

Failsafe 75 October – December 2013

Failsafe Newsletter



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.

Read the Newsletter on the web at <http://fedup.com.au/fedup-newsletters/blog>

Download as a [pdf](#), [ebook for Kindle](#) or [ebook for epub](#).

Focus: Fedup Roadshow 2013 report

Research: How to say NO! to food

In brief: Channel 7's Today Tonight story on salicylates

Your questions: Can you explain to me why we don't get sick when on failsafe? Is there anything you can do if accidentally exposed to a large dose of perfume? What is your opinion on taking supplements after doing failsafe?

Success stories: [1216] – [1239]

Failsafe shopping list: new products, warnings

Factsheets: New factsheets on nickel allergy, clean labels a disaster for consumers, adults and food intolerance, plus a major update on failsafe weight loss

Support community: meet our members, how to get support

Cooks' Corner: Hint: Carob syrup; Pad Thai; Hearty lentil & veg soup

Thanks and admin

Hello everyone



The Failsafe Newsletter 75 is out!

It was wonderful to meet so many of you during our talks this year. We always learn heaps during the tour as you can see from the [Fedup Roadshow](#) report. Also, there are some amazing [reader stories](#), from the dramatic reports on nickel allergy, an Aspergers thread 'My asprie son went from sitting under his desk all day (we were told he'd never pick up a pencil) to an A grade student thanks to fs' plus new ribo rash stories, see photo below, and many more.



Don't miss updates on the [Failsafe shopping list](#) - my favourites would be the carob sauce and soapberries. Also, to answer a question from the roadshow, 'If I do this diet, will I look like you, so lovely and slim?', see our newly updated [failsafe weight loss factsheet](#) and [Cooks' Corner](#) for the lentil soup recipe ideal for slimmers, plus other [factsheet updates](#).

Many thanks to all who attended the roadshow talks to help, learn and share your questions and knowledge, it was a privilege to talk with you.

Happy failsafeing - Sue Dengate

Focus

Fedup Roadshow 2013 report

Roadshows give us a chance to explore emerging issues in food intolerance and our food supply. Here are our conclusions following feedback from many members during our tour. Not all survey questions were asked at all talks.

Gluten free

In a survey of 986 attendees, 1% said they were diagnosed coeliacs and 155 (16%) per cent said they were avoiding gluten. The gluten free claim is increasing on food labels and non-coeliac gluten sensitivity now a recognised condition and but there is no medically recognised laboratory test for it, so how do you know if you are sensitive to gluten?

It's not enough to stop eating gluten and notice an improvement because it is so easy to misinterpret the effects of foods. You also need to do a gluten challenge to confirm that gluten really is the culprit. Your dietitian can help with this – the recommended RPAH gluten challenge is 3 days of eating 1 cup plain uncoloured cooked pasta plus 12 plain preservative-free water crackers per day. If no reaction add 4 slices of preservative free bread per day and continue for another 7 days. A woman at the first talk found that her sensitivity to 'gluten' really turned out to be a reaction to the bread preservative, see how to avoid preserved bread in the next item below.

Another woman said she wasn't prepared to put her son on gluten so he could have a blood test or to have a bowel biopsy for coeliac disease because 'it's too invasive'. In this case, genetic testing may be useful. Over 99% of people affected by coeliac disease have the HLA DQ2 or HLA DQ8 genes and a negative test for these genes effectively rules out coeliac disease. Several attendees with these genes said they were happy to remain gluten free without further testing. More information <http://www.coeliac.org.au/diagnosis/>

The bread preservative



We showed the photo (above) of healthy looking Mission spinach and herb wraps - with 5 nasty additives - and asked how many are eating these wraps? A whopping 13% (133 from 712 surveyed) put their hands up, although some thought we meant any Mission wraps. About half said they were going home to check their bread labels. Most people were alarmed to find out that they now need to look not only for preservatives 282, 200, 202, antioxidant 320 and vinegar but also for the new Clean Label preservatives cultured whey, cultured dextrose, cultured wheat or cultured rice, and that these may be used in any breads no matter how healthy looking, including organic or gluten free.

