

## Reader reports from the Food Intolerance Network

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### ("withdrawal" keyword only)

#### [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, curry chicken, deli chicken, 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

**[1235] How long does it take for diet to kick in? (facebook thread, October 2013)**

\* Mine were the same for the first 4-5 days & then withdrawal symptoms kicked in, especially the sleep issues... We're on day 12, so hoping it is going to get better again soon. Good luck! P.S. speech concerns are getting continuously better! – Di

\* Lots of people see changes quickly. Withdrawals can sometimes kick in and you may start to think you got it wrong, but they do go to - Susan.

**[1234] One-liners (October 2013)**

After 10 days of withdrawal symptoms, our son stopped his 3 years of rage and ceased his incontinence, night pains and violence. A neighbour saw him sitting still and eating dinner and was so surprised by the calm picture that she asked if we had started training him. Ha ha...gotta love disinhibited neighbours. So thank you to you and Sue. Many many thanks – Elizabeth

**[1225] Our marriage nearly over due to food chemicals (October 2013)**

Thanks all for sharing these effects. I recently had a similar experience, having had a very high salicylate meal and wine, thought I'd got away with it, but three days later hit the withdrawal symptoms and had the bloodiest row which really quite frightened me. These are dangerous chemicals! – facebook member 4 (male)

**[1174] Withdrawal symptoms occur in the first 2 weeks of the diet – 12 reports from failsafers (February 2013)**

\* Day 4 now and into withdrawals - my thoughts are scattered, disjointed, I can almost hear my brain "creaking" as it tries to work!! Even put some bicarb into a glass and then left it there on the bench, instead of adding water and drinking!!!! Found it 1/2 an hour later. My other physical symptoms seem to have improved since day 2, but we'll see how it progresses from here, carefully recording everything too. Boy you wouldn't believe how long it's taken me to write this email!

\* We are on Day 6 today and going fantastically! No withdrawal symptoms so far, just a bit teary at night time (she says her body just wants to cry) ...

\* Our son's issues decreased within the first week of the diet. He was less hyper, more compliant, and able to sleep better, except for one noticeable withdrawal episode - his first on-the-floor kicking temper tantrum. - from story [908]

\* We booked into a failsafe dietician and started the elimination diet. Our baby son improved a little, and then had textbook withdrawal after a week and a half. In week 3 he slept through the night for the first time in 15 months ...- from story 878

\* About a month ago my daughter had developed a cold-sore as part of the withdrawals associated with going back onto the very basic elimination diet after we'd let a few too many fruits and veges creep back into our diet - from story [860]

\* I only took out gluten about 1.5 years ago, as I still had some unexplained joint pain. Didn't realise it was connected with my moods, till I came off it and had severe withdrawals - headaches, depression, diarrhoea. On challenging it, I had severe depression, disconnection with reality, had trouble making my body respond to my brain, like I couldn't make a decision to move, and terrible anxiety. So even though I was doing very well on Failsafe and not gluten free, I'm doing even better off gluten. - from story [806]

\* At this stage we think that too many amines make our son nasty and too many salicylates make him hyper. Since we took him off the cows milk as well and got over the withdrawals he no longer needs speech therapy, has a great appetite and is putting on weight, is able to enjoy play dates, is calm, doesn't complain of tummy ache etc and our life is much easier. - from story [716]

\* We did the diet for our 9-year-old daughter's behaviour problems (fighting, defiance, stealing etc). Within weeks, apart from a few withdrawals, everyone noticed an improvement and now, nine months later – what a difference! - from [528]

\* We are doing the elimination diet for my three children. I have been on the diet too and on the two occasions I had chocolate with my husband, I had a huge headache the next day. I have been a chocoholic all my life!! I also had a headache for the first week due to withdrawals, I presume. - from story [212]

\* We are doing the elimination diet to try and help our 8 year old daughter. Her main problem is that she has suffered from regular, unexplained and excessive fatigue for several years. We have also recently realised that she suffers a lot of dizziness and light headedness too. On day 3 and 4 of elimination she "lost it" - picked fights, became over emotional, almost hysterical, restless, teary, irrational, and claimed we were all against her. I was a bit scared as this was not in the least her normal behaviour. She also had some nausea. However thankfully these withdrawals eased off by day 5. The first improvement she noticed was that she didn't feel irritable any more. Then she started to say she had more energy. - from [156]

\* I went onto failsafe for symptoms that my doctors were calling irritable bowel. I had gone off antidepressants for about six months before testing for IBS, but the first thing the doctors did when looking into my bowel problems was to put me back on antidepressants. During this time I had still been eating my old diet of chocolate, plus other foods that are high in amines. So for my bowel reasons I went onto failsafe, cutting out everything including wheat and dairy. This was very hard, and the withdrawal symptoms were awful, my husband put up with me yelling at him for no except that he wouldn't go and get me chocolate! - from story [344]

\* This is our second week Failsafe and the seriously awful headaches from the withdrawal seem to have stopped and I am feeling energetic again. - from story [1137]

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