

## Reader reports from the Food Intolerance Network

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("encopresis", "sneaky poos/poohs", "soiling", "wetting", "incontinent" keywords only)

[1327] Salicylates and the changing face (March 2015)



I could not resist sharing these photos of my little girl about 2.5yo pre-diet. On the left is the face we saw most days, all day. On the right is her now, the new girl. She has just started school and her teachers have said how great her behaviour is in class. So, for those just starting this journey of discovery, keep up the good work, be patient and good results will come.

The Pre-diet girl showed signs and symptoms very similar to severe ODD, ADHD, with anger, over emotional, anxiety, inability to concentrate on a task, several tantrums a day with each lasting anywhere up to 45 mins, self harm, irritability, aggression, frustration, laughing when inappropriate, waking screaming and going to bed screaming, very frequent wees (incontinence), aching limbs at night, blocked nose/sinus, itchy skin (no rash) sleep disturbance, lacking energy, sensitivity to touch, sounds, smells (Sensory Processing Disorder). We changed her diet just prior to her 3rd birthday and within two weeks we saw a completely different child. Even her little face changed. She became a calm, normal, loving, happy, intelligent, creative child. Her behaviour changed to what we would call normal 3 yr old. The odd tantrum, but not lasting long. The other issues she was also dealing with, just about disappeared or were greatly reduced ie sensitivity to sound/touch, aching limbs at night, incontinence, making toilet training possible. If they returned, we knew that we had gone over the salicylates threshold. We stick to a diet with her of low/mod sals. Knowing her diet, we can sneak in the odd strawberry or other higher sals foods here and there. No preservatives, additives, msg, artificial colours for her where at all possible. She is my third child, first child from second marriage. My other two children have no issues like this. Oldest has lactose intolerance. Youngest from second marriage has lactose intolerance too. Having ulcerative colitis now at 44, I realise that I had my own food sensitivities as a child and continue as an adult. I admit though, that we have not done strict challenges - Jan on facebook

**[1312] 160b annatto: One-liners (March 2015)**

All I know is that my 5 year old cannot tolerate this at all, bed wetting, aggression, risky behaviour like running out in front of cars and just all round horrible naught behaviour of course a huge amount of food had this reaction but I have found 160b one of the worst for him (microwave popcorn oh good Lordy it's revolting the reaction) - Debbie

**[1280] Encopresis: "my 7 year old son was CURED after five days on the diet" (November 2014)**

I found a great dietitian through your website and can't recommend her highly enough. She was smart and compassionate, up with the details and yet practical. Nothing loopy or vague about her, and yet she understands when feeding a child you really need some options you can make spreadable!

I also want to share that after 3 years of seeing a gastroenterologist with encopresis, my 7 year old son was CURED after five days on the diet. My husband who was initially a little bit sceptical (although supportive of trying) is also totally amazed after seeing the results, and telling our friends about our success with the Failsafe diet. Our son's whole personality has changed now that he doesn't have a sore tummy and solidified poo all the time. I hope that one day soon there is a refereed medical paper on this, as there are so many specialists saying "it's only anecdotal". I have to say that the dietician said she has rarely seen such a quick response so we may be somewhat unusual. Our son also had strong negative responses to the challenges we did later on (although each one took about 5 days to show). In fact after the amines challenge we could not get him feeling healthy and having normal bowel movements again without a laxative "washout". We have decided to keep him on the strict elimination diet for six months before we try to do any more challenges.

Interestingly, although my husband and other son found no changes on the elimination diet, I felt better than I had for years and have chosen to follow the strict diet unless I am eating out with friends. Both salicylates and amines (and I suspect sulphites although have not bothered doing a specific challenge) affect my mood, and muscle fatigue and pains I have lived with for years. I have been a functional parent and employee as viewed by outsiders, but insiders know how much I struggled to keep it all together. Things are much better now on the diet.

Thanks for your great work with the books and the website. We would never have heard about this otherwise. - Marita

**[1265] One-liners (March 2014)**

I am a recent convert to failsafe eating after a friend told me how she cleared up her daughter's eczema. Our family is currently on the elimination diet to try and figure out exactly which food chemicals affect whom and in what way ... Our oldest daughter's eczema and mood / engagement has already been transformed by cutting out gluten and cutting down on salicylates from term 4 last year. She is literally a different child. My other daughter's problems (6 yrs old) with wetting her pants during the day / sneaky poos / wetting the bed occasionally have absolutely stopped since she went off dairy - Edwina

**[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

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

I will forever be grateful for all the hard work that has been put into devising this program.

One of my 4 kids was just hard hard work, behaviourally I found it so hard to parent this child he had this "haze" that just made it a daily struggle that affected all of us the older kids would be so embarrassed with some of the things my Billy would do and he was dangerous running in front of cars and would chase the school bus everyday, I ended up not taking him anywhere as the looks and comments from people were soul destroying.

We have been FS for 4 weeks and I saw a quick change in this child and he is amazing!!!! we have spent the school holidays out doing things, restaurants, movies, parks and shopping, I managed to take him food shopping which I would normally avoid like the plague and he was perfect he just held the trolley and walked the isles chatting!!!! He is the most caring, helpful and funny little guy I know and the bed wetting, terrors and restless legs have gone too I just can't believe what a totally different child I have.

I have tears in my eyes thinking about all the times I would just sit and cry because I didn't know what to do and had resolved myself to the fact that I was just a crappy parent, I now feel so very blessed to have to answers so thank you so very much xxxxxx - Deborah by email

**[1210] Bedwetting thread from facebook group (July 2013)**

My 5.5 year old still wets the bed (and has anger issues and self control problems etc) so we are setting up to start the diet. But could I expect the possibility of him stopping wetting the bed in the process. Is that normal thing to expect? - Bree (Later: diet was not enough, as Bree said "we have a bed wetting alarm but he is too immature to use it, he undoes it and pulls his pants down")

Within a week, my little one stopped bedwetting and stopped having night terrors. For years, both would only happen as part of a reaction. It can happen - Tracy

I don't know when he stopped because I wasn't expecting it, but I just figured he would grow out of it when he was ready, wasn't expecting diet to affect it. I should also add that when we challenge him or re-introduce sals the bed wetting at night starts again - Selina

My daughter was just short of 4 when we started failsafe and stopped wetting the bed within 2 days. Only time she wets it now is when she has amines or preservatives in high doses - Danielle

So for bed wetting it is all or nothing. I am just doing low sals at the moment so is it unlikely I will see a change until I go all out? - Bree

If sals is the only thing your child reacts to it may work....but if there is other reactions then maybe not....or it may not be the food at all. Good luck! - Danielle

My son started bed wetting when we went failsafe because he was sleeping too well. It only lasted a few weeks. Something to think about?? - Eilis

I am still learning about failsafe and there is a lot to learn. Could someone explain how the food affects the children to wet the bed. Is it because they constantly wake during the night due to being restless? Thanks in advance - Melody

For us Melody it just seemed to go hand in hand with poor sleep, restless, unsettled behaviours day and night. But not sure why really. My daughter stopped wetting the bed and slept through the night for the first time ever when we started failsafe, so we just assumed it was diet related!?! And when she eats the wrong things the restlessness, night wakings and bed wetting comes back. I wonder if it has anything to do with muscle tension or control or something? Have never thought about it. Great question! - Danielle

