

FAILSAFE #56

Newsletter of the Food Intolerance Network

April – June 2008

The Food Intolerance Network supports 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.

To see this FAILSAFE Newsletter in colour on the web:

<http://www.fedupwithfoodadditives.info/newsletters/FAILsaf56.html>

Also available as a downloadable PDF file

www.fedupwithfoodadditives.info/newsletters/FAILsaf56.pdf

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THIS MONTH

**UK Food regulator calls for additive ban
'Ban the Additives' campaign leads the way
Get Smarties campaign 2**

Research: A1 and A2 milk

In brief: Tell the government what you want in food, The Myths of Fruit, Cough and cold medicines, Canada bans BPA in baby bottles

Targeting... Get Smarties campaign 2

Readers' stories: [637] - [648]

Product updates: detailed help and information.

Questions: detailed help and information.

Cooks Corner: Potato pizza base, Bunny 'n' Beans, Howard's butter cabbage, Honeycomb slice

Hello everyone

April 10th was a day of celebration for us as UK food regulators finally admitted that artificial colours should be banned. Chair of the Food Standards Agency, Dame Deirdre Hutton, said it was the duty of the FSA to 'put consumers first'. Yes!!! However, Australian regulators don't see it that way, so please join us in putting pressure on food manufacturers here to protect our children. See story and our new Get Smarties campaign below. Also in this newsletter, readers of *Fed Up* already know my opinion regarding nutrition in fruit - you don't need fruit if you eat vegetables - so I'm pleased to see that Tom Sanders, director of the Nutritional Sciences Division at King's College London, agrees (The Myths of Fruit, below). There are more inspiring reader stories in this issue including the story of a suicidal teen and a fascinating illustration of how frequent colds and flu can be food intolerance. And see our delicious recipes in Cooks Corner. Thanks to everyone for your patience while Howard and I were trekking in Nepal last term, and to Chris for answering emails during our absence.

Happy failsafe eating! – Sue Dengate

UK Food regulator calls for additive ban

Parents who claim their children's behaviour is affected by additives were vindicated last month when UK food regulators called for a voluntary ban on six artificial colours by 2009. The decision was based on the findings of a University of Southampton study led by psychology Professor Jim Stevenson, funded by the UK Food Standards Agency and published in the leading medical journal the Lancet in September 2007. During the investigation, 300 children in two age groups were given drinks with varying concentrations of additives. The results showed that the highest concentration of additives affected children the worst. More importantly, the study showed that children *without ADHD* could be affected. Regulators heard from researchers that artificial colours could cause 'psychological harm' to normal healthy children through increased activity and inattention. According to the Southampton team, food additives could affect a child's ability to benefit from schooling because these effects are linked with educational difficulties that can be associated with lifelong problems. Artificial colours are not the only additives to affect children's behaviour but they are the easiest for the food industry to remove. The colours to be banned are tartrazine (102), quinoline yellow (104), sunset yellow (110), carmoisine (122), ponceau 4R (124), allura red (129).

More: Press release from Southampton university:

http://www.soton.ac.uk/mediacentre/news/2008/apr/08_65.shtml

Full text of the study

http://www.precaution.org/lib/food_additives_and_hyperactivity.070906.pdf.

'Ban the Additives' campaign leads the way

The way to reduce additive use is through pressure on food manufacturers not regulators. In the UK, the Daily Mail launched a 'Ban the Additives' campaign in September 2007 to encourage manufacturers and supermarkets to remove nasty additives from their recipes. The Food Commission has set up a website listing more than 1000 products containing the targeted additives. The campaign has gained support from all the major supermarkets (including Tesco, Sainsbury's, Asda, Marks & Spencer and the Co-op) who are working to remove artificial colours from own brand products. Giant confectionery firms who have agreed to reduce additive use include Mars UK, Cadbury Trebor Bassett, and Nestle Rowntree. Cadbury announced it had listened to consumers and was 'committed to replacing all artificial colours in our sweets by the end of this year'. It has already begun a program to use alternatives in its biggest brands, such as Liquorice Allsorts and Jelly Babies. Nestle switched its flagship brand Smarties to natural colours in 2006. Last year a thousand new food products claiming to be additive-free were launched in the UK, nearly three times as many as any other European country. Among others, the Ban the Additives campaign is supported by the Children's Food Campaign, the Soil Association, the Hyperactive Children's Support Group, Sustain, professor Vyvyan Howard from Ulster University and Professor Eric Millstone from the University of Sussex.

