

Reader reports from the Food Intolerance Network

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("tonsil" and "tonsillitis" keywords only)

[1311] Food intolerance and reduced immune system - facebook thread (March 2015)

Interested to hear of anyone out there has had issues with food intolerance and a really bad immune system? Dd has got tonsillitis and laryngitis once again, she's sick so much, driving me crazy - Katherine on facebook

My daughter had bouts of tonsillitis as a toddler, my son had recurring croup/asthma . Took them both off dairy... they never had it again. I believe that food intolerances are the culprit for most recurring illnesses, and when your body's always struggling to fend them off your immune system suffers - Alison

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[919] Snoring, sleep apnea, swollen tonsils and macroglossia due to additives (June 2010)

My five-year-old daughter's two years of snoring escalated a few months ago to sleep apnea. After three weeks of apnea, I consulted two doctors and then decided to feed her only natural foods - nothing out of a package of any kind. After six days, her apnea was gone. After about a month, her snoring was minimal. After two months she rarely snores. Tonight, after feeding her corn tortillas - with preservatives - for dinner, she fell asleep and immediately began snoring.

It was the second doctor, a GP, who noticed her swollen tonsils (I hadn't) and said there was no infection but that they were chronically swollen. After I asked if he thought it could be a reaction to contact with processed foods - because she gets a rash on her face after contact with various sauces - he replied "possibly" and that the darkness under her eyes was a sign of allergies. That was when I decided to take her off all packaged foods on my own until we could have an appointment with an allergist - usually a 2 to 6-month wait here.

We saw a Pediatric Allergist two days ago and she was tested for all the standard things like milk, soy, wheat, dust, cat, dog, etc. and was fine. The allergist suggested she may be sensitive to sulphites because I am allergic to sulpha drugs.

Her face has always turned red exactly where any sauces and liquids out of packages touched her cheeks and mouth. Kraft salad dressings, Heinz ketchup, and canned apple pie filling, plus pear cooler which dribbled over her bare tummy have all cause the redness. I figured that the swollen tonsils - like golf balls - were her internal skin's reaction to a food sensitivity because of how we saw her external skin reacting.

Before removing additives, my daughter's face was always a little chubby-looking with a double chin, although she wasn't chubby. It was the swollen tonsils that were causing the double chin. Now she is more normal in appearance without chubby cheeks and an oversized swollen tongue [macroglossia]

that made her speak oddly. Even her voice is no longer nasal. My friends used to comment that she sounded like she had an accent. She also had darkness under her eyes. She is very blond with blue eyes and she always had pinkish-purple bags under her eyes. They are now gone along with her snoring right through the night!

Also, her defiant behaviour really improved and she is far more peaceful after I was able to be very strict with her "no packaged foods" diet. We now have real butter and cream in our house. I make our bread and ice cream too.

I am relieved not to have to put my daughter through surgery to remove her tonsils and adenoids, which is very common with children who have apnea. I feel strongly that everyone involved in a child's health should do all they can to find the cause of the symptoms rather than just treat the symptom by removing the tonsils. - Maree, Canada

[876] Our tonsillitis and diet experiment (November 2009)

About 3 weeks ago we decided to do a "mini" salicylate challenge with our 5 year old twin boys as it had been 8 months on the diet, and we thought we'd just give it a go, just to see (salicylates are our biggest difficulty when it comes to things they really WANT to eat). So they had things like a bowl of berries with icecream, a few Pink Lady apples, some pineapple etc over the week. By the end of the week one had tonsillitis (had not had it since we began the diet) with a vengeance. He hit a high temp of 40.1 degrees, and his tonsils were bigger, and more pus-filled than ever before! Three days later, his brother came down with it ... same, worse than ever before (he hit a new record high temp in this house of 40.3 degrees).

Anyway, thought you'd be interested. I'm convinced that the salicylates caused a shock to their immunity ... and hello, back to tonsillitis. Thankfully our GP is now convinced that the diet has made a huge difference also ... and was very glad to help us find alternatives for medication that did not have preservatives in them.

The one thing I will say is that we feel particularly vindicated regarding this diet. We know we are now doing the right thing, and certainly have some 'proof' now for all of those who don't understand or believe why we are doing this with our children. - Jenny M, by email

[848] Not only behaviour but also tonsillitis and asthma improve on diet (August 2009)

I would like to thank you for your wonderful book and website supporting the diet. Now we are in the full swing of it and have seen the difference, we share your horror at the unnecessary chemicals that are in our diet. I have become the crusader amongst our group of friends (many with preschool aged children) for feeding families "like Grandma used to".

My favourite line at the moment is "You have to think, when our parents were young, they ate apples, pears, maybe the occasional orange. All the other stuff - like Watermelon, Strawberries, Grapes - was a luxury and MAY have been eaten on special occasions". The other is to point out to people that the "Healthy Food Pyramid" that is drummed into us at every turn, that we should be eating, only suggests 2 serves of fruit a day. If this is, for the majority of the time, two pears or a pear and a delicious apple, I am sure my children (day 3 reactors!) will 'survive' in this world!

Update You will be pleased to know that we are now almost 4 months into the diet, and are so happy with the change in our children. Not only has their behaviour changed we have now noticed that we have had two other (surprising!) results:

- The boys had recurrent tonsillitis (once every five-six weeks for the past 18 months) which they have no longer have ... we had refused the operation before Christmas (to get tonsils and adenoids out) because we didn't want them to go under a general anaesthetic and were hoping the diet would help. And yay! It has!
- Our boys normally start preventers for asthma at the end of Feb and go through until at least November ... We haven't used preventers, or even relievers once since starting the diet.

So ... whilst we started mainly for behaviour, we have so many great other effects. - Jenny, NSW

[128] Food-induced tonsillitis (November 2001)

"I just wanted to say "thanks" on behalf of my family. My wife discovered our daughter's salicylate intolerance after serendipitously finding and buying Fed Up 3 years ago. It's not easy to stick to the diet, as you will know, but it's definitely worth it for the difference. If only some of our friends and family had the willpower required.

A couple of weeks ago, she transcribed the favourite recipes out of the book, to have as a handy carry-anywhere reference, also to give to the family so they could cater for our daughter if need be. Then ... we found your latest book. She has hardly put it down in the last 24 hours, except to sleep and eat, and now, to study your website! Yours are probably the two most important books in our house.

A curiosity for us was our daughter's apparent intolerance to garlic oil capsules. She was taking them for a year or so, to supplement her limited diet, and in that time, suffered repeated attacks of tonsillitis, to the extent that the ENT surgeon had scheduled her for surgery. Then we stopped the garlic supplement, and the tonsillitis disappeared. That was 18 months ago and she's been fine since. Very odd.

Keep up the good work. Many people worry about the possible problems associated with GM foods but are happy to let their kids drink something that looks like anti-freeze; taking all the junk out of what we eat would be a better first step in the right direction. Tim Tams? You can keep 'em!" - father, by email

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