

Hello Everyone - Food Intolerance Network

By Sue Dengate
Friday, 08 March 2013 00:00



A special welcome to all who have [joined our network](#) recently. We now have over 9,000 members - and the bigger we are, the more clout we have with the food industry when lobbying.

Our [latest newsletter](#) is now available and everyone loves the [Holiday Sweet Shop](#) idea from a reader. Another must-read item from our latest collection of reader stories is this thought-provoking report from a mother:

"Our daughter – previously behind in school, had trouble keeping friends, would have fits of rage then extreme bouts of depression, wanting to self harm or die - graduated high school last year with one of the highest OPs in her school which guaranteed her entry into a number of top universities"

[\[1179\]](#)

showing that food additive avoidance is not just for preschoolers. While experts lament Australia's disaster in education (

[see our report](#)

), failsafers can show them the way.

You can also see [school canteen success](#) , new [Failsafe shopping list updates](#) including safe bread and toothpaste, 12 reader experiences of withdrawal symptoms

[\[1174\]](#)

- who says additives aren't addictive? - and the ingenious colour-free answer to "my son's request for a

[rainbow theme birthday party](#)

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Thanks to all who are helping to get the word out by choosing additive free food or contributing to our website, facebook and other groups. Thanks especially to Teresa for putting together our very popular [additive/symptom based story collections](#) .

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Finally, Sue and Howard Dengate are walking the 900km Camino de Santiago in Spain until mid-May so won't be around to answer questions. Never mind, there are many supportive and experienced failsafers in the [facebook group](#) , the [failsafe forum](#) and at failsafers@yahooigroups.com to answer your questions.

Happy failsafeing

Sue Dengate

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