More: Daily Mail campaign

http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=558368&in_page_id=1770

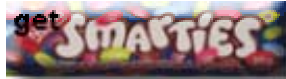
Food Commission www.actiononadditives.com

Get Smarties campaign 2

We ran the first Get Smarties campaign in 2006 after Smarties in the UK switched to natural instead of artificial colours. Australian manufacturers said they had no plans to remove artificial colours because they had received no complaints here. After receiving complaints from many failsafers, they told us they would watch results in the UK. We now know that Nestle Rowntree reported a **9 percent increase on sales** after the change, taken as an indication of the strategy's popularity amongst consumers.

(<http://www.foodnavigator.com/news/ng.asp?id=83156-nestle-rowntree-spirulina-artificial-colourings>)

Please have your say if you would like natural colours in Smarties:



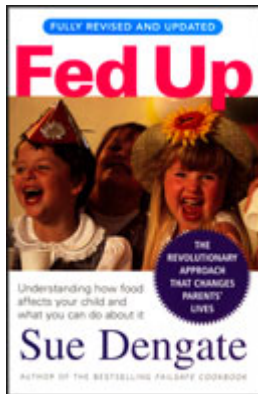
Click on the link above or www.nestle.com.au and click on Contact Us (top right) or

Phone: 1800 025 361

Fax: 02 9736 0407

Mail: Consumer Services Department, GPO Box 4320, Sydney NSW 2001

Fully updated and revised “Fed Up” now available



'I am finding the new edition of Fed Up extremely useful on a professional and a personal level. And inspirational too. The best of your books!! Well done, again.' - reader, Melbourne

'The chapter on salicylates is great, as this is the hardest area for so many, myself included, to get our heads around.' – reader, country Vic

FED UP: Understanding how food affects your child and what you can do about it by Sue Dengate (Random House 2008) is now available in a fully-updated and revised edition in all Australian and NZ bookstores, see website for availability overseas.

Research

A1 and A2 milk - Polish researchers have found considerably higher levels of BCM-7 in the breastmilk of mothers with allergies than non-allergic mothers (Sidor K et al, Content of beta-casomorphins in milk of women with a history of allergy, *Pediatr Allergy Immunol*, Jan 2008 Epub). BCM-7 (beta-casomorphin-7) is a protein fragment found in A1 milk. It can be absorbed into the blood stream - e.g. with leaky gut - and has been implicated in many conditions, from heart disease and diabetes to autism and schizophrenia; and possibly other conditions including coeliac disease, MS, Crohns Disease, Ulcerative Colitis, Parkinsons Disease and SIDS. In Australia, the dairy industry switched to cows with predominantly A1 milk sometime around the 1970s or 80s. Some of the effects of exposure to BCM-7 may become obvious only decades later. Can this account for the increase in allergies? Does it mean that women from allergic families should avoid A1 milk while pregnant and breastfeeding? We don't know yet. Ways to avoid BCM-7 include A2 milk, goats milk, sheeps milk and yoghurt, soymilk, ricemilk and infant formulas without BCM-7. More http://www.womenshealthcouncil.org.nz/docs/A1_v_A2_MILK_CONTROVERSY.doc.

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.

