

## Reader reports from the Food Intolerance Network

[www.fedup.com.au](http://www.fedup.com.au)

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("arthritis", "osteoarthritis", "rheumatoid arthritis", "juvenile arthritis", "gout", "joint pain" keyword only)

**[1446] Diet cures 5 years of chronic back pain ... and joint pain, anger outbursts, depression (June 2017)**

I originally found your web site searching for a relationship between my anger outbursts and my food consumption and found it also got rid of my 24/7, five year, day-in day-out chronic back pain. I also had ongoing knee and wrist pain from years earlier that I had put down to being overweight as the pain started when the weight did and no xrays or ultrasounds found any issues.

In June 2010, I injured my lower back, it got better, then I would do some gardening or cut my toe nails, or spend too much time in the kitchen (I like to cook), and it would set it off again. After two years of pain /no pain, pain /no pain it stayed for five years. Every second, day and night. I'm not fussed on pharmaceuticals available to me as they either didn't work or I was a zombie, so I just put up with it. I bought a tens machine, table inverter, saw an osteopath, medicine man, two pain clinics, acupuncture ... nothing helped for more than an hour or two.

In September 2016 I started ridding my diet of preservatives and numbers as I did some research on anger and food as I didn't want to have to take the "don't kill people tonic" (black cohosh, chaste tree etc) for the rest of my life. I trialled this abstinence for six weeks as recommended, I wasn't 100% off everything but probably around 80-90%. I went overseas for a couple of weeks which blew the diet then resumed the diet after Christmas realising that the anger crept in the more the preservatives did. I also noticed that the less numbers and preservatives I consumed the less back, knee and wrist pain I suffered. The more high preservative, high number foods I consumed the back, knee and wrist pain would kick in.

I already bought bread, toothpaste, wine and juice without numbers or preservatives and a year earlier had stopped buying baked beans, tinned spaghetti, sauces, soy and almond milk and changed my brand of peanut butter all because the ingredients in these pre-packaged delights had too much sugar/oil/salt. I didn't realise preservatives and/or numbers were also in vegemite, crumpets, dried fruit, large volumes of oil like the type restaurants, takeaway shops and packaged food businesses (crisps, popcorn etc) use, cheese, dips, soda, jam, cordial, gherkins, artichoke hearts, beetroot (the last three pickled or tinned), biscuits, grapes, crackers, tacos, cakes, gravy as well as processed meat and prawns. I can't believe the list goes on forever, other than the last two items these were things I ate, daily. Most thankfully I've found have alternatives for within other brands or other shops like health food stores for dried fruit or the Italian fruit shop for pickled vegies.

The damage within my back still exists as it kicks in hard with every period or too much party food. Chronic pain could all be resolved with a lack of acceptable poison.

Here are some recent examples....

\* My husband & I went to trivia last Thursday night and to make it on time we needed to eat at the pub. The only vegan item on the menu (yes, I'm also vegan) I had eaten at the other pub they run on Tuesday, felt a bit of back pain on Wednesday and so have crossed that meal off the list as

preservative free. Instead, I ate a large bag of crisps for dinner (I hadn't bought crisps at home for two weeks to avoid them as I was eating a small amount almost every day...), took me two hours to consume but my back and knee pain was excruciating on Friday. You see, my brain can't comprehend this, but it will eventually as Saturday, my back was a tad stiff but no pain and no pain in my knees.

\* During my chronic pain I needed to do stretches and exercises every morning otherwise my entire back would stiffen up, if I missed four consecutive days I could barely walk. In the last two weeks I've not exercised or stretched four days straight, twice, and all without pain and minimal stiffness.

\* Today I prepped food and cleaned up the kitchen for two hours, before I could just manage 30 minutes without needing to sit on a chair.

A lack of preservatives and numbers/additives in my consumption has also has greatly reduced/rid my recently developed OCD of locking my car multiple times and my depression that I've had since my late teens.

My injury is still with me as the damage has been done, but I can't feel it unless I consume something silly. As is my anger, negativity, depression etc but it seems so far away I can scarcely feel it, it is no longer a highlight in my day.

I didn't figure people wouldn't believe me as everyone believed I had the pain I endured.

