



The Food Intolerance Network provides information and support for people worldwide using a low-chemical elimination diet free of additives, low in salicylates, amines and flavour enhancers (FAILSAFE) for health, behaviour and learning problems.

Email confoodnet@ozemail.com.au if you want the newsletter for Kindle or ereader

Focus:

The dangers of prescription drugs in Professor Gøtzsche's new book

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650% increase in deaths from self-harm and no mention of diet

Research: Anxiety and depression not all in the mind

In brief: Artificial colours in school canteens; Top of the pops - are you bothered by a lot of wind (gas, farts) from some foods?; Flavour enhancer 635 at McDonalds?; Artificial colours in foods imported into Australia; EU consumers to benefit from better labelling from December 2014

Your questions: I have seen posts about histamines and oxalates but have never read of these in regards to food. Are these linked to salicylates, are they in particular foods? ; I have been told I have 'leaky gut syndrome' and that this supplement (containing seeds, green tea and dried fruit) will benefit me? Or is this term just bs? ; Has anyone in this group had experience of office workers having asthma attacks or other symptoms from sitting next to laser printers and photocopiers?

Success stories: [1294] – [1304]

Failsafe shopping list: ***WARNING*** Sakata Plain rice crackers; Reusable food pouches and ice pops; SoapNuts Australia; Amine, salicylate and perfume-free personal products; Online shopping; See our list of failsafe butchers

Factsheets: Major updates: Arthritis, joint pain and diet; Dementia and food additives – and other food intolerance symptoms in the elderly; the very popular Toothpaste factsheet; New factsheet: Bladder problems in adults; Which are the 20 most popular factsheets?

Support community: Failsafers talking to each other

Cooks' Corner: Hints: Breadcrumbs substitute, Instant failsafe cabbage and brussels sprout salad in Thermomix; Lemon Tempura Chicken; Failsafe 'almond' bread

Thanks and admin

Hello everyone



Do you assume Australian children eat fewer additives now that the healthy school canteen movement has cut out sweets? We have been surprised by how many artificial colours young Australians are exposed to via ice tubes and toothpaste. And it's not only children who are affected.

Reader stories - as always - are the highlight, ranging from the hilarious *Conversation with a Pharmacist* in the fb group's *Rants about seeing health professionals* to a moving account of depression due to sorbate preservatives in foods like yoghurt (see Jim's story).

Plus a story of self-harm in a 4 yo - *She would tear her skin all up her arms until it bled, she would bite her arms until she bruised them and rip her hair out* – due to bread preservative 282 in a healthy-looking gluten free bread (avoid propionate preservatives 280-283 and “cultured” anything including “cultured dextrose”, it's another name for 280).

There's a review of Professor Gotzsche's book about Big Pharma's dirty tricks – a must-read, it could save your life – and some updated factsheets: on toothpaste; Alzheimers -a porous blood brain barrier means that people even in the early stages could react as badly as some of our children to additives and natural chemicals in our foods – not a cure, but some amazing reversals could be made if anyone bothered to try it; arthritis (did you know? - it doesn't exist in societies living on a healthy traditional diet), and a new factsheet on bladder problems including two reports of diet-related sensation of incomplete emptying in healthy young men ...

Also in this issue: new products - my favourite is a fragrance free Leave-In conditioner - a delicious recipe for tempura chicken and more. Many thanks to everyone who has helped to spread the word by sending their stories, joining the facebook group, attending talks, contacting manufacturers or buying additive-free food.

Happy failsafeing - Sue Dengate

The dangers of prescription drugs in Professor Gøtzsche's new book

Howard and I have been reading Professor Gøtzsche's "**Deadly Medicines and Organised Crime: how big pharma has corrupted healthcare**". We have been so profoundly affected that we both wanted to contribute to this blog.



Sue's opinion:

This book could save your life.

Having read similar books (Dr Ray Moynihan's **Selling Sickness**, Dr David Healy's **Pharmageddon** and Dr Ben Goldacre's **Bad Pharma**) and written a drug chapter in *Fed Up*, I thought I knew it all - but the corruption, lies and deceit in the drug industry, the medical profession and medical journals are now far more dangerous and widespread than I realised.

Professor Gøtzsche gives a story of his own, when as a young doctor attending a one day medical seminar, he was surprised to be handed a plain envelope at the end of the day ... it contained a note of thanks from a pharmaceutical company and a \$1000 bill. Gøtzsche comments "If you don't send the money back, you have signalled that you might be willing to think you are even more valuable for the company next time", and that's how it starts. Surveys show that doctors think they are not influenced by money, gifts or advertising from the drug industry, yet they really are.

Some of Professor Gøtzsche's biggest targets are the painkillers described as "non-steroidal anti-inflammatories", such as ibuprofen, diclofenac and celecoxib. The name for these drugs, "anti-inflammatory", is not supported by evidence, he says. Instead, they are terms invented by the drug industry, to lure doctors into believing that these drugs somehow also have an effect on the disease process and reduce the joint damage.

I have personal experience of this one. When we hiked the 850 km Camino in Spain in 2013, I took ibuprofen (NOT recommended for people with salicylate sensitivity)

because I thought it would reduce the inflammation of my acute tendonitis. It didn't reduce the inflammation, though it reduced the pain, enabling me to walk on and thus causing permanent damage.

In one of the biggest ever drug scandals, another so called anti-inflammatory called Vioxx was withdrawn after it was found to have caused up to 140,000 cases of serious heart disease in the US during the five years it was on the market and while its manufacturer, Merck, was withholding information about its risks. It is thought that about half the cases resulted in death. Professor Gotzsche says those deaths represent a system of drug regulation that simply does not protect patients.

Professor Gotzsche's list of medicines to avoid

- Anti-depressants for all, as they very likely don't even work for severe cases of depression
- All brain-active drugs in children
- Anti-psychotics and other brain-active drugs for the elderly. Psychotropic drugs should be used as little as possible and mostly in very acute situations, as they are very harmful when used long term
- Anti-dementia drugs, as they very likely don't work
- Non-steroidal anti-inflammatory drugs used for arthritis, muscle pain and headaches, including over-the-counter, low-dose ibuprofen. These drugs should be used as little as possible.
- Mammography screening, as it doesn't prolong life whereas it makes many healthy women ill through overdiagnosis and leads to the premature death for some because radiotherapy and chemotherapy increases mortality when used for harmless cancers detected at screening
- Drugs for urinary incontinence, as they very likely don't work

What I found most convincing was the huge number of similar books referred to, that have been written by ethically-minded doctors, former FDA officials and former medical journal editors.

What can we do?

The guidelines for the RPAH elimination diet that we recommend are clear: avoid non-essential medications. Our medications factsheet is full of stories from failsafers whose medication has made them worse, like this one:

"My 3yr old son is salicylate and benzoate intolerant ... Jack has learnt his "happy" and "cranky" foods ... I have since realised that poor Jack has been reacting his whole life. Baby panadol, bonjela, infacol - yes all salicylate and or benzoate as

ingredients! In reality we have been making things worse for Jack by giving him over the counter medications that people use everyday in an attempt to ease pain." - from story [1320] and this one:

"Just had another clash with so-called 'safe' medications. I asked the pharmacist to send me a cough suppressant, and discussed with her (again) my chemical/food reactivity. She sent me Duro-Tuss Forte, which, trusting soul that I am, I began to use. That night the coughing got worse and worse, to the point of being on the brink of vomiting. Next day, coughing was a little less racking and throat-scouring. Then, last night Printzmetal's Angina woke me - really bad pain, and the trigger for me is salicylates! ... Now, I thought the chemist had checked the ingredients. It turns out that she did not know anything about 'sunset yellow' ☐(artificial colour 110) ..."- from story [1319]

Obviously if you are in a car accident or similar and it is a matter of life and death, go ahead and use the drugs that may save your life. Otherwise, think 3 times before using any medication. One of the most important points I learned from Professor Gotzche's book is this: when people take a drug and they get better, they think the drug has been effective. BUT - the human body is very good at healing itself. In many cases they would have got better anyway.