Our son stopped at aged 8 in the first two weeks of full elimination, and it was a clear sign for salts, and preservatives for us when challenging, he also had bowel control issues with these as well (the sneaky poo's) our son slept through deeply before failsafe, but now seems an easier waker, as he can tell us about what goes on after bed, but has remained dry on failsafe, so no that theory might not work either - Ries

Two of mine stopped wetting when we started FS. This weekend was a non failsafe weekend as they were at their Dads. Woke up this morning, one wet bed! - Tanja

See more at <http://fedup.com.au/factsheets/symptom-factsheets/bedwetting>

#### **[1192] Encopresis due to salicylates and amines (February 2013)**

My nephew was put on the diet for encopresis and I know that it helped him - salicylates and amines to a lesser extent ended up being the culprits, but I know that with him it took AGES (I mean several months) on the baseline /strict diet before they saw improvement. I encourage you that sticking with the strict diet for longer may be what his body needs to heal and recover - Peggy

#### **[1191] Encopresis due to salicylates, dairy and gluten (February 2013)**

The failsafe diet definitely improved my son's bowels. Salicylates, dairy and gluten seemed to be the main culprits for him. Ultimately, though, it was strong probiotics and home-made yoghurt that seemed to fix the problem. He was dairy intolerant but we started with tiny amounts and now he's eating 2 bowls of yoghurt a day - Veronica

#### **[1190] Soiling every day (February 2013)**

My eldest son has always had epic meltdowns and tantrums, just thought was his personality. Last year he was getting way out of control and then soiling every day, it took me a while to realise this as I just thought he wasn't wiping properly. Doctors visits, movicol in large doses all to no avail. A friend put me on to the fed up site and its been great. He is currently gluten, corn, soy free, only allowed A2 milk and keeping ALL colours flavours glutamates and nasties from his diet. Have been to gastroenterologist and done a seven day movicol clean out followed by a differing daily dose of osmolax and toilet time 2 times a day. I have been giving him a probiotic " Polybac 8". The change in him is amazing. It has taken a year of research and lots of mistakes, not checking ingredients properly especially if packaging has changed has been a challenge and adds to time in the shops but rather there than a meltdown for days on end. Swimming for 5 hours in inside chlorinated pool was not a great move for him as next day was teary and emotional so now we know to limit inside pools - Denise

#### **[1189] Wetting for 18 months, now up to 9 days dry on diet (February 2013)**

My daughter has been suffering wetting for about 18mths now. I had been everywhere and back with doctors, scans. con. clinic. They were pretty much no help as it continued. Than my sister introduced me to FS and ED and said it could help. After my own research, I saw a dietician and now we are on day 5.I made small changes to her diet a couple of months ago & saw improvements. We

managed to get 7 days in a row dry. Then, with Xmas/New Yr went backwards. Now, today it is her 9th day dry. I am convince that this really works - Nicole

### **[1188] Encopresis and leaking with five siblings, fixed by diet (February 2013)**

We have had encopresis with our son, whose behaviour was the reason for failsafe but had no idea encopresis was related until it stopped, just thought it was behavioural or through stress. He is 8 and it was causing terrible problems at school, also leaking urine too with complete denial even if we took all his clothes off and showed him the evidence! At our wits end with that and behavioural probs, amongst others. Two weeks into the elim diet and it all stopped so I thought it would probably be just a development change... until he ate some things by mistake off the diet (additive related) and it all started up again. He has been milk protein insensitive since birth and yet can tolerate milk in cooked foods or so we thought. When on the diet if I cooked with milk, he got encopresis, and finally I worked it out. Stopped EVERY bit of dairy except small amounts of butter and he has no problem but if I bake or cook with any milk at all it comes right back. So for us it was going lactose-free as well as milk protein free...the urine leaking has also gone.

Then there was his sister who had been toilet trained a year or more for wee, but not poo and seemed to be going in the same direction. She is NOT lactose or dairy intolerant and has A2 milk on the elim diet. She 'trained' or gained her bowel control in week two of the diet as well, with no probs since, except with a few slip ups as well on the diet, same time as her brother.

Interestingly, the youngest has just toilet trained as well, he was almost 3 when we went on the diet so the time was right but he showed absolutely NO understanding of when he was going until the diet, and began to tell us straight away. I just did nothing about it as it was winter and too hard with a new diet, new job and child care etc, so I waited until holidays. He has had no 'accidents' unlike 5 of his siblings. I am putting it down to preservatives as well as dairy for some of them.

We have a family history of bedwetters until about 10-12 years of age, and also every one of them a dairy problem except the 5th one - Ries

### **[1150] Relief for dodgy bladder - urgency and frequency (October 2012) COURAGE AWARD**

I've done 14 day of strict elimination, and am now doing the salicylate challenge.

So far, I have had relief for so many symptoms, the main one being a 'drugged' feeling in the morning, even after 10 hours of sleep felt I needed another 6 or so hours..... Within a few days of starting elimination, this ridiculous lethargy is GONE! My 18yr old daughter has the same symptom, and inspired by my result, she is now doing the elimination diet also. She has also had relief from feeling 'drugged', after a few days.

My biggest triumph is with my bladder though. All my life (I'm now 45), I've had a dodgy bladder urgency and frequency. Often managing to produce only tiny amounts of urine, but have to go NOW. The embarrassments and shame I've endured over the years.....

Anyway, at the end of the first week of elimination diet, I noticed that my bladder was less sensitive. Those 'urgent urges' still come sometimes, but I can hold them off and not have to go to the toilet 3 times in one hour after a cup of tea. My bladder capacity seems set at 250mls though not a lot. At various times, I have tried to do bladder training, which aims to increase the capacity by holding off a bit longer, then a bit longer to 'stretch' the bladder. With my extra-enthusiastic bladder muscles, I just could not manage to do this.

Right now, it's happening! I feel I have some control over my bladder.

I'm hopeful that it will improve more over time, but if it doesn't, I'm very very grateful for the improvement I've had cannot tell you how much this condition has affected my life always looking for a toilet, going 'just in case', embarrassing accidents etc. Bit reluctant to do any challenges, for fear that my bladder will go backwards, even if it's only temporary. But I need more variety of food!

Many years ago, a urologist told me that he couldn't help I'd had all the tests and investigations etc already and he could find nothing physically wrong with me. He said that he saw 6 or 7 women EVERY WEEK with my problem. All of them had, apparently, 'nothing wrong with them'. Yet they still had urgency and frequency.

At various times I eliminated the usual suspects coffee, chocolate, alcohol to no improvement.

No one ever suggested that it was the normal, healthy, every day foods I was eating that might be the problem. I cannot believe it has taken me this long to stumble on a solution and reclaim a part of my life previously spent crossing my legs, rushing rudely away from conversations, desperately hunting for a toilet, desperately queuing for the toilet, weeing in all sorts of embarrassing places due to lack of toilet, actually wetting myself and having to clean up and change clothes, and on it goes endlessly.