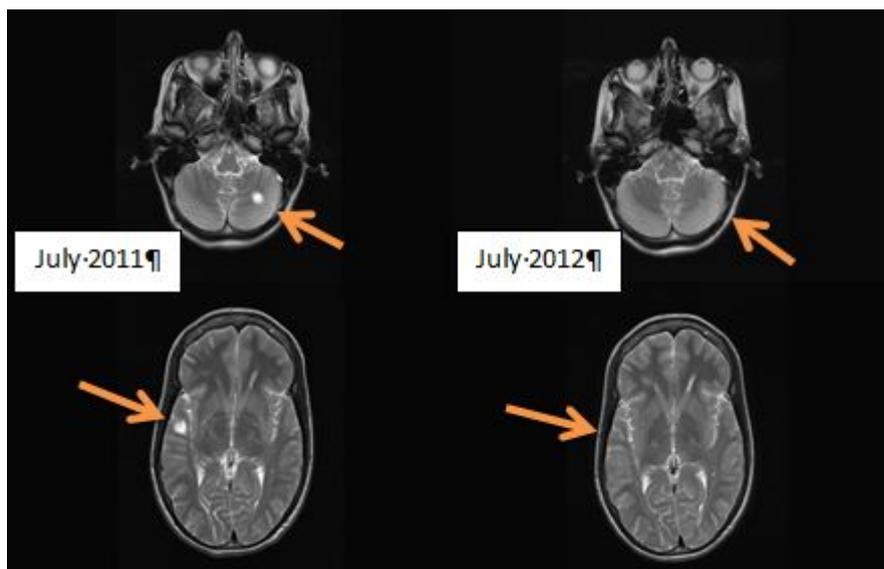
No added MSG



Most consumers think No added MSG means safe to eat. No! It usually means that MSG 621 has been replaced by Clean Label MSG-boosters 627, 631 or 635 and/or MSG- substitutes that can be listed as one or more of the following names in any combination: yeast – extract – hydrolysed – vegetable – protein – soy – maize - wheat – corn – rice – plant. These can cause massive reactions in susceptible people. We heard some pretty horrific stories including severe panic attacks, appallingly itchy rashes and alarming heart palpitations. Best story: a woman 'living on antihistamines and cortisone cream' whose 5 year itchy rash started improving within 24 hours of seeing the ribo rash photos in my presentation and removing MSG boosters in liquid stock and others from her diet.

'Lives on junk food'

I was surprised by how many people reported 'he (or she) lives on junk food' when describing a problem. Surely by now people must realise that living on junk food can make you sick. The saddest story of all was from the mother whose 20 yo son has recently been diagnosed with Multiple Sclerosis. Although MS is considered to be a degenerative, incurable disease by the medical profession, some people report recovery from MS by changing to an additive free whole food plant based diet, including an attendee at our Albury talk who sent her before and after brain scans – below - showing that the MS lesions had disappeared within a year of diagnosis. [More on our MS factsheet.](#)



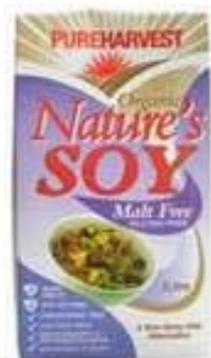
Weight loss

'If I do this diet, will I look like you, so lovely and slim?' asked one attendee. The RPAH elimination diet is not a weight loss diet, it is a way of avoiding food chemicals that can cause adverse effects. Some people lose weight without trying when they do the elimination diet, especially if they previously ate a lot of junk food or if the diet corrects irritable bowel symptoms. If not, and you want to lose weight, you may need to adopt some weight loss principles as well - such as low fat, low sugar, low salt. Failsafers have reported success with a variety of weightloss diets. If you eat like me, yes, you will almost certainly lose weight because I have been a ffeagan (failsafe vegan) since returning from hiking the 800 km Camino pilgrim trail (a veritable meat-fest) earlier this year plus I am currently trialling a failsafe version of the 5:2 diet as recommended in Dr Michael Moseley's BBC documentary Eat, Fast, Live Longer. See our [Failsafe Weight Loss Factsheet](#).