I have only one criticism to make of this amazing book and its brave author. He does not understand that the reason many people use drugs in the first place is that our processed food industry has caused their symptoms. So here is another alternative: use diet instead of drugs.

For example:

Depression, see our Depression factsheet

Children's behavioural disorders, see our factsheet on ADHD, factsheet on autism

Alzheimers and dementia, see our factsheet

Arthritis, see our factsheet

Cancer, see Physicians Committee for Responsible Medicine Diet & Cancer

Research <http://pcrm.org/health/cancer-resources/diet-cancer>

Urinary incontinence, see our Bladder problems in adults factsheet

Howard's opinion:

Professor Peter Gøtzsche's book "**Deadly Medicines and Organised Crime: how big pharma has corrupted healthcare**" is blunt and utterly convincing about how the drug industry has systematically perverted science to play up the benefits and play down the undoubted harms of their drugs. The sheer extent of this corruption is breathtaking and is laid out so clearly by the person most qualified in the world to tell us how and what has been destroyed because he co-founded the independent Cochrane Foundation.

Drugs are now the third leading cause of death after heart disease and cancer. The billions of dollars wasted, the pandemic of fraud and the hundreds of thousands of lives lost beggars belief. Corpocracy has invaded regulators, GPs, health education,

health funding, patient advocacy groups (who funds Asthma Australia, the Heart Foundation, Beyond Blue?), journalism, government and even our own ideas about health.

At a time when half the cost of the health system is spent in the last year of people's lives, and when total health spending will absorb the ENTIRE government budget within a generation at the current rate of expansion, it is time we individuals took back responsibility for our own health from those no longer able to advise us, scientifically or morally. If you are only going to read one book this year, make it this one! Or spend 15mins on the video at <http://www.madinamerica.com/2013/11/peter-gotzsche-2/>

Further reading

Dr Peter Gotzsche, "Deadly Medicines and Organised Crime: how big pharma has corrupted healthcare" <http://www.amazon.com/Deadly-Medicines-Organised-Crime-Healthcare/dp/1846198844>

Even if you are not going to read the book, it is worth reading the free "look inside" at Amazon http://www.amazon.com/Deadly-Medicines-Organised-Crime-Healthcare/dp/1846198844#reader_B00G353WCE

Peter Gotzsche, founder of the Cochrane Collaboration, visits Australia to talk about dangers of prescription drugs, <http://www.smh.com.au/national/health/peter-gotzsche-founder-of-the-cochrane-collaboration-visits-australia-to-talk-about-dangers-of-prescription-drugs-20150207-136nqc.html>

Fedup Roadshow 2015 program

Due to lots of requests, Sue will be doing a (shorter) Fedup Roadshow in June and August 2015. When available, full details will be here

FIRST LEG June 2105

Woolgoolga NSW Wednesday June 10
Coffs Harbour NSW Thursday June 11
Bellingen NSW Monday June 15
Nambucca - Macksville NSW Tuesday June 16
Kempsey NSW Wednesday June 17
Port Macquarie NSW Thursday June 18
Brisbane (The Gap) Wednesday 24 June
Crows Nest QLD Thursday 25 June
Brisbane (Sheldon, ECTA Conference) QLD Saturday 27 June.

SECOND LEG August 2015

Newcastle NSW Monday August 10
Sydney (Castle Hill) NSW Tuesday August 11
Canberra ACT Thursday August 13
Wagga Wagga NSW Monday August 17 TBC
Albury (Jindera) Tuesday August 18
Melbourne Wednesday August 19 TBC

Email confoodnet@ozemail.com.au if you want to host a talk in the gaps in the above program.

650% increase in deaths from self-harm and no mention of diet

Following release of the 2014 Child Rights Report and ABC article "Self-harm increases among young Australian children, prompts research into youth help programs", the Food Intolerance Network wrote December 2014 to Megan Mitchell, National Children's Commissioner, as follows.

No response to date.



Dear Megan

Your 2014 Child Rights Report showed a staggering 650 per cent increase in deaths from self-harm, when comparing 12 and 13-year-olds with 14 and 15-year-olds, but in 240 pages there was no mention of diet. The only mention of diet in the entire 116 page report in 2013 was a single side-bar: "I think that all children and teenagers should have the right to have things that they really need like play, a healthy diet and an education" - 14 year old child from Victoria

Even Beyond Blue says "There's so much we don't know about what's effective," (Dr Brian Graetz, Beyond Blue's DCEO).

From the point of view of the 10,000 member Food Intolerance Network, self-harm is just one of many similar childhood problems such as head-banging, restless legs syndrome and asthma that have increased since the 1970s. In our experience, self-harm can be a side-effect of both medications and food chemicals and can improve

dramatically on the science-based elimination diet developed by Sydney's Royal Prince Alfred Hospital Allergy Unit.

Please spend a minute to check this factsheet which contains some fascinating reports from members about self harm, including the food diary of a 6-year-old self-harmer (story given below) <http://fedup.com.au/factsheets/symptom-factsheets/self-harm>

We acknowledge that there are no reports in the medical literature of a link between self-harm and food intolerance. But if you are setting up a research agenda you need to ensure that this aspect is included in priorities.

Two related factsheets offer more detail including scientific references:

<http://fedup.com.au/factsheets/symptom-factsheets/depression>

<http://fedup.com.au/factsheets/symptom-factsheets/head-banging>

We look forward to the opportunity to contribute towards reducing this dreadful problem.

regards

Howard Dengate BSc PhD
www.fedup.com.au

[390] Mixed depressive disorder with anxiety and obsessive ruminations including self harm due to salicylate sensitivity (March 2006)

<http://fedup.com.au/stories/2015/1304-more-reports-of-self-harm-from-food-intolerance-february-2015>

Research

Anxiety and depression not all in the mind. There is now compelling evidence for a link between gut bacteria and brain function. Probiotics modulate the processing of information that is strongly linked to anxiety and depression, and influence the neuroendocrine stress response. An interesting recent study explored the effects of two prebiotics on the secretion of the stress hormone, cortisol and emotional processing in healthy volunteers. Full free text
<http://link.springer.com/content/pdf/10.1007%2Fs00213-014-3810-0.pdf>

Artificial colours in school canteens

A concerned mother wrote: *My child started school this year. The canteen menu came home in the school newsletter so I checked ingredients because we like to avoid additives. I can't believe people volunteer their time to dish out this 'food' at school. I also can't believe the Department of Education lets it happen. On walking into the canteen there is a poster stuck on the side of the fridge 'Food For Health'. Someone's gesture to show they are making a healthy effort?!*

Berri Fruit Tubes (99% fruit juice+ 1% artificial colours)

Zooper Dooper (water, sugar, food acid (citric acid), flavours, colours 122, 110, 102, 123, 133, preservatives 202, 211, 223)

Zing Yoghurt Fruit Ice (Made in China - water, sugar, skimmed milk powder, concentrated apple juice 5%, yohgurt 1%, locust bean gum, calcium lactate, sodium carboxymethylcellulose, acidulants (citric acid), natural flavour, sodium benzoate, artificial colours 133, 102, 110, 129)

In Europe, a product containing any of the so-called Southampton Six artificial colours (102, 104, 110, 122, 124, 129) must contain a warning "may have an adverse effect on activity and attention in children". In Australia, it seems that no one in authority cares about negative effects on our children's behaviour and learning ability.