I know it is early days yet, but I am just so thrilled to have had the improvement I'm experiencing.

Thank you so much Sue, for your excellent work I will be forever grateful. - by email

#### **[1146] RN doesn't know about salicylates and sticky poos (October 2012)**

I am an RN (registered nurse). I run an encopresis and continence clinic and am interested to hear more about what you describe as 'sticky poos'. I obtain great success with her management methods, but I currently have a case where the boy's faeces are so sticky it's like a layer of wallpaper on his bottom." (We would regard this as due to food intolerance – most likely salicylates - and would expect to see the problems resolve completely on the elimination diet) – from Fedup Roadshow 2012

#### **[1096] 282: bread preservative 282 causes bedwetting (February 2012)**

In around Oct last year, my 8 year old son, who is usually dry at night, started wetting his bed. He wet it every night for over 2 months. During this same time, his twin sister – who has never been dry at night, went from wetting her bed once a night to wetting at least twice a night. Even their 3 year old brother, who was occasionally dry, stopped having any dry nights.

The first think I started to think about was what had changed in our diet, since it was something affecting all 3 of them. I was Googling away when I happened to come across your Food Intolerance Network site and the link between Calcium Propionate and bedwetting. I found a "what's in your bread" website (since we were in the car on a journey up to Scotland, and not at home) and discovered that the "healthy", Warburtons Seeded Batch Loaf which we had switched to about 2 months before contains 282. I have not used it, or any of the bagels or wraps (all with 282) we used to buy again and my son has not wet his bed once since then – apart from last Monday night. The

children went back to school this week and go to an after school club on Mondays where they get sandwiches for a snack. I called the manager to find out what kind of bread they use – and sure enough, it is a long-life bread with 282. I explained all the dangers of this particular preservative to her and she was most willing to switch to a safer brand in future! – Michelle, UK

**[1073] Some feedback from the Fedup Roadshow 2011 (September 2011)**

'Thank you, I am blown away by your information. My son just loves his fruit' - mother of an 11 yo with encopresis who had been avoiding additives but didn't realise about salicylates.

**[1029] Sneaky poos (May 2011)**

We started the strict elimination diet a year ago and have been following it since then for my 6 year old son because he was diagnosed with encopresis, given drugs that didn't work and was soiling his pants every day at school. Horrible. When we started the diet we had amazing success. He started pooing in the toilet every day and the pants soiling stopped almost immediately. The only time that this happened again for all of last year was when he was reacting to something through challenges or by something that snuck into his diet. – Toni

**[977] Two brief reports: Stopped wetting her pants (October 2010)**

A week after starting failsafe my eldest (3 1/2yr old) stopped wetting her pants which was nothing short of a miracle and has now gone to bed two nights in a row without a nappy!! – Anna, Vic

My 5 year old has a bladder problem. When she has to go toilet, she has to go NOW or she will leak and wet her pants. We saw a dietitian and started the diet 3 weeks ago. We are dairy free and are going into our 4th week now. We have seen great changes, in all three children. I'm doing the diet too and feel better, less stressed, more patience. Our daughter has had 7 dry nights in a row ...  
Wendy, Perth

**[975] Bedwetting and salicylates (July 2006)**

I have got a 10 yo who is hyperactive and an 8 yo who wets the bed. I recently browsed your website and was astounded with what I found. I was feeding my children with additives just in their sandwiches every day from the bread to the cheese without even realising. I recently changed their toothpaste to a mint one and couldn't understand why one of my children was off this planet with behavioural problems and the other was wetting the bed a lot more. I would never have linked the problems to the toothpaste. I read about salicylates in the mint toothpaste and stopped immediately. The bed wetter has improved already. We have cut additives out of our diet and it seems that as long as we limit the amount of salicylates in fruit and vegetables that he eats, he doesn't wet the bed. – Tania, by email

**[970] Sneaky poos and severe constipation improve within a week (July 2005)**

My son is 6 years old and for the past year he has suffered from Sneaky Poos and has also suffered from SEVERE constipation. His bowel was so enlarged that he dirtied his pants on a daily basis. He claimed he could not feel it when he messed his pants.

As you can imagine, this was an extremely embarrassing problem for my little boy. I had taken him to the doctor on numerous occasions and was given Parachoc and Duphalac which I administered on a daily basis, and even though they did work, they did not solve the problem as to why he was dirtying his pants EVERY day. I also took him to the Continence Clinic to determine whether or not he had a psychological problem with going to the toilet. Although they were wonderful and supportive, my son still continued to mess his pants.

I was at my wits end, and very near hysterical when I was blamed for my son's behaviour. I went and saw my doctor who mentioned that he had heard of a "lady who deals with food additives" and referred me to a dietitian.

The results are amazing ...my son was placed on the strict elimination diet, and the results were clearly seen by the end of the first week. He is now going to the toilet every second morning and not messing his pants during the day. He has lost weight, and his concentration span has slightly improved. I am only in week 3 and still sticking to the diet with him. He loves coming shopping with me and purchasing his special "Treats". He tasted Brussels sprouts for the first time in his life and actually liked them (no sorry I cannot succumb to them!) I will continue on the diet and commence the challenges soon. I am so pleased with the results. – Anna, Qld

#### **[969] Sneaky poos and salicylates (October 2010)**

Regarding my son and salicylates, he found the last of the watermelon yesterday and today we had the worst case of soiling I can ever recall. He told me it just slipped out. He is nearly 6! He did try to clean himself up but as they do he made a bigger mess. We are very strict with his diet, well, normally. There's no watermelon left now, the chooks enjoyed it. Thanks heaps.

#### **[968] Sneaky poos and salicylates (October 2010)**

We did the failsafe diet as a family for our seven year old's behaviour issues. I would have said there was nothing wrong with the four year old. He used to poo in his pants sometimes but I just put it down to being too busy to listen to what his body was telling him. Now we've just finished our salicylate challenge, I realise how wrong I was. It was salicylates! And I used to nag at him to eat fruit and vegetables thinking I was doing the right thing!

#### **[967] Sneaky poos and amines (October 2010)**

I'm writing to say thank you for your work that has made such a huge difference to our twelve year old son. He used to live on stuff like cheese, ham, bacon but now he knows his sneaky poos are related to amines, he sticks to his diet really strictly. Of all the problems caused by foods, soiling really is the worst. No one ever talks about it but the stigma at school is terrible. The other kids used to call him names and make fun of him. My heart breaks for him when I think of what he had to go through, and no one else has been able to help us.

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

A week after starting failsafe my eldest (3 1/2yr old) stopped wetting her pants which was nothing short of a miracle and has now gone to bed two nights in a row without a nappy!! – Anna, Vic

**[904] 160b: Sneaky poos reaction to McDonalds Soft Serve (June 2010)**

It seems every time after Soft Serve Ice cream my 8 yo daughter has sneaky poos. Even when we tried it yesterday without the cone. She gets them about an hour after the ice cream. - Alison, Qld (annatto has since been removed from the McDonalds Soft Serves)

**[903] 160b: Attraction to the colour yellow (June 2010)**

My 6 and a half year old daughter has been diagnosed with PDD-NOS. Since about 6 months of age, we have given her those kids' yoghurts that you buy in 6 packs with the kids themes like Nemo and Bob the builder. We thought that because she wouldn't drink milk we needed to give her a dairy substitute, and that they would suffice.