Nickel allergy

It is well known that nickel is the most common cause of contact allergy dermatitis, but less understood that nickel allergy may contribute to neurological symptoms. There were two reports of symptoms – seizures, multiple sclerosis - that disappeared when nickel dental appliances were removed. See our [Nickel allergy factsheet](#).

Are soy products safe?



One attendee handed us a note saying 'please do not recommend soy' . There is a great deal of controversy about soy products. According to RPAH, soy milks, yoghurts, cream cheese, frozen desserts and soft tofu – depending on additives and flavourings - can be suitable for the elimination diet but the following soy products are NOT permitted: firm tofu and hard soy cheese (moderate/high amines), miso, soy sauce, tamari, tempeh and textured vegetable protein or TVP (very high levels of amines and glutamates plus salicylates in TVP). There have been a number of studies suggesting health risks associated with soy protein isolate, proteins that are artificially extracted from the soybean. To avoid soy protein isolate, you can choose soy milks and tofu that use whole soybeans. For example, Pure Harvest organic gluten free Nature's Soy (ingredients: filtered water, organic whole soya beans, organic sunflower oil, sea salt, see image below). For more about the great soy debate, see http://www.huffingtonpost.com/katherine-nichols/the-soy-controversy_b_689459.html

What do you eat while you're travelling on the Roadshow?

We never eat out during our roadshows, except for soy decaf which is always safe and can be enjoyed in some great locations, e.g. the top of Adelaide's Mt Lofty. This year we have carried our Thermomix and rice cooker with us, and eaten mostly Thermomix porridge with Vitasoy milk, steamed rice (half white half brown), lots of cooked or raw failsafe fruit and vegetables (Packham and the beautiful Beurre Bosc pears, potatoes, swedes, Brussels sprouts, cabbage, shallots, garlic, lettuce, celery, red kidney beans, lentils, carrots & peeled green cucumbers (mod in sals) and cashew nuts, mostly in the form of burritos with kidney beans and veg in mountain bread or gluten free preservative free wraps, or steamed veg on rice with [That Cheese Sauce](#). Lunch is usually sandwiches using that cheese sauce as a spread with Bakers Delight bread for Howard and [Dr Dengate's UGF homemade bread](#) for me. Snacks for Howard include weetbix, saladas, ryvitas and rice malt syrup and for me plain rice cakes, cooked rice with carob topping, and [carob tofu mousse](#) sometimes with So Good soy ice cream, plus occasional failsafe treats from talks. Drinks are bottled water – we were fascinated to pass the Mt Lofty bottlers where you can go to bottle your own water - decaf, soda water and the occasional whiskey.

Support

It was wonderful to meet so many failsafers during the tour and to see large numbers of our facebook group members attending our talks. This was our last roadshow. From now on we will be concentrating more on the internet but will also be giving occasional one-off talks which will be advertised through our website. Thanks to all who attended!
[You can see many stories and comments talk-by-talk](#), with photos, for each of the 11 talks between Brisbane and Adelaide, over 8753km.

