Meet...

Markey Dokken

"Parenting can be a humbling experience!"

After graduating from Western Washington University she began a career in teaching.

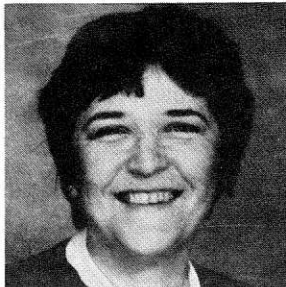
For many years Markey taught second grade, but is now working in a Home and Hospital teaching program. She tutors students from kindergarten through the eighth grade who must be out of school because of illness, injury, or because they are in between placement.

Many of her students are children who have characteristics typical of the "Feingold child". After successfully using the program for her own family, Markey can empathize with what many of the families are going through. Having been "on both sides of the teacher's desk", she finds that many parents are trying very hard to find help for their child, and are not always supported by the system. (Markey feels fortunate, though, that the school district she works for is unusually child centered.) She loves her work and the one-on-one teaching she can do.

Markey has been a Feingold volunteer for the past 17 years, serving as: recording secretary, bylaws chairman, 2nd vice president, and regional director, a job she now holds. She is also helping Lynn Murphy in the nominating committee, and completing work on a manual for Feingold volunteers.

She has also been a mainstay of her local group, the Feingold Association of the Bay Area, where she now serves as vice president. For many years, Markey was the lady who mailed out new member packets and the friendly voice on the phone.

Her volunteer work suffered little interruption from some major events: a fire in 1985 which nearly destroyed the Dokken's home, and the 1989 earthquake, which *did* destroy their home. In the two years which followed, the family lived in 9 different homes — and found it was no problem to stay on the diet!



Atlanta, GA

A big thank you to the staff at Tuxedo Pharmacy on Roswell Road (255-3022) for their willingness to help Feingold members find suitable medicines.

Falls Church, VA

The West Falls Safeway carries the hard-to-find Colosso cones.

Northern Maryland

The next meeting of the Feingold Association of N. Maryland will be Monday, November 1 with new member orientation at 7:30 and a general meeting at 8. We are looking forward to two exciting shows this season beginning with Babes in Toyland in December and City Mouse/Town Mouse in March.

Northern Maryland is proud to have two of its members on the FAUS executive board this year. Congratulations to Dee Heinrich, FAUS Secretary and Leslie Fowler, FAUS Treasurer.

New Program Assistants:

Welcome! The following members have volunteered to be Program Assistants. They are experienced members who will be glad to speak with new families, and assist you in starting the Program.

Georgia, Atlanta: Lisa Henley (404) 257-1475
Idaho, Arco: Susan Brock (208) 527-3748
Tenn., Gatlinburg: Darlene Derosia (615) 430-4117
Texas, Montgomery: Jane Johnson (409) 588-4179

From our Scholarship Winner

Amy Swindler writes: "Thank you for the scholarship. I was quite surprised when the package arrived in the mail....The money will pay for this and possibly next semester's books.

"I would further like to thank FAUS for their wonderful help with my sociology term paper, on which I earned an "A"."

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PIC Report - Information from the Product Information Committee

The following products have been either newly researched or re-researched and may be added to your Foodlist.

Stage One (non-salicylate)

KNOX Original Unflavored Gelatine
LA MARTINIQUE Famous French Dressing (SB),
Poppy Seed Dressing (SB)
LIBBY'S Plain Canned Pumpkin
LIPTON RECIPE SECRETS Onion Flavor (CS)
Formerly called Onion Soup & Recipe Mix
LIPTON Soup Mix: Noodle Soup w/Real Chicken
Broth (CS,MSG/HVP)
SUCCESS Boil-in-the-Bag Rice
SHOP RITE Salted Butter (Northeastern U.S.)
TRADER JOE'S (Trader Joe's) Natural Shrimp Egg
Rolls (MSG/HVP) available in California only
TRADER MING'S (Trader Joe's) Chicken Shu Mai,
Vegetable Gyoza Potstickers. California only.