While being a generally placid child since birth, she displayed difficulty concentrating on tasks, a great attraction to the colour yellow, meltdowns at times such as leaving a friend's house or upon being denied a request, sneaky poos, bedwetting, and poor fine motor skills. She was assessed as having a severe speech delay when 3 and a half. Her drawing was at best scribbling in a general area, and she had great problems following dotted outlines of alphabet letters. She displayed very poor short term memory, and repetitive behaviours. She was also wanting food all the time, although she is not overweight. She only drinks water, has never eaten confectionery, has ice cream on the odd occasion, but otherwise generally eats rice bubbles, weetbix, watermelon, grapes, apples, pears, occasionally custard, and plain biscuits. Dinner is usually either rice, pasta or mashed potato with steamed veggies and fish, chicken or beef with no added sauces.

Recently we were made aware of your book and in particular, the adverse effects of the 160b colouring additive. Upon reading up about it in the book, we also looked at the fed up website where we noticed the link to PDD-NOS. After reading some of the testimonials and realising that many of the other parent's experiences were sounding familiar, we decided to eliminate 160b from her diet.

We initially stopped the kids' yoghurts, which she had been having up to 5 a day, on 22 February 2009. Within about 4 or 5 days her drawing had improved remarkably, she could follow dotted lines correctly, her concentration to tasks jumped, not one meltdown occurred, her sneaky poos stopped, bedwetting reduced, and her speech started to improve noticeably. After noticing these improvements, we then looked at the rest of her diet and switched to Brumbys bread, eliminated anything else that we thought had 160b such as custard, switched to A2 or Jersey mik, and stopped using fabric conditioner. We have noticed over the last month that she seems to have matured noticeably, is more compliant, and is more focussed on cognitive tasks. Her teachers and tutors have all noticed a dramatic improvement in her learning ability. She no longer seeks food constantly, has lost her attraction to the colour yellow, has mostly stopped her repetitive behaviour, and her short term memory is markedly better. In fairness, we also started a reward scheme to help stop the sneaky poos at about the same time. However, she is a bit unique in that except for the 160b element, she was virtually following a failsafe style diet already. So we have been quite surprised that it seems that removing 160b has had a dramatic effect for her. -Sharon, Qld

**[853] Additive-free, but favourite foods were tomatoes (August 2009) COURAGE AWARD**

We're 3 weeks in to Failsafe, and I feel as if I've won the lottery!!! 3 kids aged 10, 8 and 5, all extremely active and slightly frenetic. The oldest was diagnosed with Aspergers and ADD at about 6 years of age, but concerns were noted since he was about 4 - very fixated on certain activities, difficulty being aware of his environment, very impulsive etc. He repeated reception as he was really struggling, very highly strung. We cut down on additives with some improvement, but he was still very hooked into his own thoughts and obsessional in thinking and behaviour, talking out in class, struggling academically. He was still incontinent of number ones and twos, as he had such poor awareness of his body, and inability to attend to more than one thing at a time (ie concentrating on schoolwork or a game, and bodily sensations).

He was placed on Concerta (a type of Ritalin) at 8 years of age, which led to a very noticeable improvement in ability to concentrate in school, and less impulsivity. This was the very thing we had not wanted to do with our child, but we couldn't continue with daily sneaky poos, constantly spacing out at school, and that level of impulsivity was taking its toll on the whole family. While I do believe medication is over-prescribed and should only be a last resort, we had done everything we could, and it did help. I strongly believe parents should not automatically be judged for medicating their children, we are all doing our best, with whatever information we have.

He began to really shut down about 18 months ago, becoming very isolated, spending every school break time alone reading, and not even responding to questions at home, instead preferring to read alone. He was very sullen, on bad days yelling at schoolmates who tried to engage him. He had no friends, and swung between a sullen and angry boy, or a highly impulsive, giggly and inappropriate "in your face" kid.

We had been additive free for some time, and he had a blood test which showed he was intolerant to wheat, strawberries, dairy and cocoa so those were out also. We had done the rounds of psychiatrist, psychologist, social skills training, occupational therapy, etc.

He is now in year 4 and just prior to commencing diet, he dirtied his pants at school and then told a classmate about it! I panicked, I could not pinpoint any additives that would have led to the behaviour, and I felt desperate. I went to the Autism SA resource centre where I found "The Failsafe Cookbook", and I haven't put it down since!

Our oldest son's favourite foods were tomatoes, and Nonna's pasta and meatballs - he would scoff a whole punnet of cherry tomatoes in one go if he could. Our second child could have best been described as a fruit addict, regularly eating 5 apples after school (I would find the cores littered around the house). He is an academically capable kid, but could be very oppositional, and was diagnosed as having an auditory processing disorder. He was very hyperactive also. Our youngest daughter had an almost normal diet, I think because I was so exhausted from meeting the needs of the older two that I didn't have the energy to say "No", to be honest!! I did notice that she was much harder to settle to sleep than the other two, especially after eating raisin toast (even with "no preservatives on the pack!), and flavoured snacks, which were given by friends etc.

Since the diet, the improvements have been extraordinary! I had to have a meeting at home with a colleague, and my children played lego together, without arguing mind you, for about 1.5 hours!!! My oldest has dry pants at the end of the day, responds when asked questions, engages in

appropriate conversation, and most heartwarming of all, has had several successful playdates with a boy from school. I was able to leave all three with my mother last week while I worked without her having a breakdown. She was shocked at the difference, and my father reported that my oldest pruned a whole row of grapes for him!

The "fruit addict" is the most changed! He is polite, helpful (someone pinch me, please!). Our daughter is sleeping better, still has made an artform of irritating her brothers, but our home is overall much more harmonious, and I am so grateful.

My husband and I are both southern European, and it seems strange that our children could be intolerant to tomatoes and the like. I'm still a bit puzzled, but I chatted about it to my dad, who migrated from southern Italy in 1960. According to him, my nonna only cooked with tomatoes once a week, for a Sunday lunch of pasta, with the rest of the meals being pasta with beans or lentils, or a vegetable soup. Unfortunately most Italian cuisine now involves a tin of peeled tomatoes and regular flavourings of wine and cheese in almost every recipe, so that's a real challenge for us.

It makes me incredibly angry that even basic foods are laced with additives that are harming our children. I see parents at breaking point and children whose self esteem and learning are compromised, and it is incomprehensible. I for one am TIRED of it.

Thank you so much for your care and compassion in the important work that you do. - by email, Adelaide

(Natural Confectionery Lollies are NOT failsafe due to salts and amines in flavours they are only suitable for people who are additive-free)

**[714] Salicylates: this time we are 100% committed and the results are clear (February 2009)**

My 7yo son suffered from asthma, and my 5yo daughter was borderline ODD, complete with sneaky poos, bedwetting - the whole rack of symptoms. We removed preservatives and colours from their diet with fantastic results - mainly from the removal of propionates and sulphites. I noticed, though, that my daughter's behaviour seemed to deteriorate when she had certain foods such as vegemite, soy sauce etc.