Top of the pops - are you bothered by a lot of wind (gas, farts) from some foods?

Here's the UK supermarket Sainsbury's list of windiest vegetables <http://www.j-sainsbury.co.uk/media/latest-stories/2011/201111221-top-of-the-pops/>

What RPAH have to say about windy veg: "some vegetables contain sulphur compounds which double after 5 minutes of cooking e.g. garlic, leeks, shallots chives, Brussels sprouts, onions, cauliflower, broccoli and turnips. **Eat raw or quickly steam or stir fry**". Page 37 RPAH Handbook.

We have started eating large amounts of raw cabbage and agree, that it seems to remove the windy effect. Are now experimenting with Brussels sprouts - we're doing them in a thermomix salad, all mixed in together, with raw garlic too. Yum. See instant Thermomix salad in Cooks Corner

Strangely British view of Brussels sprouts including a photo of chocolate covered

brussel sprout sweets! <http://www.dailymail.co.uk/news/article-2078323/Revealed-The-vegetable-leave-passing-wind-Christmas-sprouts.html>

We knew Brussels sprouts were healthy but who knew they have twice the vitamin C of oranges? <http://occamstypewriter.org/irregulars/2013/12/13/the-bitter-wind-of-brussels-sprouts/>

Flavour enhancer 635 at McDonalds?

We asked MacDonald's about 635 (the MSG booster flavour enhancer (a mixture of 627 & 631) - would you believe it is in the mayo (not that we eat there) - see details <https://yourquestions.mcdonalds.com.au/questions/36074>

Artificial colours in foods imported into Australia

From Jan-Jun 2013, confectionery imported into Australia was tested for compliance with colour regulations.

- 7% overall were not compliant with food colour regulations (88 foods tested).
- USA was the worst, with 14% non-compliant for colours (22 foods tested).
- China was bad, with one in 10 foods (10%) tested non-compliant for colours (21 foods tested).

Put it this way: if you buy 14 types of lollies, one might be “non-compliant” - that means illegal which is a criminal offence under food standards law.

The same problem would not occur in Europe where since 2009 foods containing the Southampton Six artificial colours are required to list a warning "may have an adverse effect on activity and attention in children". The result is a virtual absence of ALL artificial colours in the European locally-produced food supply. But there are more artificial colours than ever in our toothpastes, see our popular Toothpaste factsheet.

The continuing presence of artificial colours in Australia and New Zealand is a public health issue and it should not be left up to parents to protect their children. After all, we expect the government to make regulation for clean water and air, why not clean food?

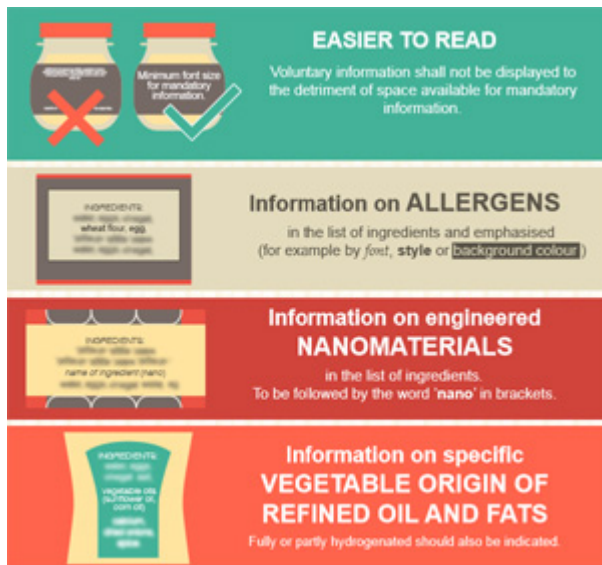
<http://www.daff.gov.au/biosecurity/import/food/inspection-data>

EU consumers to benefit from better labelling from December 2014

Consumers in Europe receive clearer, more comprehensive and accurate information on food content, and help them make informed choices about what they eat. "The new rules put the consumer first by providing clearer information, and in a way that is manageable for businesses."

And of course Europe doesn't have the 5% rule (In Australia/NZ if an ingredient is

less than 5% of a food you don't need to declare what else is in it). When will industry allow us to be as informed as Europeans?



http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm

Dietitians and other health professionals list is now available directly at <http://fedup.com.au/information/support/dietitians> - if you visit a person on this list, please give feedback to confoodnet@ozemail.com.au so that we can help others.

Using your phone to view www.fedup.com.au? - at the bottom of each page you can switch between mobile and standard versions of the pages.

Your questions

Q: I have seen posts about histamines and oxalates but have never read of these in regards to food. Are these linked to salicylates, are they in particular foods?

A: Foods containing histamine are included in the list of amine foods which are avoided by sensitive failsafers. Histamine is one of many different types of amine. Histamine liberators, however, are different group of chemicals entirely, with lists often causing concern to failsafers because they sound like amine foods to be avoided but aren't.

Oxalates are 'natural pesticides' like salicylates and found in many plants, including root vegetables, stems, leaves, nuts and fruit. A search of Pubmed does not return any science on oxalate sensitivity or intolerance. People who report improvement on adopting a low-oxalate diet are also reducing salicylates and in fact eat many of the foods that failsafers eat.

Foods contain a lot of natural chemicals, but RPAH has identified salicylates, biogenic amines and glutamates as the most likely to cause problems. These are therefore the focus of failsafe. If you decide to pursue alternatives we would prefer not to hear from you through the failsafe groups where our focus is on encouraging failsafers. However, we would be interested to receive an email about your experiences after six months and 12 months so that we can add to our bank of knowledge.

Q: I have been told I have 'leaky gut syndrome' and that this supplement (containing seeds, green tea and dried fruit) will benefit me? Or is this term just bs?

A: The supplement offered would NOT be failsafe due to the high salicylate ingredients you have identified. The diagnosis of 'leaky gut' is conceptually appealing and there are now 100 references in PubMed. However most references are speculative (check them out <http://www.ncbi.nlm.nih.gov/pubmed/?term=%22leaky+gut%22>) and there is limited evidence that such a diagnosis leads directly to a cure. There are, in my view, a lot of people enthused with this concept without evidence. Here is my test: if the person who diagnosed it wants to sell you something, a supplement or more tests, be suspicious and ask for scientific evidence.

Probiotics can be useful but can also have high levels of amines - <http://fedup.com.au/factsheets/additive-and-natural-chemical-factsheets/probiotics>. See also <http://fedup.com.au/information/frequently-asked-questions/diet-questions#GAPS>

Failsafe is based on science, not profiteering (thanks Stephanie)

Q: Has anyone in this group had experience of office workers having asthma attacks or other symptoms from sitting next to laser printers and photocopiers?

