

Letters to the Editor

Hyperkinesia and Sensitivity to Aniline Food Dyes

To the Editor:

I read with interest the article in one of your Journals entitled "Hyperkinesia and Sensitivity to the Aniline Food Dyes," by Clyde Hawley and Robert E. Buckley.

Two or three years ago I classed myself as one of Dr. Feingold's most vociferous supporters, this on purely the basis of feeling that food additives in general were extremely dangerous. However, at that time I had not set out to prove my viewpoint. The only so-called proof I had as far as food additives were concerned was that of monosodium glutamate which we had been testing for some time. Monosodium glutamate was showing positive in approximately 25 percent of our food allergy patients, which of course is an extremely high percentage. We of course go through a large number of patients with food allergies in this office, and so awhile back we decided to start our own trials on the food colors. We did exactly as was suggested in your article. We went to our local supermarket and got four bottles of food colors in a set and started testing with these. I differ from Dr.

Hawley and Dr. Buckley in that I prefer the intracutaneous method of testing in that I feel it is more scientific to have a definite wheal reaction with or without the patient's symptoms, and in this way can control positive to negative wheal. I also think that depending entirely upon the patients can be confusing as many will ignore certain symptoms as being irrelevant, other will helpfully produce nonexistent ones. Getting back to our trial we tested several hundred patients and to our utter, absolute amazement have not had a single positive as yet. This considering that monosodium glutamate comes up every day in our office has been somewhat of a shock to me. I feel that it is time that someone should at least announce results of this type. I admit to some backsliding in that so far in this office we have not started testing with any of the other food additives, apart from the ones mentioned. I will be interested in hearing from others who may have had similar experiences.

Yours sincerely, Dr. Ivor L. Glaisher 900
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To the Editor:

I find it difficult to understand why Dr. Glaisher has not had one single positive reaction to FD and C food dyes by provocative testing in his office.

After our original article in "Academic Therapy," 1974, we received letters from several foreign countries and at least 20 states all confirming the method as valid in their hands. However, none of them offered any statistics as to the number of positive tests.

The only other statistics I have at the moment are from a paper by Martin Green, M.D., in New York who has tested all available FD and C colors in a single sublingual fashion and found in 506 patients 46 positive reactions. This was in a general allergy practice.

Possible explanations for Dr. Glaisher's failure are as follows: 1. One must test with two dilutions, i.e., #1 and #3 or #4 to obtain positive "underdose" reactions. 2. Many reactions are delayed and occur after the patient leaves the office and are possibly overlooked. Usually there is no pulse change during the time of testing, but

we instruct the parents to observe carefully for aggravation or relief of the symptoms after leaving the office. 3. We are testing a select group of behavior disordered children with CNS symptoms whose nervous system is already primed for a reaction. In our general allergy group, the percentage is much lower. I have no exact statistics.

We also have frequent reactions to other chemicals, i.e., phenol, synthetic ethanol, and MSG. We were hesitant to place a synthetic dye in the skin for fear of tattooing, but others have also reported no problem in this regard. We are seeing almost daily FD and C dye reactions in behavior disordered children, especially hyperkinetics referred from a wide area covering most of northern California. If Dr. Glaisher is ever in this area and wishes to observe reactions we will be delighted to demonstrate our method or provide him with testing materials.

Sincerely,
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