Research

The best way to say NO to food: is to say "I don't - e.g eat icecream" – instead of I can't or No. Researchers in the Journal of Consumer Health conducted studies with 150 people and concluded that 'I don't is experienced as a choice, so it feels empowering ...I can't isn't a choice. It's a restriction, it's being imposed upon you. So thinking I can't undermines your sense of power and personal agency'. Ref: Patrick & Hagtvegt Empowered refusal motivates goal-directed behaviour <http://lifehacker.com/a-scientific-guide-to-saying-no-1293242273>

In brief

See the Channel 7's Today Tonight story, which highlights salicylate intolerance and why fruit and vegetables can be as bad as food additives for some people online:
<http://www.todaytonightadelaide.com.au/stories/fruit-and-vegetable-intolerance>

Your questions

Q: Can you explain to me why we don't get sick when on failsafe? Something to do with improving your immune system? I practically gloat when everyone around me moans about their colds and flus they have all the time as I don't get them anymore!! What a relief to not have infections from colds every year now! - Rosemaree (failsafe 8 years), by email

A: It is common for failsafers to report that they no longer suffer frequent colds, flu and recurrent infections once they are established on failsafe eating (e.g. see stories [874] and [848]) - and yes, there is scientific evidence. Studies have shown that certain artificial colours and preservatives act as immunosuppressants, that is, they can actually suppress the immune system, making us more likely to suffer from recurrent infections. This has been shown in the laboratory by Greek researchers with artificial colours tartrazine (102) and amaranth (123) using small doses normally considered to be nontoxic, and by Brazilian researchers with propionic acid which is part of the group that includes bread preservative 282. As well, a US study with beagle dogs showed they were more susceptible to fatal viruses when fed indigotine (132). Failsafers who are salicylate-sensitive know that although we are constantly told to eat fruit to build up our immunity, for us, it works the opposite way. We are better off eating failsafe vegetables such as cabbage as described in [the Myths of Fruit](#).

Koutsogeorgopoulou L and others Immunological aspects of the common food colorants, amaranth and tartrazine. Vet Hum Toxicol. 1998;40(1):1-4.

Wajner M and others Inhibition of mitogen-activated proliferation of human peripheral lymphocytes in vitro by propionic acid. Clin Sci (Lond). 1999;96(1):99-103.

Hansen WH and others Chronic toxicity of two food colors, brilliant blue FCF and indigotine, Toxicol Appl Pharmacol. 1966;8(1):29-36.

From <http://fedup.com.au/information/frequently-asked-questions/diet-questions#sensitive2>

Q: Is there anything you can do if accidentally exposed to a large dose of perfume? My son is very sensitive.

A: Since the problem with perfume can be inhaled salicylates, it's probably worth trying the usual antidote – stir half a tsp or less of soda bicarb in a half glass of water. Or have a soda bicarb bath, no more than once a day. The benefit should start within minutes and only lasts for an hour. Or investigate wearing the First Defense Nasal Screens.

Q: What is your opinion on taking supplements after doing failsafe?

A: I think it is important to give failsafe eating a really good go –for at least a year, including conclusive challenges so that you know exactly what is affecting you and when. Then if you want to try supplements in a systematic way (ie as challenges, while using a food and symptom diary), you will be able to assess whether they are helping or not. However, we don't want you to talk about this on our forums because those are for failsafers and we don't want people to be confused. Do supplements work? In our experience they work for some people and not others, and are not always the magic answer that some people think at first. If you want to tell us how supplements have worked for you, please give us a report after 12 months.

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 5,000 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 which cover similar issues. And these are just the ones we get to hear about. Names have been changed to protect privacy.