A: Laser printers can emit tiny particles into the air when in use but research remains to be done as to how they might affect people. One Network member said "laser printers definitely affect me, though not with asthma. I get immediate post nasal drip with things like perfumes, air fresheners, deodorants etc. The same thing happens when I am in a room where a laser printer or photocopier is working." You might want to ask your office to move them outside if you are affected.

Note: See all FAQs at <http://fedup.com.au/information/frequently-asked-questions>. Some of the FAQ information, particularly about specific foods and what they contain, may be out of date – always check the [Failsafe shopping list](#) for the latest information.

Many more questions are answered by knowledgeable failsafers in the [Failsafe forum](#) and the 9,000 member [Sue Dengate facebook group](#), which you are free to join.

Success stories

[You can scroll through the full text of all stories](#): for every story we report, there are probably another 10 that cover similar issues. And these are just the ones we get to hear about. Names have been changed to protect privacy.

[Success story collections](#): organised by symptom or by additive keywords are proving the most popular downloads from the website. They'll be added to as time permits.

[1304] More reports of self harm from food intolerance (February 2015)

From the day he was born, my son screamed. At the age of 2, his behaviour was unmanageable. This was when we started the failsafe journey. Some of his behaviours were; trouble sleeping, belly aches, head banging and running out the door and across the road. The final two on this list were really bad. He would bang his head on the concrete outside, on the tiles and often (strangely) on the coir doormat. By chance, a friend went to a talk by Sue Dengate, and in this she mentioned 160b (annatto). We found this in yoghurt. When we took this out of his diet, he stopped head banging. The other major problem we had was that he would run away, and seemed to have no understanding of danger. He would often suddenly dash across the road, even on busy streets. We tracked it down to amines. When we became really strict on the amines, his behaviour settled down greatly. Since that time, we have found out that he has mild autism and coeliac disease, and that these things affect behaviour too. Amines are slowly and carefully being trialled again, but annatto will never come back - Claire

From a dietitian: A teenage girl thanked her for saving her life. The girl said she used to self harm and tried to commit suicide a few times as well but she somehow found the RPA Hospital elimination diet and that it was amines that were making her feel this way. Now she is amine-free she no longer wants to end her life.

If my little one has amines she is depressed. She cries uncontrollably. My sister in law also has been battling depression and anxiety. She finally listened to me changed her diet and now she no longer wants to kill herself -Kylie

It was bad enough in this house with my third child that I kept a diary for about 6 weeks. I knew the meltdowns, anger, tantrums weren't normal ie over nothing kind of stuff, were scarily angry for such a small child (including self harm) and lasted far too long and nothing was helping at all. The same things that worked with my first two ie discipline or talking to work out problems, was not working with this child. At the time, I had no idea that food could have such a big impact on behaviour/mood, BUT I

SOON LEARNED! After changing her diet, we saw a different child in 2 weeks! A calm, happy, normal child. That was nearly 2 years ago. Sure, she has the normal kid melt down occasionally but that's all. Changed our lives - Jan

My 2 year old daughter has silent reflux and can be in a considerable amount of pain. When this happens she can't/won't sleep at home and throws inconsolable tantrums lasting hours, including self harming behaviour. Getting her medication and food intolerances sorted have pretty much fixed all the issues - Raechel

My son and daughter both self harm when they are chronic (salicylates and additives) and my son when he melts down swears and self harms - Carlene

See factsheets on self harm and on depression

Self-harm caused by bread preservative 282

See 44 page story collection about depression, anxiety and panic attacks linked to food

[1303] Just some encouragement for those starting their journey (February 2015)

We found failsafe 12 years ago after an extensive search for alternatives to ADHD drugs that our daughter's pediatrician prescribed. It was a long and hard road through primary school through the bullying and poor grades and lack of friendships, the exclusion from birthday parties because others thought it was 'too hard' to cater (despite our willingness to provide alternative) but our efforts truly paid off... with our daughter graduating with the highest score in her high school with some great friendships and a confidence that surprises us even today. This system saved our family and our marriage - I cannot express enough gratitude. Hang in there. I just remember how hard it was at the beginning, how many mistakes we made but just wanted to let people know that there is great outcomes and to not give up. Once you find the true intolerances life becomes easier - Donna

I've had a similar experience with my son, didn't get diagnosed until 15, didn't think he would ever finish high school and if he did I was sure it was going to be a special class for kids in the too hard basket, this year he has started his Year 12 Uni pathway and has goals, such a total turn around to a kid that failed most of his school life, with hatred from teachers, no concentration or focus, more suspensions and phone calls from teachers than I care to remember and yes most importantly the family unit and the stress that it caused. I wish more people would look into what their kids are eating first with behavioural issues, but you can only lead a horse to water like they say. Good for you and your daughter, I wish I had picked it up earlier - Bec

We were the same with our 2 boys, 18 years ago - now my granddaughter is the same sal reactor and 102 reactor as her dad and probably a lot of other things they haven't worked out yet. They have a long way to go as she has just started school but it's so good that I can help guide them through a lot of it. FS was truly the best thing for my family, although we didn't go the full elimination diet and I thank my mum for discovering Sue's original book "Different Kids" that changed our lives all those

years ago - Val

It's really sad that teachers can be so negative. I was adhd as a child and mostly outgrew it. Diet was never really considered at the time and I was medicated. I really did feel hated by some teachers and I love running into them these days and letting them know not only did I not turn out to be in jail, but I actually got a degree in medical science and probably have a better life than them - Larissa

Too bad we didn't cross paths back then too. It has been 12yrs since I started on the failsafe journey with my DS and yes! Wish I found it earlier too. He had finished his VCE and currently in second year of animal technology. It has saved us too! - Teresa

And as one of those kids now grown up -- you are giving your child a great gift -- how to cope with these issues for the long term - Kathy

It made such a difference for my two boys to discover our intolerances - their behaviour improved from being "those Camberwell children" to being just part of the crowd. We gave them a fresh start at a new school after being on the diet for about 18 months, and went from having the eldest bullied by both children and staff, to being well behaved and engaging in all the opportunities of school. Failsafe also helped me greatly when I found salicylates were contributing to chronic pain - I'm much better without them. Hang in there, it's worth all the effort - Kylie

[1302] Range of withdrawal symptoms - facebook thread (February 2015)

Day 7 on dairy/gluten & low columns for my 10mth old. I am having trouble getting him to eat. He will happily have pear porridge for brekky but he has been eating very very tiny amounts of food for the rest of the day. I have been offering green beans, potato, crumbed chicken, rice, specially made sausages, vanilla muffins, mummums, rice crackers, golden syrup chicken, steak, anzac biscuits. What else could I do? He is barely eating. On the upside his stools are normal for the first time in 3-4mths!!!
– Katie

Withdrawals were so bad for us, from about day 4 and lasted about 3 weeks!! Make sure you persist as we nearly gave up thinking it couldn't possibly be withdrawals but it eventually calmed down and then was amazing! – Jane

The constant craving of food could be the normal withdrawals... I get them horribly if I have mucked up my diet. – Michelle

Hi just wondering if anyone has any thoughts... My husband started fs & no dairy, wheat 5 days ago & has been suffering really bad headaches, do u think from sals detox? He's tempted to give up as it's far worse than off diet!...Update 5 days later: Also some feedback about his progress, he took the bicarb & water & a long soak in a Epsom salt bath & hasn't had a headache since. He said he feels better than ever now! – Chrissie