I was suicidal for the last 5 years coming to grips with the fact that this is as good as it gets and I'm only 40, how bad will this pain be when I'm 80. Not just my back pain, knee pain, chest pain, wrist pain, but can I stand to live with this pain for another 40 years. I changed careers because of it in my forties. Specialists have been telling me to lower my stress levels or lose weight or pace activities. I do all these things for months and no change. I stop consuming preservatives and after a couple of months I cannot feel the pain even if I look for it. And no one cares, no one believes me, maybe because I can't get my head around it either but that doesn't mean it's not true. Both pain clinics I've been a patient at over the last few year just ignored me. I really appreciate that you have a place to share with the world the horrors of the food industry. – Alison

#### **[1400] Two sisters joint pain (July 2016)**

My GP referred me to a rheumatologist last year due to debilitating joint pain. When I was at my worst, the pain and stiffness in the joints of both my hands was severe enough that I could no longer open jars or peel potatoes. I also had pain in my elbows, hips, ankles and toes. I was convinced I had Rheumatoid Arthritis. My doctors ran all the standard tests for RA, all of which came back negative in my case.

At the same time, my younger sister, who had been on a **raw vegan diet** (really high in salicylates) received the same tentative diagnosis from a GP and underwent the same tests with the same results. Our joint pains were entirely caused by food intolerances. My sister and I are genetically very similar (we'd possibly pass as twins if I were not 10 years older!) and I believe our near-identical food intolerances and symptoms probably have a genetic basis.

I was free of joint pain within 3 days of changing my diet. My sister and I both reacted to gluten and salicylate challenges. My sister reacted to amines, which I am about to challenge myself, but my sister did not test dairy, given she is vegan for ethical reasons. I abandoned my lactose-free dairy challenge on day 3, due to pain developing in the joints of my fingers and right elbow again, as well as the re-emergence of acne and flushing in response to things like washing my face with plain water.

My own experiences of joint pain with respect to **salicylates and dairy** have made me wonder how many people have been unnecessarily prescribed immunosuppressant drugs for RA (the same ones my rheumatologist wanted me to take!) when perhaps they are simply salicylate sensitive or experiencing other food intolerances, a dangerous precedent given the potential side effects of these drugs – Amy

**UPDATE:** I reacted to amines quickly - with a severe recurrence of rosacea and ceased the challenge after only 24 hours. I don't know whether I would have gone on to develop joint pain in response to amines had I continued the challenge for longer. It's something I wondered about myself at the time, but the burning facial erythema commenced after only 12 hours of eating amines and by 24 hours after the start of the challenge, I was ready to give it up!

**EXTRACT [1421] Adult failsafers report success – facebook thread (December 2016)**

Haven't been in hospital with anaphylaxis since I began diet. Was going every 2 weeks, covered in hives swollen like a balloon constantly, on daily nebulisers and worsening asthma. I am only 36. Now no migraines, **arthritis died down**, no pms, cholesterol now normal, blood sugar normal, hives anaphylaxis gone, asthma improved and in combo with Fodmaps goodbye IBS. Immunologist who put me on diet has literally saved my life – Josephine

**[1379] “my rheumatoid arthritis pain is virtually non-existent” on diet (January 2016)**

I have just started the failsafe diet because I have Crohn's Disease, rheumatoid arthritis (RA), and GORD among other illnesses. Last week I could barely walk due to RA joint pain, this week since I've been on the FS diet (day 5) my morning stiffness pain has gone and my RA pain is virtually non-existent which is fantastic cause I have been struggling with the pain for a long time. TWO WEEKS LATER: I'm having marvellous results with my RA through my dietician who put me on the low to mod salicylates diet. Although I only have very minor pain it would seem even bananas and red delicious apples (peeled) are a contributing factor for me.

I love being pain free, and being able to get out and enjoy life again. As an added bonus the diet has helped me in other areas of my health as well – Leann

**Extract [1378] 160b: feedback from annatto petition 2 (January 2016)**

I am in my 40's and it took a long time to discover that Annatto 160b is one of the triggers of ibs, sinus and arthritis. It is unnecessary and should be banned – Hilary

**[1351] Salicylate intolerance and acne rosacea: unable to take hot showers, have a hot drink, eat hot food, sit in a hot car or room or exercise without a painful, burning, deep red facial flush (August 2015)**

I have suffered from acne rosacea for the past 5 years and from symptoms of rheumatoid arthritis for the past several months (I am 32).