In brief

Tell the government what you want in food - the Australia and New Zealand food regulator FSANZ is calling for 6 new Australian members for their Consumer Liaison Committee. We could use some more failsafers there but it **closes 11 May** so act now: <http://www.foodstandards.gov.au/aboutfsanz/clc/>

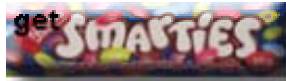
The Myths of Fruit - 'Fruit just doesn't provide that much nutrition in the first place the fact is that fruit consists of water, sugars (normally about 10%), some vitamin C, and some potassium (thought to be good for controlling blood pressure). And that's kind of it. "It's a myth that fruit is packed full of vitamins and minerals," says Tom Sanders, who is director of the Nutritional Sciences Division at King's College London. "... The really sad thing is that we don't eat enough vegetables, such as cabbage..." Read the whole article at <http://lifeandhealth.guardian.co.uk/food/story/0,,2245266,00.html>.

Cough and cold medicines - such as Dimetapp and Benadryl are to be available only on prescription for children under two in Australia. The changes were announced in April due to reports of rare severe side-effects including convulsions, rapid heart rates and even death in the US and UK. Instead, authorities are recommending paracetamol to manage pain along with traditional home-remedies such as hot lemon drink (see a failsafe version in both Fed Up and the Failsafe Cookbook).

Canada bans BPA in baby bottles - In April, Canada became the first country in the world to ban a widely used chemical called BPA or bisphenol A from baby bottles due to health concerns including hyperactivity. The chemical is also used in a range of other consumer products. <http://www.washingtonpost.com/wp-dyn/content/story/2008/04/18/ST2008041803545.html>

Now targeting...the get Smarties 2 campaign

See story above.



Readers' stories

[648] ADHD teen suicide attempts (May 2008) Winner of Courage Award May 2008

I started failsafe eating a week ago in absolute desperation with my 14 year-old son who was diagnosed with ADHD and ODD at the age of 6 years old. He progressed well on medication until we had a car accident last year and he suffered minor brain damage. After the accident his behaviour became worse and he has attempted suicide several times. Last Wednesday I took him to hospital for sedation after he broke windows and several holes in the wall with his head. Thursday morning I searched the net for a solution and came across your website. I started the diet that day. Today I have a son who obeys, talks to you face to face, calmer, quieter, he smiles and has got himself a job part time which he loves. If he is offered food at work he says no and takes his own or waits until he gets home.

One week later ... Today is day 15 and he is still going great. We have just had the best school holidays with our two sons playing instead of fighting physically and verbally. At work, his boss doesn't even know he has ADHD and ODD. He did eat a piece of chicken at work and advised me his brain felt funny and would not eat anything that is not on the list. I'm glad he tried something off the list in moderation and noticed the difference. Your *Failsafe Cookbook* has been a great help and I do not leave the house without the list of basic foods and list of additives. I call this my bible. Not only has his behaviour changed but also his stomach pains and migraines are a thing of the past. The television has gone from a volume of 60 to 15. Thank you for your website that changed our lives and made my teenager happier. The difference has been unbelievable. - Janelle, Qld

[647] Can't believe the house is so silent (May 2008)

After only 2 weeks of making a thin edge of the wedge start on failsafe, we are seeing drastic improvements in our 4.5yr son, 2.75 son and 1yr old daughter, and me too. No rages, no nightmares, easy to bed, sleeping all night till a reasonable time and no 5pm meltdowns. My mother visited for the first time in about seven weeks – she is interstate - and couldn't believe her eyes. The conflict between the boys - normal! - is short lived and resolved mostly unassisted and she said that she thought they were great kids who simply got tired and a-copic (my son, 4.5 - he is so articulate - would sometimes scream 'I don't know why I am upset, I have run out of coping today.') in the late afternoon. Now we know that a fabulous salicylate platter - I mean fruit platter! - every afternoon was just stacking the deck against them. My 3pm to 7pm is now very nice indeed and at 7.05 my husband and I look at each

other with all 3 of them asleep in bed and can't quite believe that the house is silent. Thank you for battling to make this information accessible to us all. We are grateful - Becc, NSW.