Hi everyone, I was wondering about withdrawal also today. After the Christmas interruption I am on day 9 of Failsafe and have had a mild cold, headaches and a

terrible fatigue since the beginning of the week. I could sleep forever! Anyone had that? BTW I am noticing that I don't need to go to the bathroom as much as I used to during the night! :-))) – Kendra

Our entire family went on an elimination diet seven years ago because of behaviour issues with our second son (who has oppositional defiance disorder) and to our surprise, our eldest son's behaviour got really, really bad - it turns out he was having withdrawals from the artificial ingredients. By the end of the three weeks I had four calm children and when introducing foods I noticed that the eldest is affected by artificial colours (102 especially - it's evil!), as well as the bread preservative 282, and the second son reacts to amines (gets the ODD symptoms!) and salicylates (vocal tics). Hang in there! – Michelle

My boy was the same. Don't give up. Stay on strict fs and do lots of epsom bicarb baths and caltrate to get through withdrawals. It will get worse before it gets better but for us something clicked almost overnight and suddenly I had a beautiful boy rather than one I had to wrap in a towel to stop him hurting both of us and trashing the house. Behaviour from food intolerance can be way more severe than you would think. I know it now from experience. Don't give up!!!! Xx - Fran

[1301] One-liners (February 2015)

Hi everyone, today was day 4 on our elimination diet, and it was marvellous. We did not have one tantrum all day!!!! My daughter (3 1/2) was totally changed, like "there", present, communicating and cooperating, trying to help me with things (!!!!) and even stayed calm when I said no to getting her apple juice at the grocery store. My partner is making jokes about what I have drugged her with LOL! So happy!!!! ...Last Friday we met my daughter's best friend and her mother (my friend), and it was the first time the girls did not fight or scream at each other once!!! All was harmonious and well. My friend was so impressed that she took my printed copy of "Fedup" home with her - Kendra

As a family we've been on the diet for 6 months, prompted by one of our three sons who is seven years old. We've seen a transformation in him like we hadn't even hoped for- Sue, UK, by email

Hard work at the beginning, but so worth it at the end. I kicked my asthma - off all medications; my eldest was diagnosed with ADHD - fixed by changing his diet; my middle was diagnosed with mild hypotonia (muscle tone) - fixed by changing his diet; my youngest had tantrums - fixed!!! We are still doing it 11 years down the track with some foods brought back in. Schooling excelled for all of them - Tracy

Fedup is the only thing that has kept me alive - Michele

I've had chronic asthma for 40 years and 3 months failsafe I'm so so much better - Ruth

We started FS about 15 years ago, and the change in our son and the many other people I supported was astounding. It isn't always easy, but you will find it is worth

every bit of effort involved - Linda

I didn't tell my husband when we were doing challenges. His questioning regarding the kids and my behaviours without him knowing if and what we trialled really backed up what I was documenting and absolutely converted him (he was a bit skeptical to start) - Vicki

We just told our sons and family we were trialling 'healthy' eating....no reference to a diet. But boy did the school, friends and family notice the difference...and the school test results did the rest - Linda

It's so worth it!!! I have a normal child! Tantrums involve a bit of huff and puff, not biting hitting scratching and screaming... No more holes in the walls! And going to school is now a breeze! Previously school drop off involved me leaving for work in tears most mornings... It's worth it! (Especially if u can work it out when they are younger and u have more control) good luck! - Christina

[1300] Chlorine and behaviour/health issues - facebook thread (February 2015)

My son is 2.5 yrs old. He has wheat and dairy intolerances so his diet is very limited. Lately the day after swimming lessons he is becoming uncontrollable hyperactive and frustrated. I think that the chlorine may be causing these issues. Has anybody dealt with this before and is there anything I could do to control the tantrums?? Overall he is normally a quiet placid child - Alicia

My eldest showers as soon as he gets out for ages, but maybe he just likes to warm up - Amanda

My 2.5 is like an annoying mosquito after swimming lessons. We are total elimination diet (2 years now), gluten and dairy too. We have found a magnesium chlorine pool better- he is super violent if he goes near a public chlorine pool. I find an Epsom salt and bicarb bath as soon as we get home helps a lot but it is not immediate. I schedule our swim for 11.30, we come straight home and bath. I let him stay in as long as I can "practice his swimming". He is normally exhausted so I shove some lunch into him- I won't lie, occasionally this is just toast in the bath. Then he will normally have an early afternoon sleep. Wakes up much much more manageable. He is still more busy and poor concentration but less tears and tantrums - Emma

We have this problem too due to our histamine sensitivity. We have filters on bath and shower and drinking water at home and have tried swimming a bit this season using Dermeze as a barrier. Showering well after a swim and a bath with epsom or magnesium afterwards. Avoid playing with tap water outside too - Kim

I'm sure my son reacts to the chlorine too. He just won't stop jumping around and won't listen to any instructions - Nicole

My daughter gets eczema from the chlorine, I use Jungle Brolly skin barrier cream all over her before swimming, I have also read a freshwater shower before swimming helps stop the skin absorbing so much chlorine - Cathy

Epsom salt baths afterwards is good, or someone has recommended an Epsom salt/water solution in a spray bottle to spray on after the shower - Anna

Moisturizing before can also help for the same reason as showering before, even if you don't have a barrier cream - Tracy

(COMMENT: the majority of pools have some form of chlorine in them, even 'salt' pools but not seawater. Chlorine is a common question. See also <http://fedup.com.au/information/frequently-asked-questions/perfume-and-chemical-sensitivity-questions#chlorine> and <http://fedup.com.au/information/frequently-asked-questions/symptom-questions#chlorine>

[1299] Do amines make you emotional? - facebook thread (February 2015)

I don't know for myself but going by my son, yes very - Corina

Make me very mean. Small dogs and children head for the hills if I am amined up! - Cathy

Yep, and irritable. I get even more emotional and aggressive if I have salicylates - Linda

Do they everrr. Grrrr - Ingrid

Very ... I can be crying at the drop of a hat or get very angry and snappy it's awful - Lena

I am emotional therefore I eat amines (chocolate) lol. My daughter goes silly and aggressive and does things without thinking through like jumping off and over couches and chairs and what we call bull at a gate behavior! - Shay

Makes my boy evilly mean - Sarah

I also get ADHD symptoms and then crash - Anneliese

I get irritable, frustrated and then a migraine... Megan

Totally! Emotional, depressed, irritable, easy to anger - Kar

If you count depression as an emotion - Susan

When I eat too many amines I am very teary, can't watch the news without crying - Anne

I nearly started crying about something that happened 50 years ago. Then I came to my senses. Now 2 hours later I'm just really cranky - Ruth

YEEEESSSS! hhehehehehee - Julia

I'm cranky too. From eating two slivers of banana, today and yesterday. Grrr - Linda

(COMMENT: and these are mostly adult responses, imagine how hard it is for kids. See more at <http://fedup.com.au/factsheets/additive-and-natural-chemical-factsheets/amines>)

[1298] Rants about seeing health professionals - facebook thread (February 2015)

After seeing the paediatrician yesterday and telling him that I have started on failsafe I was expecting some sort of support from him, not just being told that "there is no evidence that those kinds of things work blah blah blah, but I won't tell you what to do, it's your choice" - Jessy