In a desperate attempt to improve things, I have been gluten and dairy free for the past 2 months and have eaten nothing but vegetables for the past 2 weeks, but I have yet to see my symptoms resolve, although my acne certainly improved after removing dairy products from my diet. I suspect I may salicylate intolerant after coming across your website today, as many of my rosacea triggers seem to be high salicylate foods.

Update: Three days ago, I commenced a diet of red lentils, brussel sprouts and cabbage and have been able to stop taking my rosacea medication for the first time in the 5 years since my diagnosis. I am also free of joint pain!

Update on day 6 of low salicylates: I have a little stiffness in one of my finger joints today but still no rosacea flushes, and that's totally astonishing to me after so many years on medication. With the exception of one very good dermatologist in Sydney, I've rarely met anyone who knows more about rosacea than I do (GPs included!) and I have tried almost every known medication and procedure for it over the past 5 years. That the answer might be as simple as eliminating sals (and vasodilators, of course - alcohol in drinks and products, caffeine, certain medications and the theobromine in chocolate have always been my worst triggers) is a revelation! Eliminating dairy cured my hormonal acne but rosacea is another issue entirely.

I am very impressed with my results thus far and most grateful for your website. If it wasn't for that, I would never have tried this. I made an appointment with one of your listed dietitians so I can begin putting together a healthier diet for myself under her supervision. The appointment went well. She believes I may be on the right track in my avoidance of salicylates and has put me on the strictest form of the RPAH Elimination Diet for the next fortnight, and then I will be reviewed.

I will let you know how I go with the challenges. You can't begin to imagine how it will change my life if these good effects continue. Normally, without medication, I am unable to brush my teeth, take hot showers, have a hot drink, eat hot food, sit in a hot car or room, lie on my side on my pillow, exercise or face stressful situations without a painful, burning, deep red facial flush developing. I had forgotten, until now, what it feels like to just be normal!

Thank you for putting together such a comprehensive online resource. It appears it may be my way out of a lifetime of potentially harmful prescription medications. - Amy, Qld

### **[1308] Amines: Severe and crippling arthritis due to amines (February 2015)**

My husband is sensitive to amines ... he has severe, and crippling arthritis of a type that the medical profession has been unable to identify. He has arthritis in both hips, both hands and both feet. I am not sure if the hips are the same type - although they are very bad he can have hip replacements. The hands and feet are what have the doctors stumped, all the small bones in the hands from the base of the fingers and into the wrist are affected and are overgrown with bone. He has no movement in his wrists at all. The feet are the same, toes unaffected but all the small bones across the top and into the ankle.

His test results are negative for any type of arthritis that can be tested for, so the medical diagnoses has always been that it is "arthritis of a type as yet unknown." The latest visit to a rheumatologist (about eight months ago) was the same. After saying that he had never seen anything as bad and hoped that he never would again (very encouraging) the doctor went on to say that although he didn't have any idea what was going on, it looked like some of the bone had died and the body had tried to repair itself by laying bone upon bone.

That of course is speculation ... What really has them stumped is that although it IS spreading it is still very localized ... The normal course for it to follow would be to spread all over the body: they say with something as bad as that in the hands, the fingers should be clawed and immobile. In fact he SHOULD have been in a wheelchair for years (this all started over 25 years ago).

The way he was a year ago, before we started the failsafe diet I thought he was just about at that point. We were largely housebound, he couldn't walk without his cane and household maintenance was beyond him. Often he couldn't turn the key in the car ignition let alone turn the wheel ... He was living on anti inflammatory drugs and pain killers.

Now he rarely takes an anti inflammatory and goes for several days without having to take pain killers. I am not sure where the cane is right now and the house is starting to look loved again. He is not pain free, we don't expect he ever will be, but the spectre of the wheel chair has receded....

Where to from here? I feel that the diet is part of the answer, a big part, but now I have to look for the other pieces of the puzzle. My husband has no faith in health professionals of any modality ... the medical profession or the natural health scene either. If I gave you a rundown on everything we have tried before finding the failsafe diet you would understand why .