[646] 635: Tongue swelling reactions to flavour enhancer 635 in a young girl (May 2008)

My 9 year-old daughter has a severe reaction to flavour enhancer 635. The first time she came into contact with this additive was eating BBQ flavoured rice crackers. At the time she was 6 years old. She ate four crackers and complained that her tongue was feeling all 'tingly'. I advised her to stop eating the crackers. Her taste buds had swollen to around four times their normal size. I allowed her just a few crackers a few days later to see if she had a similar reaction which she did (thankfully it didn't affect her throat but I did warn her to let me know if she got breathless etc). I then banned anything to be brought into the house with this additive number. We then tried cheese-flavoured crackers - no 635 but did contain 631 and 627. Again the same reaction. I have since learnt from your website that these two additives make up the combination known as 635.

I now carefully check all labels and have advised anyone else who may be feeding my child (birthday parties included) that this is a major issue with her. I am just very grateful that I didn't need to seek outside medical advice as I know not all doctors, hospitals etc will accept this verdict. I have tried her a few more times on these additives and we always have the same result. I always ensure that we have a Ventolin puffer and antihistamines handy before trying these foods. After having these additives she feels terrible for the next two days - feels sick in the stomach, headaches, occasionally also feels 'shaky on the inside'. She had a similar reaction to a Pluto Pup (battered sausage on a stick) but I couldn't get an ingredient list. I only assume that the additives were in the food - by email, Qld [For anyone with symptoms like this, I recommend total avoidance of 627, 631 and 635 as some people have progressed from symptoms like this to life-threatening anaphylactoid reactions S]

[645] From utter brat to affectionate, quiet and well behaved in 5 weeks (May 2008)

I have been so inspired by Failsafe, I feel like I have a different child from the utter brat five weeks ago. My seven year-old had got to the point of having no friends, was to be suspended from school, was continually at the principal's office, hitting and biting both parents etc. I had numerous meetings with his teacher, he was seeing the school counsellor, psychologists, psychiatrists, social skills training, but no change was occurring. My husband and I were in constant disagreement with him and each other over his behaviour. This is the 5th week he has been on the diet, and he is becoming the lovely child I always knew he could be. He's affectionate, quietly spoken, well behaved and non-violent. Games and toys which were banned due to his anger have been given back to him, he's keen to converse and work hard at school. He has stated that he doesn't hear the voices telling him to be bad any more, and his eyes are clear and focused. Best of all, he has fully embraced the diet, mainly as it consists of many of his favourite foods - pikelets, french toast, pancakes, white chocolate and vanilla icecream. Knowing that he was allowed to have these on his diet was a great selling point. He will check if he is allowed to have something and is happy if the answer is 'no'. I try to offer alternatives to him, to keep him happy and to show him that it's not a punishment to be on the diet, that there are alternatives. He had an outing with his father last weekend, and said that he had Macdonalds, and enjoyed the look of horror on my face, only to tell me he was joking. He's even helping me to cook his favourites - Merrill, by email.

[644] For the first time I enjoyed being a mother (May 2008)

A few days ago I had the most wonderful son all day. Just a little mild irritability, nothing major in the morning and evening and then the most delightful child. He was fun, and calm and for the first time I have ever observed, patient. He was keen to learn, and produced interesting drawings. He was working quietly (yes quietly) on a computer game, and managed to persevere with a difficult problem without giving up after the first or second attempt screaming. He was considerate rather than demanding. I asked him if he liked how he felt and he did. I told him that the new food he was eating was helping stop his tantrums. He said I was very clever for figuring out that food was the problem and that he didn't like having tantrums. My son was such a joy that it was like someone had given me a different child in my son's body. For the first time, I enjoyed being a mother and loved spending time with him - Miranda, Qld.