We did not do the elimination diet correctly the first time. We made the usual mistakes - not enough commitment, cheating, coming off it too quickly – and were misdirected in our conclusions - thought salicylates were fine and amines were the baddies. We decided to put our daughter back on the elimination diet after she failed to improve when we removed amines.

This time we are 100% committed and the results are clear. Our daughter was fine the first day of the salicylate challenge, a bit iffy the second, and by day 3 she was back to pre-diet days, even resorting to deliberately (in front of me) urinating on the lounge room floor. Add to this a constant headache, tummy pains and a small rash on both legs. I promptly cleaned out the fridge, and removed all salicylates from the house. Two days on and we are gradually improving, but what a shock!

An even bigger shock was my son's reaction. He was always 'the good one' and didn't seem to have any behavioural issues apart from asthma, which has improved greatly since we removed additives from their diet. By the end of the second day, he had stolen a can of coke from the fridge (dad's stock - banned for our kids) and drank it outside when he thought I couldn't see. Screaming, shouting, fighting, defiance - completely unexpected from him. Two days on and he is quite remorseful - and determined to stay away from 'those foods'. He has also woken up today with big black rings under his eyes, and a wet bed. No coincidence, I think.

I never imagined that food chemicals could have such a significant effect on health and behaviour. My daughter starts school next year, and we can now look forward to a future with more enthusiasm and positivity than we did 3 months ago. – *by email, NSW*

### **[702] Diet not working 100 per cent - another soy intolerance story (November 2008)**

We have had a major breakthrough with my nine-year-old daughter. Over a year ago we did the elimination diet for her and worked out what her intolerances were - severe for dairy, moderate to severe for salicylates, mild for amines and reacted to all the additives. I wrote to you some time back noting that my daughter who had finally started drinking soy milk (in fact she was guzzling it down), was bed wetting again and old behaviours were returning. You asked if she was OK with soy.

So we removed soy (or so we thought) and the bedwetting stopped, unless she consumed anything with soy flour in it. For the next year we lived with a much improved daughter but it niggled at me that she still didn't seem 100 per cent and I thought she could be better. When we eliminated gluten and wheat she always had good days but I couldn't bring myself to take these from her already restricted diet and she found this very hard to cope with. She also continued to suffer from eczema behind the knees and in creases, but nothing extreme. I saw the dietitian, thinking that maybe I had re-introduced salicylates too much too soon, but when she had her baddays, going back to failsafe did not always resolve the issue. The dietitian was great and gave me some RPAH booklets and some good advice about nutrition, but I knew I was missing something.

So I trawled the internet, did hours of research, contacted scientists and then went and saw my GP for a referral to an immunologist, hoping that maybe there was a detectable food allergy of some sort - how nice and straightforward that would have been! Of course nothing showed up in a skin prick test, but the immunologist was a full bottle on the intolerance issue and at least didn't think I was a complete nutter. He said that I could wear myself out trying to look for more intolerances but that I should be grateful we had achieved this level of success for her - no-one was perfect after all and I should appreciate how she was now.

It has only been because we are now trying to figure out my three-year-old daughter's eczema that we have finally put together the last piece in my nine-year-old's jigsaw. She had had a particularly bad couple of days: instructions in one ear and out the other, deliberately annoying, disobedient, room like a tip etc and I was re-exploring the fed up website looking for clues about eczema when I came across the story "13 years of soy intolerance" (story 314 from April 2004), which I had read before. That writer mentioned that he avoided Soy Lecithin 322, emulsifiers 476, 471, 492 and vegetable gums from soy and other beans (410, 412, 415, 416, 461) as well as chick peas and tofu, because many soy intolerant people have cross reactivity issues with soy derivatives and other

legumes. Of course! I rushed to my cupboards and discovered that for the past year and a half I have been feeding her these things on a daily basis: 471 was in her Arnott's plain water crackers, the Canola puff pastry and the Baker's delight plain white iced finger buns and also in the brand of rice milk I was currently buying (Freedom Foods) because the Vitasoy rice milk was out of stock. In effect over the past week we had done an unintentional soy challenge because I had made chickpea dip from the Friendly Foods cook book, which she was practically drinking she loved it so much, my "Granny's Beef and Bean Soup", which contained chickpea and mung bean sprouts, lentils, kidney beans and butter beans, plus mince in pastry for dinner. Hallelujah! Because her intolerance to soy is mild, it took doses on a daily basis to cause problems and they were low level, unlike the obvious ones when she drank bucketloads of soy milk.

I wonder if other people have similar issues with soy that they are not yet aware of? The tricky thing is that even a mild intolerance will be an issue because these other things are in products typically consumed on a daily basis. Perhaps you could post something on the site in case they might want to explore this a bit more. For a long time I have felt, that I knew the diet was working but she wasn't as good as she could be. Could you find a way to thank the person who wrote story 314 who chose to share this information for the benefit of others? My daughter has always seemed a little upset that even though she was sticking to food that was Ok for her she was still having occasional bad days and getting in trouble at school, though nowhere near the scale of how she used to be. This information will be truly life altering for her (and us!) and I'd like him to know that his kindness in wanting to help others has made a difference in our lives, just as yours has Sue. – Cherie, WA [note that Nuttalex Original and Lite are free from soy – the 471 is derived from vegetable oil and the lecithin 322 is derived from sunflower oil]

#### **[699] Developmental delay and dyspraxia: 'a big change in speech and development' due to diet (November 2008)**

My daughter Bronte is 6½ years old and now in her first year at school. Aside from reflux until the age of 12 months, she was an absolutely delightful baby who was happy and content. She slept 12 hours through the night by 10 weeks old, hit all her milestones and was fairly average in our mothers group.

When Bronte was approximately 14 months old this deteriorated and we had a child who was frustrated, defiant, irritable and downright difficult. She was naughty on purpose and was impossible to discipline. She also developed eczema at this time but grew out of it after a couple of years. We felt that we were failing as parents. Our first son was born when Bronte was 17 months and he has been a delight. As our sons have grown up we realised that they were 'normal' kids and Bronte wasn't.

When Bronte was three and her younger brother was speaking so much better than her, we had her hearing tested. She had the worst glue ear the ENT specialist had seen in years. She had grommets put in the next week and we were reassured that her behaviour and speech would return to normal reasonably quickly. We started speech therapy to help her catch up but things didn't improve. She didn't respond to the speech therapy as firstly she didn't have the concentration and secondly she simply seemed unable to attempt what was asked of her.

At three and a half she was assessed and we were told she had a global developmental delay of 19 months. That was almost half her life. At this point toilet training had become a huge issue. She was the first in mothers group to use the toilet but was always dribbling urine in her pants ven after recently going to the toilet. She resisted every trip to the toilet and it became a battle. She used to hide and poo in her undies every day and didn't seem to care if we were out.

She was also very tactile and was into anything she could get her hands on that she could smear and finger paint in. This included dog poo. Many times she would emerge with her body covered on hers or the dogs poo. I hate to admit to how many times she ate dog poo and survived.