A lot of paediatricians react like this, it's not uncommon unfortunately. These paediatricians do not have to live with us when our children are at their peak. Rest assured there are some paediatricians out there that do support and even suggest the failsafe way - Alex

A lot of doctors do not like the elimination diet. My doctor is certainly one of them - Serena

I had my doctor ringing me and asking me what book I had read because he had a patient like me in his office - Tracy

There is evidence for the RPAH elimination diet, just that most Doctors lump all diets together - Shelly

I am a senior and I have been getting the "there is no evidence blah,blah, blah" reaction all my life and it is so frustrating - Michele

Some practitioners are only slowly catching up with what naturopaths have been saying for years. After hearing GPs say for decades that studies show no link between dairy and allergies, hayfever, asthma etc (MANY people experience otherwise) there was a program on ABC's Catalyst program last year linking diet and gut health to a myriad of diseases (oh what a surprise). Even the GP that was hosting the program made a passing comment that he had taken himself off dairy after repeated sinus infections. Wow! What an admission/revelation! - Bron

There is evidence. The RPAH is a mainstream hospital, using evidence-based approaches which include diagnostic challenge and confirmation. Unfortunately, there are a whole lot of other diets often recommended, for which there is little evidence, and which simply claim any benefits as due to the restriction without ever

checking if it's the diet itself that's responsible. I imagine most are very tired of having people present with all kinds of ideas that they found on the internet - Tracy

I don't even mention food intolerance to Drs anymore. All the ones I have come across (except the ones at Westmead who recommended it) are negative about it. I can see the difference, a huge difference and it makes all our lives much much easier. I don't need a GP to tell me it doesn't work when I CAN SEE results myself. It would just be nice if they were more supportive - Shell

A lot of Drs base a lot of their advice on their own beliefs, old fashioned views that are biased. We are 3 months in massive change. I was worried it wasn't making a difference, but when he consumed amines and went off his dial I can see just how much - Corina

My last paed appt cost \$370 (before Medicare rebate) and I left with the advice that 'I don't believe in reflux' and 'there is no point doing elimination diet' as well as 'yes as you've discovered he has issues with dairy, how long do you want to breastfeed, I'll give you a script for formula' to which I replied thanks but no thanks - Vicki

Doctors aren't trained in nutrition! They honestly have no idea - never take nutrition advice from a doctor unless they have additional training. There is a list on line of doctors who also have qualifications in nutritional and environmental medicine www.acnem.org/find-a-practitioner - Tara

I haven't mentioned it to our GP as I feared exactly the same reaction. The dietician I saw was wonderful though. I saw a doctor friend last week who had done the diet for her own son (she works at Westmead and diet was recommended by a colleague there for her son's asthma). If only there were more doctors who had this sort of personal experience! - Aila

I have been told by many doctors and specialists that being failsafe is ridiculous. Apparently I am desperate, all because I have a difficult child and he has autism. Being failsafe is hard, but it has improved all of our lives. It has really improved my son's behaviour too - Claire

My doctor also told me there's no scientific evidence that food has any effect on children's' behaviour. I don't need scientific evidence. If my kids eat chemicals... they go nuts!!!!!!!!!!!!!!!!!!!!!!!!!!!! End of story. AND I'm asthmatic... and have been drug free since we eliminated the nasties from "my kids" diets. First time no drugs in 30 years!- Cristi

At an emergency chemist I was given red medicine for my boy. I explained to the pharmacist that my boy has ADHD and was intolerant to red colouring. Thought I would relay the conversation:

Pharmacist: *Well it isn't red, its pink so should be ok*

Me: *Pink is red colouring, he is intolerant to red*

Pharmacist: *But if you tell him pink isn't red then it'll be ok*

Me: *No, he can't have anything that is red colouring; red, pink, orange, or purple. If he does he starts spinning around and acting crazy.*

Pharmacist: *How about you hide it in something*

Me: *If someone is allergic to nuts, spreading vegemite over peanut butter doesn't make them less allergic. Just like red food colouring.*

Pharmacist: *Oh, you could mix it with milk to make it paler.*

Thankfully at this time a senior stepped in, before I throttled the guy - Julie

[1297] 200: Sorbates and depression (January 2015)

Hi, I looked for information on this years ago and never found any. Now that I see you have stories on your web site like mine, I'll tell my story. I'd like others who have the same problems to learn of the cause much earlier than I did.

It started sometime around 1990, and that's a guess. I had a slow onset of fatigue, which some called laziness.

It would start as my simply being weak, slow and stupid. I didn't even know it was happening. This would be deepest for a couple of hours and the go away, followed by hours of fatigue. I just felt crappy.

But I didn't understand the effect myself. It affected my humour, my marriage and my job. I just seemed to change. I didn't even see that it varied. But when I look back, I ate foods regularly with sorbic acid/potassium sorbate.

It only got worse over several years. It manifested into what was diagnosed as depression. I went to different doctors trying to find a cure and they tried 4 different anti-depressants. Nothing helped. No one considered that it was better and worse at different times, least of all me. I have to say it was awful, a terrible emotional load to be told it is all in your head, there is nothing physically wrong with you.

In 2001 it all changed. I made the decision to lose weight and I chose a low carbohydrate diet on my doctor's recommendation. I started walking for fitness at the same time. I got much better and only rarely had problems. I went to a gym and got into the best shape of my adult life. Before that I had included both yoghurt and Miracle Whip.

I had cut almost all the sugar from my diet and felt much better. Because of this I decided I had a sugar problem.

Over the next two years I ruled out things until I finally realized it was the sorbic acid. Since then I have been pretty much free of its effects, and every time I have had them I traced it to sorbic acid, potassium sorbate or polysorbate 80.

Later: After the many years of misery this caused me, I would like very much for other to learn that not only can this happen, it does happen and is too rare to be part of the medical record. There is nothing that will cause depression, and possibly lead to suicide, like being told a very real problem is "in your head". If it wasn't for my refusal to accept "the truth" and keep on looking for a solution, I would not be here. I wonder how many people never know of the very real cause of their problems - Jim from forum.

[1296] 282: "the meltdowns and self harming stopped the next day" (December 2014)

My daughter has always been a little bit of a 'wired' child. She had eczema until she was 3 and many strange rashes after eating that came and went. However, all of this was quite manageable and she was otherwise a healthy, happy kid. Then, when she was 4 years old she overnight became utterly unmanageable. Her slight anxiety blew out of control, she was melting down 4-10 times a day over tiny things, she was disagreeable, angry and miserable (this was a child that never did the terrible twos or was a tantrum thrower). Nothing in our home life had changed, nothing seemed different except her. She was repeatedly saying terrible negative things that I never expected to hear from a small child. Worst of all, she started hurting herself during these melt downs. She would tear and her skin all up her arms until it bled, she would bite her arms until she bruised them and rip her hair out. I was completely lost.

I went to the GP who referred me to a paediatrician. He took it fairly seriously given its sudden onset and ordered a ream of tests. Waiting for the results seemed to take forever and in my desperation I was reading everything I could find. Somewhere, somehow I came across information about child behaviour and food intolerances and was directed to the FedUp website. I searched my brain. Was anything different in our diet in the 8 weeks she had been like this? We didn't eat much packaged food anyway - but YES. Since the beginning of that year I had been buying a different 'healthy looking' gluten free commercial sliced bread for my daughters lunch (we never had much bread as I'm coeliac). She had been having this bread almost every day and her consumption of it coincided perfectly with the onset of this behaviour. I ran to the kitchen - I just knew it must have this 282 preservative I'd been reading about. It did and I threw it in the bin. The meltdowns and self harming stopped the next day, three days before we re-visited the paediatrician to be told there was nothing wrong with her and that it was a parenting issue.