My biggest problem when I started the diet was to find any reason to hope that it might help with arthritis. Thankfully I was pointed in the direction of Bernard's web site and that kept me going ( <http://members.ozemail.com.au/~btrudget/> ). The failsafe diet has given him relief and mobility. When we did the amine challenge, my husband reacted in a few hours, with very severe pain and took well over a week to calm down. He was bedridden for almost two days. We did challenge salicylates for five days with no reaction but some in the group feel that was not long enough (Bernard experienced a sudden fullscale reaction with severe pain and inflammation on the 8th day of the challenge). - By email, NZ

#### **[1307] Arthritis due to Chikungunya from Vanuatu holiday (February 2015)**

My wife and I went for a 5 day holiday in Vanuatu. A few weeks after we came back I felt terrible, I could hardly get out of bed. I went to the doctor and said "I've been poisoned". He did all the tests for Ross River fever etc but they came back negative. I had these awful pains in my joints, I couldn't walk, I couldn't open doors, anything. I was diagnosed with arthritis and took medication for 2 years. Then it all went away. Turns out I had chikungunya. The doctor didn't test for that, I think it's too new. - NSW

(Sue's comment: polyarthritis - pain in 5 joints or more - can be associated with mosquito-borne diseases such as Ross River Fever, Barmah Forest Fever, Dengue Fever and Chikungunya . These diseases run a course of weeks or months but the joint pain can last for months or years and can be misdiagnosed as other types of arthritis, particularly with Chikungunya that is not yet routinely tested for but is now increasing in Asia and the Pacific Islands, and even in Europe).

#### **[1306] Juvenile arthritis: "Since I make all my own now, no pain" (February 2015)**

I have juvenile arthritis for as long as I can remember, I have been completely pain free since February last year - I knew it was carrots, did not realise what's in stock powder and lots of other places. Since I make all my own now, no pain. I can now tolerate occasional infringements, just not regularly eating it - but I can also move freely ... from the facebook group

#### **[1305] Rheumatoid arthritis related to gluten and processed foods (February 2015)**

I have rheumatoid arthritis, back damage and nerve issues and since eating primarily FS (ds is the one who NEEDs it --we just support and benefit too lol) I have less nerve problems , my joints and back pain is less and I have less flareups! particularly since going low grain/gluten and I am worst if I overdo the gluten and processed foods! - from the facebook group

**[1178] 621: MSG and foggy brain, heart arrhythmia, arthritis (February 2013)**

I've been concerned about brain fogging for some time, but never knew whether it was a real effect (or just 'me') or where it came from. After doing the Elimination Diet for about 6 weeks and then the RPAH Glutamates Challenge of 4 tablespoons of soy sauce over rice, I developed quite strong brain fogging within about an hour. As a former regular eater of strong cheeses, Marmite, and soy sauce with sushi, I then understood where my brain fog problem came from! I also think that my heart rhythm issues have decreased since I've started avoiding foodstuffs with high levels of glutamates. Your website and the RPAH book and challenges led me to my answer, thank you very much! I also recently learned that when my mother got bad arthritis in the 70s or 80s, she did some research and decided MSG was probably the culprit, cut it out and the arthritis subsided.- Neil, UK

**[1131] Gout from strawberries (September 2012)**

The Sunshine Coast is a strawberry-growing area. My visiting daughter gave me a blender for Xmas and bought me daily supplies of bananas and strawberries. I was consuming half a punnet a day. After several days I was struck by severe gout, and it was excruciating, making walking from the car to the doctor almost impossible. Several passersby stopped to ask me if I had gout, and laughed at my affirmative saying "You've been into the strawberries, haven't you?"