By the time she got to four she was still attending speech therapy and was about to commence early intervention. We were desperate patents and lucky to still be married at times due to the stress. We were ready to try anything. After many hours searching the internet, my next attempt to normalise our daughter was an elimination diet. A very daunting venture. With the support of my mother who stayed with us and a fairly skeptical husband we made it through the first three weeks. My husband then changed his tune quickly as a different child emerged into our lives. She virtually toilet trained overnight. The painting of poo ceased. Her language improved exceptionally. Everyone in her life commented about what a different kid she was. I will never forget bursting into tears at around the three week mark (in the diet) when she said 'thank you mummy' one day I was driving her to speech therapy. It was the first time she showed any emotion or acknowledgement of our feelings.

We continued the diet and commenced challenges. Two hours after eating chocolate and banana she went berserk. She stood on the carpet and wet her pants in front of us. She pooped her pants. She was defiant and oppositional again. And biggest of all, we couldn't understand a word she said. We now know she is intolerant to amines in a huge way.

Bronte has since been diagnosed with dyspraxia, a language and motor disorder. She still requires speech therapy. Her private speech therapist has since done the diet with her child and encourages other parents to look into it also as she saw such a big change in Bronte's speech and development.

We took Bronte to a paediatrician six weeks into the elimination diet to discuss her developmental delay. He bluntly told us that some kids were unlucky enough to be developmentally delayed and we shouldn't expect too much from her. He said we would be lucky if she was able to catch a bus when she grew up. She would be able to do that now. When I told him that were currently on an elimination diet and had seen huge results he said he would never expect a parent to go to that much trouble and would therefore never suggest it. His last words were 'When you are ready to put her on Ritalin come back and see me'. I walked out of there disgusted and feeling very sorry for the parents who are told this when they are searching for help. I have to say that that elimination diet we did with our daughter Bronte, with help from you and our allergist, has absolutely changed my daughter's (and the rest of our family's) life. - *Wendy, NSW*

#### **[695] Cough and bedwetting due to soy (November 2008)**

I found your book about 10 months ago after my four year old son Jacob was hospitalised for an asthma attack combined with the dreaded influenza A that children were dying of. Well, that was enough to scare me into action. We started the diet as soon as I had finished reading the book and

soon the children all became well ...I couldn't remember a time when Jacob hadn't had a snotty nose or cough.

Then three months ago, Jacob's behaviour started to escalate. He also developed this phlegm that he couldn't seem to get rid of. He wasn't sick as such, no temperature just a very phlegmy cough. I asked my doctor about it and he said it was an irritation and would never go away. Well I didn't believe that for a second because it went away when we first started the diet.

Jacob's behaviour was so awful I was at the end of my tether to the point where I didn't want my husband to leave the house and leave me with the kids. I went to your checklist of common mistakes (I thought I had the diet down pat by now). It said Annatto 160b - in the soy yoghurt I was giving the kids. So I started making my own and after a week I had a little angel again. Unbelievable. No more Annatto 160b for our family - never again.

But Jacob still had the cough. Then I stopped making soy yoghurt for a week. Jacob drinks ricemilk instead of soy milk anyway and I noticed a difference in his phlegm. After three weeks without soy, the phlegm, snotty nose and funny rings under his eyes had gone. He also stopped wetting the bed, and that returned when I made a slip up recently. – *Carolyn, SA*

#### **[655] 'She screamed most of the time' - behaviour and bedwetting (September 2008)**

I can't express how elated my entire family was to discover failsafe eating about five years ago. We have all benefited especially my granddaughter Zoe who was around three (and eating lots of bread with 282) at the time and out of control. She screamed most of the time, threw tantrums, tried to hurt her baby sister, threw anything within her reach, was so so angry with the world and wet the bed most nights. My daughter who was a single mum at the time would ring me up in despair and I would go and help her to give her a break. One day Zoe just sat on the floor and screamed and screamed. I asked her what was the matter, why was she so sad and she said she didn't know she just couldn't stop crying.

I was working as a Teacher's Aide Special and I happened to mention Zoe's behaviour to the teacher I was working with and she told me about your book Fed Up. She brought the book in for me to read and it was like a gift from heaven. Zoe's mum started her on the diet straight away and what a new child we had within days. The screaming stopped, the tantrums stopped, the bed wetting stopped and she started to smile and laugh again. A happy little girl at last. She is almost nine now and a most delightful intelligent child who puts all her energy into dancing and singing. However, on occasions when she does eat 'Cranky food' she goes off the deep end or 'cuckoo' as her sister says. Zoe is now aware of what she can and can't eat. When we went shopping she would carry the list of 'Avoid these Food Additives' but now she just remembers them.

I put myself on the diet as well as I was suffering severe hot flushes (see story [679] Menopausal symptoms, hot flushes and failsafe). ... My entire family believes in Failsafe and we all avoid the nasties and live a healthier happier life. The funny thing is I am like a tester for Zoe: if I react then so does she.

I will just add that my daughter now has a 5-week-old baby boy - she stuck to failsafe while she was pregnant and she is still on it now while she is breast feeding and her little boy is the best baby, feeds and sleeps. - *by email*

#### **[597] One liners (November 2007)**

- We saw the school program on Today Tonight and my eight-year-old son looked at me every time one of his symptoms (asthma, bed wetting, sneaky poos, cradle cap, irritability, poor concentration) was listed. I thought I was a pretty healthy provider of food as I do a lot of home cooking but it is scary to see what is in some of your everyday foods. – by email, SA

#### **[581] Three responses on behavioural effects of Down Syndrome (September 2007)**

##### **"A great improvement in my son who has Down Syndrome"**

Your books are fantastic and I have noticed a great improvement in my son who has Down Syndrome and was recently diagnosed with ADD. Apparently Ritalin was our next step! This information should be given to all Maternal Health Centres and it would save families a lot of unnecessary arguing and disharmony! - by email

##### **Diet, sneaky poos and Down Syndrome**

I have been reading your website for over a year now, after stumbling across the information on sneaky poos.

About 2 years ago our son who is now 11 and has Down Syndrome, began soiling his pants on a daily basis, rarely at school but often up to six times in the evening. I stumbled across some information about Failsafe on a parenting website and when scanning through the fact sheets, found the information on "sneaky poos" It described our situation perfectly. So after reading lots and lots of information on the Fed Up site, we, or should I say "I", along with one extremely sceptical husband, set about reducing salicylates in my son's diet to see if it made any difference. His diet was basically a salicylate feast - spaghetti bolognese probably 4 -5 times a week, laden with hidden vegetables (mostly zucchini) and followed by a bowl of either grapes, strawberries or cherry tomatoes (that was lunch), peanut butter on toast for breakfast, dinners included tacos, lasagne with hidden high salicylate vegetables, various stir fries with worcestershire, soy, tomato, oyster sauce etc. He was also hugely into fruit salad. As I'm sure you've heard over and over, I thought we were providing him with a really healthy diet and couldn't understand why he would be unwell all the time.

Anyway we took the plunge, and within maybe three days the soiling had ceased and there were no more stomach aches. I was pleased with the results, however my husband still believed it was another of my harebrained ideas until I tested the salicylates about a month later with a huge fruit salad. My son scoffed a bowl after dinner and another for breakfast the following day. And by lunch time the next day we were back to square one. From that day on my husband has been as vigilant as I am. I must admit, I missed all the summer fruits last season, but only having one pair of undies in the wash each day is worth it.