Non-Foods - Stage One

SURE Unscented Antiperspirant/Deodorant Stick

Antacids - Stage One

ALKA-AID Sodium Bicarbonate and Potassium
Bicarbonate. Vitaine Corporation 1-800-648-4755
BUFFERED VITAMIN C Vitamin C, Calcium,
Magnesium, Potassium. NutriCology 1-800-545-9960
TRI-SALTS Calcium, Magnesium, Potassium.
Ecological Formulas 1-800-888-4585

No Longer Acceptable

JOHNSON'S Baby Cornstarch (It now contains
fragrance - use plain cornstarch instead.)
LITTLE DEBBIE Granola Bars (artificial flavoring)
NIVIA Creme Soap (BHT)
UTZ Nacho Cheese Flavored Tortilla Chips
(artificial color)

Clarification

The Medication List includes a product under
"Antibacterials and Antiseptics" called Bactrim DS,
manufactured by Roche Laboratories. The DS stands
for double strength, and is the only version which is
free of synthetic dyes and flavorings.

Many of the products on the Medication List specify
which variety or strength is acceptable.

Stage Two (salicylate)

LIPTON Hearty Soup Mix: Hearty Chicken Noodle
(CS,MSG/HVP,paprika)
LIPTON Rice & Sauce: Beef (MSG/HVP, paprika)
MRS. FIELD'S Bran Raisin Walnut Muffin,
Chewy Fudge Cookie (CS,coffee), Mandarin
Orange Muffin, Pumpkin Muffin (clove,raisin)
NEW MORNING Piccalilli Relish (tomato,cider
vinegar, clove, bell pepper), Kosher Dills
(cucumber), Corn Relish (red bell pepper, clove),
Pickle Relish (cucumber, red bell pepper)
PACE Original Picante Sauce, Thick and Chunky
Salsa (both contain tomato, bell & chili pepper)
SHELTON'S* Cooked Uncured Turkey Franks
(clove)
TERRITORIAL HOUSE Green Chile Salsa
(tomato,bell & chili pepper) mfg. by Pace Foods

Discontinued

As far as the Product Information Committee can
determine, these products, which have appeared on
Feingold Foodlists, are no longer available.

ALBERTSON'S Salad Oil for Frying & Baking
(West Coast)
BEL-AIR (Safeway) Premium Quality frozen Pie:
Boysenberry
EHLER'S Lemon Peel, Oil of Anise, Oil of Lemon,
Oil of Lime
FORTUNATE LIFE Children's Chewable Multi
Vitamin
FREIDA'S Egg Roll Wraps, Stir Fry Chop Suey,
Won Ton Wraps
NATURE'S BREATH Non-Aerosol Mist Breath
Spray
NATURLAC All Natural Infant Formula
NURSAMIL Breastfeeding Formula
NUTRIMIL Weaning Formula
OLE FASHIONED Crunchy Peanut Butter
PRENATAMIL Pregnancy Formula
RONZONI White Clam Sauce
SHADY MAPLE FARMS 100% Pure Maple Syrup

Want to have a product researched? Most food-
lists have instructions on the inside of the back cover.
If yours doesn't, contact FAUS or your local associa-
tion for details.

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.

Solutions - Fingerpainting

Dye can be absorbed through the skin, just as medicine is when placed on a patch. (Rumor has it that the manufacturer of Ritalin is working on a patch to deliver the medication.)

If a child is not terribly sensitive he might be able to finger paint, and then just wash his hands well after he has finished. For the sensitive child, it is not as simple.

Some parents have purchased disposable gloves for the child to wear, but it is difficult to find these in a size small enough for the child to use them with ease.

Conney Safety Products is a mail order company in Wisconsin which offers a wide range of first aid supplies, including disposable gloves. They offer latex, vinyl and powder-free vinyl, and the samples they sent to *Pure Facts* seem promising. The gloves are very small, but extremely stretchy, and look like they would be suitable for virtually all hand sizes.