Astonished, I told the doctor, who clearly was not impressed and prescribed some pills. I ignored the pills and simply gave up the strawberries. Instant cure. Testing the thesis, a few weeks later I tried some strawberries and the next day I had gout in, of all places, my left thumb. Just thought this experience might confirm for you your own conclusions (See gout and salicylates <http://fedup.com.au/factsheets/symptom-factsheets/arthritis-joint-pain-and-diet>) - Tony, Qld

**[966] Gout, red meat and the elimination diet (October 2010)**

My husband and I have been doing the elimination diet for two weeks now. We are both feeling great, our tummies are not bloated, we are not sour in the stomach in the morning. Another thing that we are so pleased about! My husband can suffer with gout, if he has any red meat. There are also other triggers for him, but the red meat is really the big one. Over the past weekend, we were at friends, and enjoyed some beef and lamb (only seasoned with salt). I knew that we were pushing the boundaries, but I checked with my husband this morning, and there has been no sign of gout at all! Thank you. Things are really going well. - Carla, NT

**[965] Gout and salicylates (October 2010)**

My partner's uncle tells me he used to be addicted to tomato sauce and had to give up because it was causing his bouts of gout. Now he longer gets it unless he goes to Fiji, which he does quite regularly, where he eats a lot of curry (so obviously salicylate related). He had no idea about the connection. Cherie (gout has been associated with low dose salicylates in medication <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2174925/?tool=pubmed>)

**[964] One-liners (October 2010)**

My husband is an amine responder and reacts to chocolate with gout like symptoms.- Rose, WA

## **[877] 621: Juvenile Rheumatoid Arthritis – pain free when avoiding MSG (November 2009)**

SUCCESS!!! Our 12 year old daughter with Juvenile Rheumatoid Arthritis is pain free!!

We have finished all challenges on the elimination diet and have discovered glutamates - MSG and all 600 numbers to be extremely bad for our daughter with arthritis. Within 8 to 12 hours of having MSG our daughter went from no pain to all the symptoms of arthritis, swollen joints, very sore, trouble walking, and lots of pain. We continued the challenge for 48 hours and by then she had problems with all her joints, soreness, swelling and was absolutely miserable! Within 12 hours of stopping MSG her symptoms settled and she was back to "normal" – no pain! We now totally avoid MSG, all 600 numbers and unspecified 'flavour' listed on any product!

It has been 7 months now since we began the elimination diet and took our daughter off all arthritis medication. She is fantastic! We had a check up with the rheumatologist recently and she was amazed. We don't need to see her for another 6 months and she has classed our daughter as "in remission"!!!! No pain, No symptoms and No medication!

I hope this is of assistance to other sufferers of arthritis! It has made a huge difference to our daughter's life. Thank you for your wonderful information, without this we would be further down the track of a life of pain, misery and medications with nasty side effects for our daughter. To look at our daughter now, you would never know that she suffers from a chronic, debilitating condition, she is full of energy and her love for life is back again!

We completed all food challenges in this order: milk, wheat, bread, salicylates, amines, MSG, propionates, sorbates, antioxidants, colours, benzoates, nitrites and sulphites (all food not capsules). The only challenge our daughter reacted to was MSG, 600 numbers and naturally occurring glutamates. She had no reaction to any other challenge. Once we had completed all the challenges we challenged tomatoes, broccoli and those foods high in natural glutamates separately. She came out in an itchy rash if she ate too many tomatoes or broccoli (at least 6 to 8 serves a day) but the amazing thing for us was that she didn't have joint pains. We are tending to think that manufactured MSG must contain VERY HIGH levels of glutamic salt compared to those foods that have it naturally occurring such as tomatoes and broccoli. We have now restricted how much she has of these things. She is very good at knowing what she can and can't have. She reads labels everywhere, even when she stays over at friends or goes to birthday parties, she will read labels and decide if she can have it or not. We always send her with plain chips and 'safe' snacks for a party. Her friends have been very supportive and know that she can have plain hot chips at a party instead of pizza or party pies.

We saw the dietitian you recommended. She was very helpful, knowledgeable and thorough in what quantities etc to challenge. She was very interested in the results. She suspected MSG from early on because we had commented on how over the Christmas holidays (before elimination diet), our daughter had eaten CC's and was so sore the next day she could hardly walk. We kept a daily food diary and I also kept a dated scrap book with labels of products we had eaten so I could check back as a reference if needed.

For the MSG challenges we used "Coles Farmland" packet chicken noodle soup, about 500 mls to a litre a day (contains 621, 627 and 631) and soy sauce about 4+ tablespoons a day. (Need to check labels for soy sauce because not all list MSG or 600 numbers).