After going low salicylate and cutting out other nasties, we also noticed a definite behavioural improvement in our son. One thing in particular was his change in motivation, especially getting ready for school. Before the diet, I had a daily struggle with him to get dressed, as if he had the choice, he would stay home every day. After getting strict with his food, he started to just take his clothes from me and say "thanks mum" and next thing he would be dressed.

On the strict diet, he seems to be so much more agreeable and able to be redirected or reasoned with. He used to lose his temper regularly especially with our older son. Now, instead of losing his temper, he will ask calmly for help - like to find a DVD or figure out which remote he needed to change channels. His school teachers have commented on how well he concentrates this year, they were unaware that we had made any changes to his diet. The teachers have also commented that he no longer acts the fool to gain attention, and is much happier to sit and do school work, and be like everyone else.

I have also discovered that he is intolerant of MSG. He used to be addicted to corn chips, we cut those out early on in our failsafe journey. When he later ate other flavoured chips I noticed every time he had them he would cough continually for several minutes. At first I thought he was choking on the chips, as he sometimes has trouble swallowing but then it clicked - it was basically MSG causing an asthma attack.

The low salicylate diet has been a life saver for us with our son. I am a huge fan of failsafe!!! - by email

#### **"Low salicylate diet for DS"**

I have a friend who is into failsafe also, she has a 2-year-old with Down Syndrome on a low salicylate diet. Behaviour can be a definite challenge when it comes to DS and I'm sure most families never suspect food intolerance as a contributing factor. - by email

#### **[578] Tics related to salicylates in summer fruits (September 2007)**

My son very suddenly developed mild facial (rapid blinking eye and lip biting) and vocal tics (sounds like a quiet grunt or throat clearing sound) at a time when I think his hyper/silly behaviour and other food intolerance symptoms escalated, probably in response to his increased consumption of summer fruits, salads and juices. Other symptoms included: loud voice, bed wetting, sinusitis, teeth grinding. All of his favourite foods were high in salicylates: strawberries, apricots, rockmelon, tomato, cucumber, capsicum, broccoli, vegemite, spag bol, apple juice etc. His diet contained few foods with colourings, flavourings and preservatives as I've always tried to encourage "healthy" foods which he has been very willing to eat.

We noticed some improvement (in behaviour, bed wetting, teeth grinding but not tics) over a week just by changing fruits to pears and bananas, stopping vegemite and tomatoes and switching to low sal veges and Bakers Delight bread. We visited a dietitian and Joe (not his real name) started on the elimination diet. He had a very obvious reaction to sals - hyper like I've never seen him within about 4 hours of starting the challenge. I wouldn't have believed it but my parents witnessed the reaction too! When they visited, he was his usual self, undertaking some quiet activities requiring

concentration (jigsaw puzzles, colouring etc), chatting and on his (usual) best behaviour. Within about an hour and half of their arrival he changed into this wild, racing, hyper thing heart racing, unable to stand still, almost a "mad" look in his eyes, silly silly silly etc...the worst of it finished within about two hours and he basically collapsed exhausted and couldn't even stay up to wait for dinner guests that he had been looking forward to seeing. Very strange but so similar to the stories I've read on your web site.

We didn't manage any other challenges before Christmas - felt it too unfair to restrict his diet so severely during the holidays, although I did continue to restrict salts and he doesn't eat many processed, flavoured or coloured foods anyway. We continued along on this basis, watching his salt intake over a day and over a week, and the tic went completely. His behaviour was much more predictable and stable and very much like the boy I know. He is still bed wetting although I am convinced it is worse when he has had salts (e.g. salad) in his dinner and this seems to be improving, particularly since we have been focussing consistently on his salt intake. Teeth grinding and sinusitis very improved. So I am absolutely committed to continuing our new approach to Joe's diet as we really have seen some big improvements. - by emails over a period of 3 months

**[563] IBS: colostomy for 11-month-old baby (May 2007) SHARED COURAGE AWARD STORY FOR MAY 2007 NEWSLETTER**

In reply to the Reader's Story [537] in the last newsletter about salicylate intolerance misdiagnosed as Irritable Bowel Syndrome, our story started 5 years ago. We have fraternal twins who were born at 37 weeks and seemingly healthy at the time, no problems within the pregnancy was diagnosed in regular scans or when they were born. My first clue, looking back, that twin 2 may not be all right was her failure to use her bowel until day 3. I remember her gagging on day 1 and being told by the nurse that this was common in newborns until they had their first motion.

We then continued on a very long path during her first twenty-one months of life with an unsettled baby. Both twins were breast feed however twin 2 was always unsettled. At 6 months we decided to introduce solids - starting out with farex and progressing to adding small amounts of pureed fruits, ie pear, apple, etc 'all the safe ones'. To our shock twin 2 started to get the most horrible nappy rash with excoriation and bleeding. We couldn't understand it and were regular with her nappy changes, we also noticed that she would strain whenever she tried to use her bowel. We went to see her Paediatrician who prescribed hydrozole cream and amoxil drops, suggested we try some small amounts of vegetables and sent us on our way.

Four months had passed and we were increasingly worried for our daughter who still suffered from the terrible nappy rash and constant visible straining when using her bowel (most unusual in a baby) and was generally unsettled. By now we had tried cows' formula (which resulted in vomiting) and soy formula (which resulted in diarrhea) and we had also noticed that with fruits the problem was worse. Things didn't improve and after many calls and visits to our GP and Paediatrician we decided to see another Paediatrician.

The next Paediatrician suggested we trial a prescribed formula for 2 weeks of 'Alfare'. This resulted in violent vomiting and trip back to him whereby an ultrasound was performed and we were informed that she in fact had chronic constipation, with a large mass in her colon. Our daughter was

now 11 months-old and had to have immediate surgery to remove the mass which resulted in her having a colostomy for 3 months.

We were assured by the Paediatric Surgeon that in fact her problems were not food related and that she was born with an 'anorectal anomaly' and that all would be ok once the colostomy was reversed. To our disappointment as soon as the colostomy was reversed we went straight back to the problems of severe nappy rash and excoriation on her full diet. Our daughter at 15 months was then seen by a Professor at the hospital who diagnosed disaccharidase deficiency (sucrose intolerance) to be the cause of the excoriation and unsettled behaviour; not the case.

Somehow eventually after breaking down many times and a visit again to our GPs rooms in desperation we were finally sent with a referral to the RPA Allergy Clinic (daughter 21months old). This was like a dream come true, they did a skin prick test for allergies; which showed no positive reactions (as suspected it would by the clinic Paediatrician). We were then talked through food intolerances and naturally occurring chemicals in foods which caused intolerances in some people! The evidence was there in front of us and we couldn't believe it we finally had answers. Our daughter is now a healthy 6.5 year old, on a low salicylate and mainly low chemical diet who continues to thrive and hasn't looked back. We do trial new foods occasionally and are starting to add small amounts of moderate salicylates to her diet and some dairy (her main drink is now rice milk). We know straight away if she has overloaded as this results in usually loose motions or not being able to control her motions. For us the evidence is overwhelming and we are just very grateful we have our daughter and we can now give her answers and solutions so that she continues to enjoy good health and happiness. - by email.