Since that time we have had only two re-emergences of this awful, awful behaviour, only ever mildly and short lived (it's coming up to two years now since this horror 8 weeks of my life). Further investigation has shown she is sensitive to some degree to natural food chemicals, particularly amines and we limit those. I have never had the guts to retest her with anything with 282 in it and am happy to never have it in my house as long as I live.

When I saw those awful statistics about young kids and self harm I felt sick. This is on the rise just like all allergies and mental health conditions are on the rise. I had to share my story and hope it can help someone else or get action - Kylie by email.

[1295] Amines: "I'd love Failsafe to become common practice in my country (December 2014)

After four years of incessantly visiting medical professionals in two different continents (yup), I stumbled upon the FEDUP site while researching MSG and food dyes "snide effects", as I had empirically determined their nocivity ("ability or capacity to cause harm") to my kids.

My 12yo daughter has begun Failsafe two months ago.

She's today mostly free of her blinding incapacitating migraines, sleep apnea, general brain fog and learning difficulties, mood swings, heartburn, bad joints pain, which turned her from a dancing, swimming and Tae kwon do competitor into a foul-mooded, sleepy, couch potato, etc... we are currently moving on to tackle her autoimmune Hashimoto, with a very positive outlook. This is the girl that underwent isotopes checks, CTs, MRIs and countless blood tests... the girl we were kindly advised "would not have a really 'normal' life" unless she took medications meant for epileptic and schizoid patients (and how "normal" is that?).

This WE I challenged her with amines (slow cooked meat and chocolate) without waiting for your book to arrive... bad idea all over and she's been home since. But at least we remember it used to be "like that" all the time.

Needless to say, her endocrinologist, gastrologist, ENT, and neurologist, are for the most part dismissing my enthusiasm, or even the causal link with the dietary change. But hey, we don't need them so much any more. Our beloved, pediatrician is convinced but adamant that he can't offer parents such a "hard" diet to follow lest he be dubbed a dangerous extremist. And it's for people like him, and the dozens of families he could help, that I'd love Failsafe to become common practice here.

My 7 yo son has gone from a "Dr Jekyll and Mr. Hyde" personality, which included plain meanness, virulent on-and-off, ODD, and actual violence, followed by heartrending bouts of crying and heavy "drugged" sleep, to showing the world and his school the all-around nice, bright kid I knew he was, and his honors roll presence is exactly correlated with his "sticking by the Failsafe rules" periods. Our asthma inhalator sits unused for weeks already. Son's jaw- grinding, bedwetting, sleeves munching, and shouting all kinds of weird "war cries" at the most unbecoming moments, his bouts of self-hitting, his nightmares, are a thing of the past (did I say "thank you" already?). For him too, the amines challenge was... let's say premature - family from France

[1294] Amines make me awful (cranky, reflux, lethargy, tiredness) (December 2014)

We now have a new saying in my house – “A-mines turn me into A-Meany”!!

No more chocolate or bananas (or chicken skin) for me, ever. Makes me awful (cranky, reflux, lethargy, tiredness). Luckily I don't react to salicylates so there is always coffee to fall back on!!

After doing these challenges (I am yet to do food additives etc), my family has begun to realise that there may actually be some credibility to 'my crazy diet' of the last couple of months. My partner, who has anger management issues, is also prone to eating copious amounts of both bananas and chocolate. He is now committed to changing his diet to see if it helps with his angry outbursts! (the people that he works with will be very thankful for this knowledge!)

I have suffered for over 30 years with reasonably mild but persistent issues ranging from reflux, tiredness, foggy brain, itchy skin etc. Doctors have at various times looked at me strangely, given me dozens of blood tests (then ignored me when the tests have come back negative to everything), and tried to prescribe me anti-depressants. No doctor at any time EVER suggested food could be the problem. So far I am intolerant to wheat, amines. Not sure about dairy or soy (will re-test). I feel better than I have ever done (except during the failed challenges!!) and will be forever grateful to your website and the RPAH research.

I may even get on my high horse one day and write a submission to the Government outlining how they can save \$1000000's in medical costs, and increase the productivity of 1000's of workers, all by modifying the diets of sensitive people. The fact that seemingly so many are affected, and the solution is so simple, yet there is no mainstream push to address this issue, is mind boggling. Thanks again - Tamsyn, by email

Don't forget, you can scroll through all [current stories](#)

Failsafe shopping list: new products, warnings

[The Failsafe shopping list](#) is updated on an almost daily basis and is fully searchable. Look there in the first instance. Here are some of the interesting updates since the last newsletter:



A lot of failsafers are enjoying **Peckish brown rice crackers NO SALT** from Coles (ingredients: brown rice flour, rice bran oil 10%). The Peckish tagline is "no funny business!" BUT ****WARNING**** even the 'lightly salted' variety contains soy sauce powder which is funny business MSG 621!!

We have had positive feedback on the **peroxide toothpaste** from Oral Hygiene Solutions. It is designed to be free of the nasties we worry about. There is also a peroxide mouthwash. The toothpaste does contain fluoride
<http://childrenstoothpastecomau.melbourneitwebsites.com>

*****WARNING*** Sakata Plain rice crackers** have been listed as failsafe, but a new label has appeared that says "contains sesame seeds", presumably due to contamination on the packing line. There is no change in the product according to the company, just an increased level of warning.



Reusable food pouches and ice pops from Zestio, all BPA-free, dishwasher safe, microwave safe and freezer safe www.zestio.com.au

SoapNuts Australia Kylie at www.soapnuts.net.au and www.mydoterra.com/kyliethesoapnutlady/ would love all Australians to use SoapNuts instead of the chemical cleaners that are damaging our waterways, soils and health. Her website has lots of information about how to get the most out of SoapNuts.

Amine, salicylate and perfume-free personal products: we get many requests to link to other sites but most don't understand food intolerance but these people do www.aminexproducts.com although they are in USA. Let us know if you use their products.

www.larkrisesoaps.com.au make a interesting range of soaps and household cleaning products. As a small home-based operation they can leave out the fragrances if you ask them.