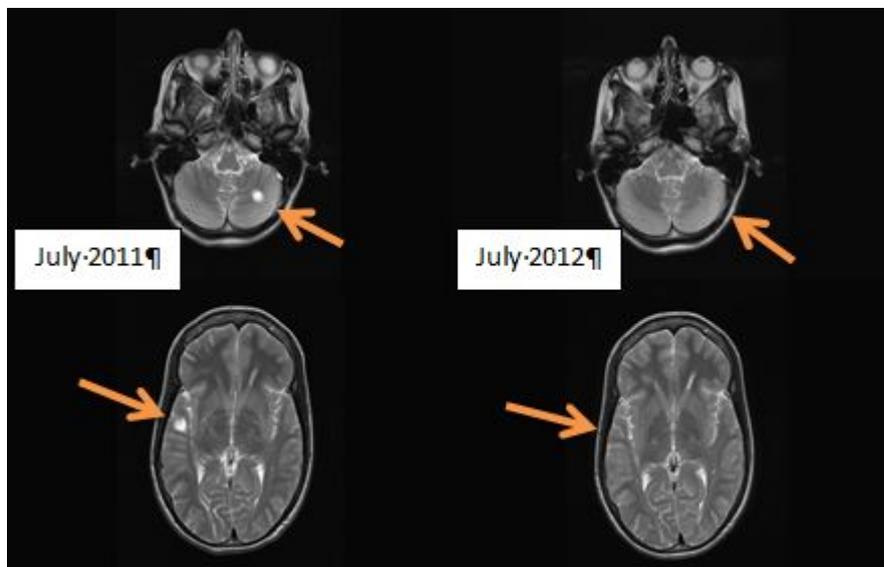
[Success story collections](#): organised by symptom or by additive keywords are proving the most popular downloads from the website. They'll be added to as time permits.

[\[1239\] Did nickel allergy trigger my mother's motor neurone disease? \(October 2013\)](#)

[\[1238\] Scary neurological problems caused by nickel in dental braces \(October 2013\)](#)

[\[1237\] An Interview with an MS failsafer \(October 2013\)](#)

[\[1236\] Danelle's story: MS reversed \(October 2013\)](#)



I was diagnosed with Multiple Sclerosis in August 2011 at the age of 30. An MRI scan showed two large lesions in my brain. Prior to diagnosis, I had experienced the following symptoms over a six year period: numbness in my arms, itchiness of the upper body, fatigue, loss of taste, blurred vision and very scary double vision. After diagnosis I had some medical treatment with steroids and interferon but decided to stop this treatment due to the numerous side-effects...

One year later, the symptoms and brain lesions had gone, see image of brain scans above.

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

[\[1234\] One-liners \(October 2013\)](#)

Want to share - thanks to Failsafe strict elimination diet then ongoing challenges since Nov 2012 (dietitians free rural FNQ medicare local care): no migraine, less anxious, less mood swings, decluttered life and home, learning how to be organised, meditate regularly = makeover. :) – Robin Qld

Just wanted to say, I am having AMAZING results with my 5 year old son!! He has gone from what I would describe as "difficult to handle at times" is now "a delightful child". It is nothing short of a miracle. Thank you so much, it brings tears to my eyes :). Just wanted to add, school was talking about possibly expelling him about 6 weeks ago. Now he is getting good behaviour certificates! – Nadyne

Thank you for all the effort put into helping others. I greatly appreciate what you all do, and it has changed my life and my family's life – Nicole

Was joking with my husband about feeling like a 1950's housewife having to make everything from scratch and not having access to 'convenience' foods, I think he quite likes that concept...! - by email, Tas

Fantastic website, have just discovered it & can't stop telling people about it – Michelle

Sue's book has been really helpful with our 2.5 year old boy. He was developing a stutter and drawn out speech impediment, but since we have changed his diet, it seems to have rectified the situation. It is alarming to learn that this was caused by foods - Ryan by email

A comment on the excellent Failsafe community...have had lovely offer from a local lady to supply very fresh eggs for my sons baked egg challenge as well as cook us some failsafe meals when baby no. 3 arrives, and another local lady more than happy to accommodate our requests for a failsafe box of fruit and veg during her co-op market run -- Amelia by email

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

[\[1233\] Feedback on reaching 5 million visitors to www.fedup.com.au \(October 2013\)](#)

[\[1232\] Failsafe for more than 20 years, now 71 and "going strong" \(October 2103\)](#)

I was diagnosed with severe salicylate & additive reactions 20 years ago. It turned my life around. I have been on a strict diet ever since and no longer have the fatigue, headaches, aches & pains etc I used to experience. Now and then I slip up and have insomnia and headaches but overall my health is much better.