#### **[452] One liners 2 (August 2006)**

Positive symptoms I've noticed since we started our elimination diet include that we all seem to eat less ... and less frequently. The children seem to be more or less satisfied with 3 meals and the odd snack. We've also gone from three wet beds a night to none most days so I figure the extra time I spend in preparing food is time I don't any longer spend in the laundry - a very fair trade!

#### **[448] 282: Identical twins react differently to bread preservative 282 (August 2006)**

*Since food intolerance runs in families, I would expect identical twins to be affected by the same food chemicals, so when this mother wrote about the reaction of a twin to the bread preservative, I asked whether the other twin was affected. You can see her answer below. This is an excellent illustration of how parents are more likely to identify behavioural reactions to food chemicals and to miss other types of reactions. Yet usually if one member of the family is affected, others will be affected in different ways.*

I am the mother of identical twin girls aged three and a half. I have discovered that one of my twin girls reacts violently to the preservative 282 in bread and since my girls were 18mths old have been purchasing bread through Baker Delight with great success. Recently for the first time in two years she was eating preservative bread on holiday and went off her head. Screaming, tantrums, the whole nine yards so to speak ... later ... When you asked does my other girl react differently, I really had to sit down and think about this one. Yes I suppose she does. It seems to me that her ability to

hold her bladder disappears while being affected by 282, that is, she says she needs to go pee, then her pants are wet. Off 282 for a few weeks, mentions she needs to pee in the middle of grocery shopping, I have time to quickly finish off shop then get trolley through the checkout and then get to toilet. A big difference. At home now she will need to go, but can keep playing for about 2 – 5 minutes whereas if she is eating 282 and needs to pee, she will pee on floor on the way to bathroom. – by email.

**[381] One liners (November 2005)**

I am continuing to stick to low sals vegies and I think it has made a big difference for my son's sneaky poos, his stools are now firm and well formed and he has been going to the toilet everyday (finally!) - failsafer, Vic

**[363] Vulnerable new mothers (March 2005)**

Before the diet, my son presented with headaches, itchy skin (in elbows, on legs, usually scratching until it bleeds), black circles under his eyes, "jumpy" behaviour, irritability, day and night pants wetting, pains in the tummy and awful loose bowel motions, blocked ears and sleep apnoea as well as incessant snorting and inability to breathe at night. As a baby he had eczema, colic, could not sleep and fussed with breast milk from 4 months ... somebody needs to support vulnerable new mothers to help their fussy kids, not make it worse by shoving disguised dairy foods (or whatever the particular issue is) down their throats, and then advise the mother to let them scream it out because they obviously have us fooled with sleeping and behaviour problems! – by email

**[349] Sneaky poos (Nov 2004)**

Last night I was "surfing the web" looking for information on sneaky poos (my 6 year old daughter has had a lifetime of tummy upsets, with sneaky poos being just one symptom). I typed in sneaky poos into the search engine and found some pages. As I opened up a few pages, I found they were all about our family, from the behaviour problems my 7 year old son has, to the physical problems the rest of us have ... and there was another common link with the pages ... they were ALL from your website!! I spent the next few hours reading reading reading! I know it will be difficult to change our way of eating so drastically, but you have convinced me it's worth a shot. – Tas

**[338] ONE LINERS (July 2004)**

We gave up 282 preservatives in bread after reading your book 'Fed up' about two years ago – within a week my wife was free of urinary incontinence and over a period of about three months I was able to give up all asthma medications. – readers aged 60 and 56

**[320] Learned to read 'overnight' (April 2004)**

My 5 1/2-year-old daughter Claire has been on the elimination diet for 2 months with amazing results. The main reason for doing the elimination was her bed wetting, and after about 5 weeks we saw a marked improvement (but not yet cure), also, she had stopped her ceaseless empty chatter, her cradle cap (she has had it since starting solids!) has pretty much gone, the dermatitis on her back has gone, her drawing has changed from a dark blue or black scribble to colourful age appropriate

drawings of recognisable objects, and she has overnight (it seems) learnt to read! - from the failsafe groups.

See illustrations, the blue one was done a few days after the 'normal' one, while she was reacting to too many flavours in too many 'treats'



**[101] "What an experience that was! - irritable bowel, sneaky poos, restless legs, eczema, behaviour" (August 2001)**

I contacted a dietitian through our Base hospital and with their help we managed to get through the Elimination Diet. What an experience that was! My youngest son, Tim, who is three in April, had been given an uncertain diagnosis of "Irritable Bowel???" by the pediatrician. We were told to take him off lactose, sugar and soy and reduce the fruit intake. That has little effect on his symptoms. So, Brandon (5 yo), Tim and I embarked on the Elimination Diet. My husband did not want to be involved in the "witchcraft" as he called it!

I was on the phone to the dietitian after 36 hours because Brandon, who had behaviour problems, had got 10 times worse where behaviour was concerned and had come out in an eczema-type rash on his torso and upper arms. I felt he was reacting to the soy or the cashew paste (but probably the soy) as these were the only new additions to our diet. I was told to "persevere, that reactions usually got worse before they improved". After 5 days I had a great improvement in my mucous volume and felt better than I had in 5 years. After 4 weeks we had seen limited improvement in Brandon's behaviour and no improvement in Tim's symptoms so decided to eliminate wheat as well.

The results were quite amazing. After 2 weeks off wheat I realized my restless legs were no longer worrying me and Brandon's sneaky poos had ceased to be a problem. Tim's symptoms improved but his bowel motions never really came back to normal. We did the wheat challenge first. Brandon was OK for 5 days but on the 6th day he obviously went over the threshold and took a full week to recover. He reacted with restless legs (which I have since discovered can happen after even a few cracker biscuits) and Tim also had a worsening of his diarrhea.

The dairy challenge was interesting - my mucous symptoms were worse but Brandon improved in behaviour almost overnight and after 3 days the eczema was gone! So I was right about the soy after all.

... Brandon reacted to salicylates as I suspected he would, I didn't. The amine challenge was a disaster! We should never both have done that at the same time. Brandon and I both reacted and our symptoms were the same and severe - aggressive behaviour with a lack of self-control, depression etc. It was like world war three in our house by the end of the week and both of us took at least a week to recover. I have read in a number of places that if we react to amines then we probably react to other additives so we have not continued with separate challenges for these. We just avoid them.

Initially I was daunted by the difficulties I faced accessing the foods we need but eventually as I learn where in the supermarket, health food store etc to find things life has become much easier ... I remember a quote in "Fed Up" from a lady who said she spent more time in the kitchen but less time disciplining the children and I have found that to be absolutely true. It is now just the way we live. I find the most difficult thing now is other people's reactions to our diet. Some of our friends though come to our place with 7UP and kettle chips to share. Thankfully my husband is now more supportive and even grudgingly admits that he is probably reacting to some foods himself. So, Sue we have come a long way in these last 6 months. I hope it makes you proud to know that your writing of "Fed Up" has contributed to such an improvement in our lives. - Qld

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