Online shopping – these websites can supply a range of failsafe products. Are there others we should promote? email confoodnet@ozemail.com.au

Allergy train is run by dietitian Jenny Tresize, with a wide range of affordable products and flat rate delivery to your door www.allergytrain.com.au

The Gluten Free Shop – big range of gf products www.glutenfreeshop.com.au

See our list of failsafe butchers many of whom make failsafe sausages too. But always check they know what you are talking about as some staff are ignorant!
<http://fedup.com.au/images/stories/Failsafesausages.pdf>

6112 Armadale. Alan Beattie's Bulk Meats. Ask for owner Troy. (08) 9399 2433. 55 Seventh Rd, Armadale. M-F 7am-6pm and Sat 6am-4pm. Makes FS sausages to order (usually min 3kg), easy-carve boneless chicken, arranges for collection of meat around slaughter date, preservative free mince etc and sometimes has organic meats (or to order). Having no knowledge of FS, he has been very supportive and helpful regardless - thanks Emma

2287 Fletcher. Hunter Prestige Meats, Fletcher Shopping Centre NSW (221 Minmi Rd) 02 4955 5007. Amazing butchers! Have pre-made frozen option with fresh beef and rice flour, and are also more than happy to make to order with your own recipe. Our son loves his lamb, garlic, leek, rice flour and maple syrup sausages and won't eat any other FS options! Highly recommended - thanks Melissa

Factsheets

Major update: [Arthritis, joint pain and diet](#) has been extensively researched and updated - see also the marvellous new story [\[1308\] Amines: Severe and crippling arthritis due to amines](#) (February 2015)

New factsheet: [Bladder problems in adults](#): sensation of incomplete bladder emptying, urinary urgency, urinary incontinence

Major update: Dementia and food additives – and other food intolerance symptoms in the elderly

Major update: the very popular [Toothpaste factsheet](#) has been updated as many more colours creep into them and nobody is looking!

Which are the 20 most popular factsheets? See <http://fedup.com.au/factsheets/support-factsheets/the-20-most-popular-factsheets-2>

For our USA members and those travelling, see the [USA food list](#) and also the factsheet [Additives around the world](#) for updated info - thanks Bonnie

Support community

Thanks for your continuing support of each other!

Diet not working as well as you'd hoped? One tiny mistake can make a huge difference. For fine-tuning, see the [Checklist of common mistakes](#). Readers tell us this list is very useful. You can also ask for our Salicylate, Amine and Glutamate mistakes sheets confoodnet@ozemail.com.au.

Online support: [Sue Dengate facebook group](#) (over 9,000 members) and/or the [Failsafe forum](#) (more private). If you want to use an email support group, join at failsafers-subscribe@yahoogroups.com. There are [special interest email support groups](#) too.

There's a new **UK facebook page**

<http://www.facebook.com/groups/380347182034474/?fref=ts> and of course the active **USA facebook page** <https://www.facebook.com/groups/284241571702972/>



tweet as **@failsafers** (note the plural).

Food Intolerance Network hits 6.6 million visitors. Interest in food intolerance and in eating food without additives continues to grow.

Local contacts: can generally answer some questions about failsafe eating - many have brochures and a copy of the DVD to lend out. They can also advise on supportive dietitians locally.

Dietitians: for failsafe-friendly dietitians, see <http://fedup.com.au/information/support/dietitians> There is no longer any need to email confoodnet@ozemail.com.au for this list.



DVD "Fed Up with Children's Behaviour" has [subtitles in six languages](#). (In PAL format only, not available with subtitles in NTSC format. But NTSC format DVDs are at a reduced price of only \$15.50 through www.fedup.com.au)



Brochures: are available in many languages [in a printer-friendly format](#) (thanks to Failsafe members for translating!). Email confoodnet@ozemail.com.au if you can help with other languages.

Newsletters: [All Failsafe Newsletters can be searched and printed](#). There is a wealth of research, issue discussion, recipes, personal reports and recipes now available in one place. But some of the links are out of date and you must always check current products rather than relying on historical information.

Success story collections: These are the most popular downloads from the website, [organised by symptom and by additive](#).

The Food Intolerance Network strongly supports the peer-reviewed publication of evidence regarding the effects of salicylates on health, behaviour and learning and acknowledges that more research needs to be published, particularly using dietary salicylates. However the very foundation of science is observation and these observations over many years show an astonishing and convincing range of real symptoms. We hope that they may assist in stimulating further research publication.

Reintroduction guidelines: for people who are extra sensitive, the new RPAH reintroduction guidelines recommend much smaller servings of salicylate and amine containing foods than previously, see reader comment below. Available on request from confoodnet@ozemail.com.au

Thank you so much for the new RPAH reintroduction recommendations. I now understand why when I tried to ascertain my tolerance levels and did as my dietician recommended (try 1/2 a cup of salicylates) that my symptoms returned very quickly. 1/2 a cup is 100 times 1/4 of a teaspoon, and given my scent problems I'm probably highly sensitive. Now I can try again. - failsafer, NZ

Cooks' corner

Hint: Breadcrumbs substitute - *I use oatbran for crumbing meat and in rissoles . Easy and it works - thanks to Sheila*

Hint: Instant failsafe cabbage and brussels sprout salad in Thermomix - drop a garlic clove or two onto the spinning blade at speed 10, put in equal quantities of rough chunks of cabbage and trimmed brussels sprouts, whizz for 3 secs at speed 5. Can add moderate salicylate carrot or raw beetroot for extra colour. Serve with your favourite failsafe dressing.

Lemon Tempura Chicken



This looks delicious and it very popular, thanks to Domestic Diva
<http://www.domesticdivaunleashed.com/lemon-tempura-chicken>

Failsafe 'almond' bread

"My mum made me some failsafe 'almond' bread - with cashews of course! - thanks to Linda



4 egg whites
1 cup plain flour, sifted
120ml of caster sugar
1 cup raw cashews

Beat the egg whites with mixer until thick. Add sugar gradually until peaks form. Stirring by hand, add the flour slowly. Once it is well mixed, add the cashews. Pour in a small shallow tray, lined with greaseproof paper. Bake for 25-30 mins at 160 degrees (for fan forced oven). It should be just firm but not overbaked. Once completely cool, wrap it in a clean tea towel and let sit for one day. Use a sharp knife to cut the cake into thirds lengthways. Then cut each piece into slices, 2-3mm thick. Put the pieces onto a tray and into a fan-forced oven for about an hour at 100 degrees to dry them out. Check regularly to make sure they don't turn brown - they should be pale gold and crisp. Once cool, store in a well sealed box to maintain freshness.

Thanks to failsafer Frillypants for her great [collection of \(mostly\) failsafe cakes for the holiday season](#)



Don't forget these Failsafe Blogs/Websites (thanks Rona)

www.cookingforoscar.com
www.realfailsafemeals.blogspot.com.au
www.domesticdivaunleashed.com
www.failsafefoodie.blogspot.com.au
www.kerstenskitchen.com.au

Failsafe Thermomix group with recipes and a place to ask questions etc
<https://www.facebook.com/groups/139914166142279/>

I bought a Thermomix a couple of months ago, and absolutely love it. These machines are totally awesome, so pure and clean, and I truly believe that if we'd had

a Thermomix years ago when our son was at his worst, it would have saved us a lot of heartache, as well as time and money - Susan.

This Pinterest page is a recipe index of ANY Failsafe recipes on ANY blog. So far there are more than 300 recipes and ideas all categorised to make it easy to search <http://pinterest.com/failsafetable/>

And the very useful weekly meal plan website <https://mealsplans.wordpress.com/>

Thanks and admin

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Sue Dengate's books and DVD and the failsafe magnifying card and sulphite test strips are available through www.fedup.com.au

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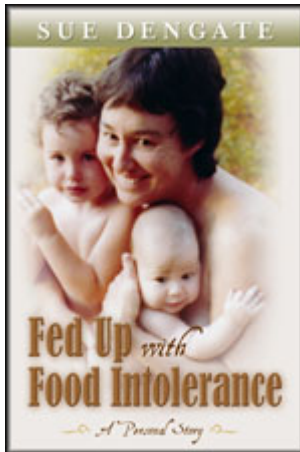
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