We are amazed at how many foods with unspecified 'flavour' (but no MSG or 600 numbers listed) affect her. We have found this with tomato soups, tomato pastes etc where they list 'flavour' and our daughter has been sore after having this. We have completed our own challenge with some of these products and her reaction varies. We avoid any savoury type products that have 'flavour' listed

with no specific ingredient numbers on labels. The unknown is not worth the soreness for our daughter.

Foods previously eaten which we avoid completely now include: All packet soups, cup of soups, packet stocks, stock cubes, any chips or corn chips that have a flavour, BBQ shapes and all shape/savoury biscuits with flavour, tomato and BBQ sauce, some mayonnaise and dressings, packet pasta mixes (ie continental pasta packs), sausage rolls, pies, breads with savoury toppings, pizza, concentrated tomato paste, tomato soup - most have unspecified 'flavour' - and lots of other savoury foods. We never used to eat a lot of these foods, but even having things once to twice a week was enough to have our daughter in continuous pain.

She now is totally pain free, medication free and living a very active, sporting life. She plays netball weekly, has participated in the school athletics and cross country team this year and is currently in weekly training with the school volley ball team to go to Nationals in December. All of these activities were completely impossible 12 months ago! The difference is amazing! We are so thankful that your website and information has led us to finding an alternative to medication, and a way to manage our daughter's condition and allow her to live a very active life. I hope that there will be others out there that will try the elimination diet and find an alternative to medications and a life of chronic pain. - Sandra, Vic

#### **[846] Pain like gout from milk (August 2009)**

I have written before about my husband drinking milk and getting a pain like Gout in his foot. Now we just have A2 milk but he had a coffee one morning with Woolies Lite Milk (that's all he could get and left the A2 for the kids) still got a pain in his foot, next time tried with A2 and didn't have any pain. Tracey, by email (The medical recommendation for gout used to be avoidance of purine-containing foods - essentially failsafe foods with a few exceptions - but this has been disproved. I wonder whether gout is just another symptom of food intolerance because failsafe families often report the father's gout improved when they changed their diet. I'd love some more reports: [suedengate@ozemail.com.au](mailto:suedengate@ozemail.com.au))

#### **[807] The 'anti-inflammatory effect': back pain and arthritis helped by low salicylates (June 2009)**

I am 60 and since March 2005 (4 years) have been avoiding salicylates and wholemeal bread to help with arthritis and back pain. I have noticed a really big improvement in the long term. I no longer have pain or jangly nerves and no trouble with stairs. The pleasure is back into walking. When my back gets sore it doesn't seem to go into that spiral that it used to, laying me up for days. It complains a bit, but doesn't seize up anymore. I call it an anti-inflammatory effect. Somehow the vicious circle seems to be interrupted.

I think keeping muscles strong is also very important for backs and health in general so I bought myself an electric bike (you have to pedal but you can turn on the oomph if you need it). That represented a big increase in activity as I did two very big hill climbs a couple of times a week over the summer. - Helen, by email

#### **[604] 'Awful joint pains' from salicylates in 'loads of fruit and veg' (February 2008)**

From the age of 15 I slowly became more and more tired and foggy headed. Gradually I found it impossible to walk to school anymore, and regularly got 12 hours of sleep or more a night. I found out a few years ago that gluten does awful things to my energy levels and brain function, I wish I had known that when I was at school as I'm sure it held me back. In the last two months I was put on a rotation diet where I had to eat a huge variety of fruit and vegetables but could only have each every

fifth day. I have NEVER felt so foggy headed, had such blurry vision or had such awful joint pains. All from eating loads of fruit and veg. Consequently, I have high hopes for Failsafe!

#### **[603] Arthritis started after a car accident (February 2008)**

My arthritis started after a car accident at the age of 19, also ringing in the ears. The arthritis was to the point where I would soak my hands in hot water each morning to get them ok to work. Both my arthritis and ringing in the ears disappeared totally on failsafe, it was incredible. Four years on, it remains largely stable, is clearly affected by mainly salicylates and sulphites and to a lesser extent amines and MSG. Medication was generally ineffective. - by email, Qld