I was so ill for many years, getting worse and worse with my GP inferring I was a hypochondriac. After a run around with a hormone specialist and a gastroenterologist I was finally seen by an allergy specialist. He seemed to think he couldn't help me until he put me on an elimination diet, and the result was amazing. I felt well for the first time in years. I have complications in that I have a couple of auto immune diseases - pernicious anaemia and primary biliary cirrhosis. However if I watch my diet, take my pills and get plenty of exercise I keep well. I don't know if there's any connection between my intolerances and my diseases. I am now nearly 71 and going strong – Denise

[\[1231\] Aspergers thread from facebook group \(October 2013\)](#)

My son has just been diagnosed with Aspergers. Just wondering if anyone has tried fs or other options for Aspergers such as pres and add free? – Kelee

[\[1230\] Failsafe went against everything I thought was "healthy" \(October 2013\)](#)

I found it hard to start too because I went against everything I thought was "healthy" and my first food shop was mainly white and seemed so odd to me, but after 2 weeks of the strict elimination diet and the results are incredible xxx – Deborah

Failsafe isn't about eating healthy, it's about avoiding food chemicals that you have a low tolerance for - or a diagnostic tool of avoidance in order to identify those food chemicals. Completely different thing. You then decide how to eat healthy within those limits (and, yes, it is absolutely possible to do that) - Tracy Gaze

I found the same thing when we started (we are on about week 9 now); it's a mind shift, but the results are absolutely worth it. I am very health conscious and we are able to eat healthily within those limits easily, although I'm so looking forward to being able to expand the range of veggies, even if it's only by a few varieties!! Good luck - it's an amazing journey and I've seen tremendous benefits for myself as well, although it never crossed my mind before this that I could be food intolerant - I was just doing it strictly with my boys to support them! You just never know how many beneficial spin-off's it'll have – Senta

[\[1229\] 160b: Massive meltdowns \(facebook thread, October 2013\)](#)

[\[1228\] Kids playing together nicely \(October 2013\)](#)

[\[1227\] Bipolar: NOTE TO SELF! STOP EATING AVOCADOS! \(October 2013\)](#)

[\[1226\] He had this "haze" that just made it a daily struggle \(October 2013\)](#)

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

I hope no one has a hideous experience like this! My husband was texting me all day from work about how unhappy our marriage was, that he wants to leave and that we've had a good run and should end it now. After not telling the kids that night he was going to leave (as messaged to me that day) and a big sob alone that evening he woke the next day to say he didn't feel like that at all, thought his messages were 'weird' when he re-read them and didn't know why he said all of that. I pointed out to him that his intake of steak, shop yiros and \$25 worth of beef jerky sheets in the 48hrs before Monday probably had something to do with it! He thinks so too (amines and / or nasty numbers) He usually watches what he eats but I think he was unprepared for this one! – facebook member 1.

I know I respond very badly to amines in a similar way to your husband. I get very angry and have also talked about ending our marriage during a reaction. It's like I'm possessed, now I know and understand I'm able to bite my tongue and punch a pillow or two but the fights we've had prior to realising the effects were horrid. Thankfully we've made it through – facebook member 2.

I am ashamed to say this is me on chocolate= amines. I am happy to admit this only so you know you are not alone, that my beautiful gorgeous husband suffers as you do. His way is to hear the words that are usually underneath all the rubbish. Most of what comes out those days is what is true for me, but under the surface and never mentioned except those days, so he listens and deals with those things, which is honouring.. .but I am a chick, so that may not be the case for your husband.

The guilt and the pain I feel when after a few days when it is all gone is unbearable so I try to stay away if we have eaten chocolate etc. I am learning to understand the difference between real issues and these amine feelings which seem so real! – facebook member 3.