If you suspect your child may be reacting to the materials in the glove, it would be worthwhile to try washing them first. Some sensitive people report this helps.

A box of 100 gloves costs about \$10.

Conney Safety Products
P.O. Box 44190
Madison, WI 53744
1 (800) 356-9100

Another possibility is a product called "Seal Skin". It is a tube of lotion which is said to form an invisible film tough enough to protect the skin from harsh chemicals.

The lotion is a combination of natural ingredients and unpronounceable chemicals, but does not include the unacceptable BHA, BHT and TBHQ. It would probably be tolerated by most Feingolders. (The manufacturer claims it is safe enough for diaper rash protection.)

A 4 ounce tube of Seal Skin costs \$12.95, and is available from the

Self Care Catalog
P.O. Box 8813
Emeryville, CA 94662
1 (800) 345-3371.

Please let us know how these products have worked for you.

Make It Yourself - Donuts!

"My boys always wanted donuts "with holes" instead of the drop donuts I made. We have no natural donuts here, and it was such a chore to make them from scratch."

Feingold mom, Gayle Cloud continues, "Now I make them from Rhodes frozen dinner rolls so we can have donuts any time.

"Defrost as many as needed. (You can defrost them in a minute or so by using the microwave oven.)"

Flatten the dough with a rolling pin or by hand, then cut with a donut cutter. Allow them to rise until they have nearly doubled in size, about 30 minutes or so, depending on the room temperature.

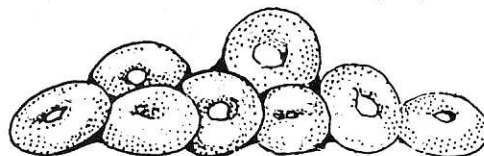
Fry them in hot fat (365 degrees) until they are light brown on both sides. Drain on a rack. Coat each with powdered sugar or frost tops with a glaze.

By the way, don't forget to fry the "holes" too!"

Rhodes Bake-N-Serve has a series of recipe booklets using Rhodes frozen dough products. They note that you can use a number of different varieties for making doughnuts: dough for rolls, sweet rolls, or white bread.

The Rhodes recipe for doughnuts suggests you first let the dough rise until it has nearly doubled, then roll it to 1/4" thickness, cut the doughnuts and fry for 2 to 3 minutes in hot fat. An electric fry pan works well if you don't have a deep fryer.

To receive their free recipes, contact:
Rhodes Bake-N-Serve
Customer Service
P.O. Box 25487
Salt Lake City, UT 84125-0487
1 (800) 876-7333



Latex Gloves

Latex, the milky sap of the rubber tree, was first discovered in the mid 18th century, but did not come into widespread use until about 50 years ago. After several decades of use allergic reactions began to appear. This is fairly common among people who come into frequent contact with latex, but still quite rare in the general population.

Health care workers are at highest risk because of their frequent exposure, but individuals who require repeated surgery are also vulnerable. The Food and Drug Administration reports that dentists have the greatest latex sensitivity (13.7%), followed by operating room doctors (7.5%), operating room nurses (5.6%), and other hospital employees (1.3%). This compares to just 0.8% of the general population allergic to latex.

The symptoms can range from hives, all the way to life-threatening reactions, and in some cases, death.

Seal Skin, described in the adjoining column, is advertised for health care workers, to place a barrier between their skin and latex gloves.

Face Painting

With Halloween fast approaching, some children will be wanting to use face painting or make-up as a part of their costume. (See the following page for more information.)

In the past, we have suggested natural alternatives, or have recommended first applying a coat of cold cream, and allowing it to dry before applying the coloring. Perhaps a product such as Seal Skin (which is claimed to be effective for four hours) could provide enough of a barrier that Feingold members could handle face paint, or hand stamping.

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A message from Sandy

At the last FAUS Conferene I presented the resolution which established the FAUS Endowment Fund. Having introduced the idea, I am committed to pursue it to its ultimate success.