#### **[602] Aching joints began during pregnancy (February 2008)**

I began the elimination diet after reading Fed Up with Asthma [now out of print, the asthma information from this book has been incorporated into the 2008 edition of Fed Up]. I was pregnant with our second child. My first pregnancy was fraught with pain from aching joints, hips especially, from which I'd never suffered before. The pain was very great and continued after childbirth, though not troubling me much, just now and then. My joint movement continued to be impaired. In this pregnancy the pain began in the first trimester, whereas it had begun late in the previous pregnancy. I suffered much sleeplessness and worried how I would last 9 months like this. After 2-3 weeks on the diet (dairy and gluten-free as well) I no longer needed ventolin at all, just one puff daily of my preventer (I'd been using ventolin up to 8 times daily with little effect and 4 puffs of the preventer). Also, no joint pain at all, and the return of a normal range of joint motion. - Elizabeth, by email

#### **[601] Bernard's arthritis story (February 2008)**

The most remarkable story comes from Bernard in Wollongong. Now active and virtually arthritis-free, Bernard suffered from painful and crippling arthritis for nearly 30 years. In 1994, he was told that if his arthritis was not controlled by daily use of medication, he had 'only four or five years of active life left'. After extensive reading, Bernard opted to try an elimination diet against the recommendation of his specialist, and achieved remarkable results. He warns that arthritis sufferers may need extra time. Bernard wrote:

'If you think that the time span of the food effects on children and their behaviour is long you should try solving the rheumatic and inflammatory disease problem. You are looking at an abstinence time of up to 12 weeks before challenges, symptoms that could take more than a week to identify, and challenges that could take four months or more to complete. I am still improving after eight and a half years on low chemical foods. NOTHING will make me eat the foods I once loved so much.' ...

When Bernard challenged salicylates, on the morning of the eighth day he found his arthritis had returned with such a vengeance that it took him an hour to get out of bed. Artificial food colouring took two days to aggravate his arthritis.

After so many years of needless pain and suffering it is not surprising that Bernard and others like him feel angry about misinformation from experts. When a well-known Australian nutritionist wrote that there is no truth in the rumour that people with arthritis should not eat tomatoes, Bernard added his own comment: 'like hell there isn't!'

You can read about the effects of additives and natural chemicals in fruit and vegetables in Bernard's 'My life with arthritis' story: 'I have suffered with the pain and swelling of arthritis in my arms, hands, neck, back, legs and feet for almost half of my adult life. At times my condition was so bad that I was only able to walk about 50 metres without a rest. The constant pain I suffered was unbearable ...' on the website: <http://members.ozemail.com.au/~btrudget/>.

### **[600] Arthritis one-liners (February 2008)**

- My daughter was diagnosed with juvenile arthritis when she was three. By the time she went to school, at five, she was crippled with it. She's now 25. Three weeks after she started her elimination diet, she told me: 'Mum, the pain's gone. For the first time in 23 years, I have no pain'. - by email, NT
- My mother, grandmother and aunt all have arthritis. I've been failsafe for six years and I'm pretty sure if I wasn't failsafe I would have arthritis too, because I can notice my hands get stiff if I break my diet and eat too many salicylates. - by email, NT
- My 8 year old daughter has rheumatoid arthritis. It's hard to believe, after three weeks on failsafe foods, she is free of pain for the first time in years. - by email, NT

### **[474] One-liners (November 2006)**

- We solved my father-in-law's severe eczema after visiting your website. He was using Wintergreen and Deep Heat to relieve joint pain symptoms and dermatologist couldn't cure his problem at all. Since following the low salicylate diet, he is 100%. He can not believe that the stiffness, aching joints and bad eczema have all disappeared.

### **[368] One liners (March 2005)**

I have osteo-arthritis which is much less painful if I adhere to the diet – if I inadvertently eat something that upsets me, I become overwhelmingly weary, my arthritis flares up and I can get bloating and irritable bowel symptoms. I often say in jest, " I cheat! I pay!" – by email

### **[142] Rheumatoid arthritis (December 2001)**

"After a few weeks on failsafe I seem to be making some progress ... I had beaten chronic fatigue and MCS but rheumatoid arthritis is a tough nut to crack and I had almost given up hope of further improvement. It turns out that I tolerate moderate salicylates but amines are a real problem. Thanks to you ...there's light at the end of the tunnel!"

See also [Arthritis, joint pain and diet factsheet](#)

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