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)

[\[1224\] 635, 621: I have been trying to identify this cursed rash for years \(October 2013\)](#)



I have been trying to identify this cursed rash for years and your website I believe has finally helped. I prepared fresh chicken soup yesterday using raw chicken and fresh vegetables, however I added three packets of Campbell's soup to enhance the flavour. Within 30 mins I had the type of reaction shown in the photo attached. Surprise, surprise when I looked at what the packet contained it had 635 and 621 additives. I looked them up on your website and sure enough the symptoms matched. Interestingly the web site mentions that the body's reaction is not like a real allergy and that bears out from the blood test I had which showed during my reaction the IGE antibody concentration in my blood was within its normal range. This had the doctors scratching their heads.

I have worked away for many years and get reactions generally away from home. This was because I was eating at restaurants and had no control over what went into my food. You can use these photos of me as an example of the chronic reactions you can get to these additives. This was a great web site after having gone to many doctors who were clueless. Some of these reactions can be quite dangerous and worrying when you don't know what causes it. Now I think at long last I am on it – David from WA.

[See ribo-rash factsheet](#)

[See collection of many similar stories](#)

[\[1223\] 200: Sorbate preservatives and migraine and mood disturbance \(October 2013\)](#)

[\[1222\] Tresillian 'controlled crying' didn't work \(August 2013\)](#)

[\[1221\] 202: Night terrors and sleep disturbance in a senior related to potassium sorbate preservative? \(August 2013\)](#)

[\[1220\] Nosebleeds from milk \(August 2013\)](#)

[\[1219\] Obsessive sex drive normalises on diet \(August 2013\)](#)

[\[1217\] Food intolerance list is a mile long, maybe Eosinophilic Oesophagitis too \(August 2013\)](#)

[\[1216\] Food intolerance linked to numerous miscarriages \(August 2013\)](#)

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

Fail-safe shopping list: new products, warnings

[The Fail-safe 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:

New products: Carob sauce and carob kibble. The sauces are just carob and water; the kibble is surprisingly sweet and acceptable as a snack. Look at www.australiancarobs.com and www.thecarobkitchen.com.au



New product: Simply 7 Lentil Chips sea salt flavour. Ingredients: lentil flour, potato starch, safflower oil, sea salt. Fail-safe, gluten and dairy free. Available in Coles supermarkets and others. <http://www.simply7snacks.com.au/lentil-chips-sea-salt/> Reader review: *These are really good - thanks to Mariette*

New product: New Zealand Sheep Milk Powder - suitable for those who can manage A2 but not A1 milk powders, though not cheap. Now available in Australia from www.numbereightfoodgroup.com.au



Rafferty's Garden snack bars no longer contain annatto 160b. This will not be necessarily be reflected on the packaging, however, any products with an expiry date of March 2013 onwards DO NOT contain annatto (more details <http://www.raffertysgarden.com/content/fruit-snacks-bars-blueberry-banana-apple> though obviously not for failsafers with sals or amine sensitivity.)

Vaalia annatto-free yoghurts have recently started hitting the shelves. Always read the label, as some still contain annatto. It's good to think we have made a difference! (this was a Now Targeting initiative by Food Intolerance Network members).

Soapberries as an alternative to laundry soaps. Talia from ThatRedHouse www.thatredhouse.com.au demonstrated her organic hypo-allergenic soapberries product in Adelaide. These can be used for laundry, shampoo and household cleaning. They're the seed of a tree that ends up in your compost after cleaning your clothes. *So far I've only tried them in the washing machine, and I love them!* - Sue

Gourmet crackers - Tucker's Natural Gourmet Crackers supplied free samples of their failsafe poppyseed, oatmeal and vanilla crackers in Adelaide - see www.tuckersnatural.com.au



Blackmore's sustained release Multivitamin, which is recommended, has changed label it appears to Blackmore sustained release Multi + antioxidant. Same product.