I am sure there are many of you who I have and have not met who would be able to make the appropriate solicitations at the right time to the right people. I promise to do no less. I am opening the Endowment Fund with a \$5,000 contribution. I hope it will serve to inspire others to give to the cause we know makes a difference.

I would like a committee of 20 people who would commit to give, or raise \$5,000. That would give us an auspicious beginning. Please contact me, Sandy Ehrenkranz at 200 Fifth Street, Stamford, CT 06905 (203) 325-8110 if you would like to join that "Committee of 5000". I look forward to hearing from you.

Another way to help

You may be able to support the Feingold Association through your United Way or Combined Federal Campaign. Although United Way policy varies with each jurisdiction, many will allow members to designate their donation to a non-profit charity such as the Feingold Association.

Ask your United Way or CFC representative for a designated donor form. Contact the FAUS office at (703) 768-3287 if you would like information or assistance.



Thanks to You!

Grateful thanks to our members for the donations sent in response to the School Year Calendar fund-raiser. (It's never too late to send yours in!)

Every dollar FAUS receives works hard in many areas, such as: responding to requests for information from parents and professionals, conducting food research, maintaining an 800 phone number for inquirers and a counseling line for our members.

Talk about us! When you contact any of the companies advertising in our calendar, please be sure to let them know you are on the Feingold Program.

A Natural Palette

If your canvas is your Feingold child's Halloween face, you may be able to find the colorings you need without resorting to petroleum-based dyes.

Red: This has generally been the hardest color to create, but now that natural lipsticks are available in incredibly bright reds your little clown can sport a big red smile. Pinks and oranges are also available.

If you don't have access to natural lipstick, you can order it from Paul Penders, 1 (800) 4 PENDERS

Blue, Green, Purple, Brown, Black: Make up designed to be used near the eyes is not permitted to be colored with synthetic dyes, so eye shadow and eye liner should be acceptable for Feingolders. (Check the labels for the BHA, BHT and TBHQ.)

White: You can create your own grease paint. Using a spatula, blend the following on a plate: 2 teaspoons white shortening, 5 teaspoons cornstarch, 1 tsp white flour. Add 3 or 4 drops of glycerin to form a creamy consistency. Glycerin is available at some drug stores.



Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

The Causes of Violence

Editorial comment by Patricia Palmer, FAUS President

Each day we are confronted with yet another report of youthful violence. Many are looking for answers, but looking in the wrong places. Some call for new research on the causes of violence, and the National Research Council recommends that genetic and biological factors should not be excluded from studies on the causes of violence. But first, why not look at the research which has already been completed?

Studies have been carried out in England and the United States, both in schools and juvenile detention centers. They demonstrate that a diet which removes additives and enhances nutrition brings significant improvement both in behavior and academic performance.

The landmark Kellogg Report, found: "An estimated 15% of American young people exhibit obvious learning and/or behavioral problems, and current methods of treatment are not working. Nutrition, lifestyle choices and the state of our environment hold solutions to many of the crises which beset society."

They go on to state that "Many who readily accept the link between diet and heart disease, or other chronic physical conditions, find it hard to imagine that nutrition could have a direct and determining effect on human behavior and personality dysfunctions."

The study noted that "Freud believed that 'the mental is based on the organic' but few psychiatrists consider the diet/behavior connection. In true silver bullet tradition, the prescription pad is generally the first weapon whether the patient is an anxious adult or a hyperactive/attention deficit disorder child."

It's time these concepts were taken seriously. More research? Maybe. Meanwhile eliminating unnecessary chemical additives and making wiser food choices can't hurt, doesn't cost more and may happily surprise the skeptics.

The Squirrel's Nest Candy Shop is working on making **natural colorings** available for Feingolders.

For more information contact Nancy Kemble at 1 North Broad Street, Middletown, DE 19709 or call (302) 378-1033 Wednesday through Saturday.

We will be keeping you posted on new developments.