Crisco oils. There have been repeated complaints from members that the sunflower oil in particular, which is an imported product with no added antioxidant, has a range of effects on food intolerant people. We have confirmed with GoodmanFielder that there is no hidden antioxidant but complaints continue. Might be better to avoid this and the canola oil for which we also have some complaints.

Factsheets

[New factsheet on nickel allergy](#) - nickel allergy can cause inflammation in any part of the body – inside or out - including gastrointestinal, respiratory and neurological symptoms.

[New factsheet on clean labels a disaster for consumers](#) - reassured by appearances, consumers are responding to the new clean label policy by inadvertently consuming heaps of additives. As artificial colours are replaced by annatto, sulphite preservatives are replaced by sorbates and flavour enhancer 621 gives way to free glutamates, we are receiving increasing reports of reactions – including children's behaviour and headbanging, itchy rashes, heart symptoms and anxiety - to annatto natural colour, sorbate preservatives and MSG substitutes in their myriad forms from people who didn't even realise their food contained additives.

[New factsheet on adults and food intolerance](#) - food intolerance affects adults as well as children. Many symptoms have been reported in readers aged from 21 to 97.

[Updated factsheet on failsafe weight loss](#) – major update, including details on low fat/high starch and ffeegan (failsafe vegan eating).

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](#) (5,000 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.



tweet as [@failsafers](#) (note the plural).

Over 5 million people have now visited www.fedup.com.au, between 3,000 and 4,000 visits per day. Nearly 10,000 families now receive this newsletter.

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://www.fedup.com.au/images/stories/archive/dietitians2012.pdf> - for privacy reasons this file is password protected. The PASSWORD is failsafe. Please email confoodnet@ozemail.com.au if there are any problems.



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. ½ a cup is 100 times ¼ of a teaspoon, and given my scent problems I'm probably highly sensitive. Now I can try again. - failsafer, NZ

Cooks' corner

Hint: Carob syrup (see [Failsafe shopping list](#)) - can be used as a topping on porridge, icecream or even as a soy sauce substitute. *"I use it as a stirfry sauce and as a gravy in beef pie"- thanks Toni.*

Try <http://www.domesticdivaunleashed.com/failsafe-chinese-dumplings-and-chive-pancakes> and <http://www.cookingforoscar.com/recipe/failsafe-foodies-magic-sauce/> for some excellent recipes.

Pad Thai - *"I made the pad thai recipe from the Failsafe Foodie website (using tofu for a vego option) and it was amazing – the world is a far better place with good, tasty food in my belly!!!*
<http://failsafefoodie.blogspot.com.au/2012/08/the-spice-of-life.html> - thanks to Julie, failsafe vegetarian

Hearty lentil & veg soup

This low fat soup is healthy and filling, ideal for slimmers at about 140 kJ per 100g (33 calories)

1 large leek, sliced fine

5 shallots (the ones without the bulb), cut fine

2 tsp canola oil

2.5 litres water

1 cup red and/or brown lentils

3 potatoes, peeled and cubed

1 large swede, peeled and cubed

1 cup celery, chopped

1 cup chopped cabbage

8 Brussels sprouts, sliced

Put leek and spring onions in saucepan with oil, cook gently with stirring 10 mins. Add water and start to turn up heat. Rinse lentils and add. Prepare and add vegetables. When boiling, reduce heat and simmer gently until cooked, about 40 minutes. Serves 6 as a main meal.

Thanks and admin

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Disclaimer: the information given is not intended as medical advice. Always consult with your doctor for possible underlying illness. Before beginning dietary investigation, consult a dietician with an interest in food intolerance. Information is drawn from the scientific literature, web research, group members and personal enquiry; while all care is taken, information is not warranted as accurate and the Food Intolerance Network and Sue Dengate cannot be held liable for any errors or omissions.

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