[643] Diet and ADHD - his teacher asked what I had done (May 2008)

My son had been diagnosed with ADHD last year but I have refused medication. After picking him up from school early again, I thought I may have no option but to consider medication as a serious option. I google searched and your book popped up and from the afternoon I started my kids on the diet. Amazingly the results were seen the next day when my son actually completed a test at school (and received 100%). He never would sit at a desk long enough to even start a test let alone ace one. His teacher asked what had I done to my son because she never had seen him so engaged in the classroom. I purchased the book the next weekend and started to try to learn more about the options available. It is difficult and easy at the same time, and well worth it. Today my children had a treat (slice of non-failsafe shop-purchased cake) and I could see the adverse effects almost immediately, I know I have to continue with the diet if my children (especially my son) are to succeed and I believe I am lucky I found failsafe - Victoria, ACT.

[642] Asthma update two years on (May 2008)

Richie's original story ([402] March 2006) described how limiting his intake of preservatives and sulphite containing foods such as mince meat, prawns, pizza, processed meats etc had helped him with breathing problems he'd suffered for over 20 years.

His update in April 2008 reads: You probably get many emails of thanks and I have sent one or two previously but what the hell, I'm going to send you another one just to let you know how much my life has improved since taking your advice. I thank you with every positive emotion I have for who you are, what you stand for and for changing my life. I have no more breathing difficulties, no more sleep problems, no more anxiety and all this leads to no more stress. No money can buy this. I have been educating the people in my life on how damaging additives, preservatives, sulphites etc. are and sent links to your site to everyone in my address book - Richie, Vic.

[641] 220: Two reports of sore throat and cold-like symptoms due to fruit cake (May 2008)

I know I am sensitive to preservative 220 (sulphur dioxide), but a few months ago I ate a slice of fruit cake (which I love). As soon as I ate it, my throat felt as if it went down the "wrong" hole and my throat seemed to close a bit. I ended up with a sore throat, cold like symptoms; runny eyes, blocked nose and sinuses, persistent cough, mucus and my ears kept blocking. Oh my face broke out too. This lasted for a week. Recently, I ate a fruit mince pie. The first one tasted great so the next day I had to have another one. Now I am suffering. I have the same symptoms as above and it's been nearly a week. I said to my hubby it was a reaction from 220 but (being the expert he is) won't believe me. I've scanned the internet to see if it's common - to prove a point - but with no luck. Does anyone else have a reaction like this to 220?'

And a reply: I'm responding to an email in the newsletter ("Can you help?" - March 2008) regarding preservative 220. I've had the exact same reaction to eating fruit cake, and also reacted to sulphur-containing eye drops. The first time I reacted my throat felt swollen and closed a bit; the second time I ate quite a bit of fruit cake and my throat closed a lot - felt as if I couldn't breathe. This was followed by sore throat/"cold" symptoms lasting a few days. I haven't pin-pointed it to 220 as I haven't re-tested.

[640] 220: Ventricular arrhythmia link to sulphites (May 2008)

I just thought I'd tell you that although my cardiologist never questioned my diet, after two hospitalizations in emergency for ventricular arrhythmia, and nearly two years of fearing for my life, feeling my heart jumping all over the place, and being miserable, I finally linked a very bad episode to a wedding and consumption of red wine, and then to the foods in my cupboard. Since eliminating sulphites, I have had NO problems. None of the medication I was given worked, (medication rarely does for arrhythmia). I wonder why didn't anyone mention this, not when I went to the doctor, not when I was in hospital fearing I was going to die. I've tested this three times, having been 'arrhythmia free' for months, and then drunk champagne or wine, eaten foods (everything you would normally eat and drink at a function) and each time, 4 to six hours after, my heart goes crazy and I can't sleep for the whole night. It's like I'm 'buzzing' and restless, with my heart banging around. This is the honest truth, I have no symptoms, and I'm medication free, and even felt so good I've got back into exercise without fear of dropping dead! It's been six months (since the wedding that triggered the biggest attack ever, and the linking to red wine), that I've been 220 free, and free of symptoms (apart from the three 'tests' which were one night tests). The link was obviously cumulative, the more 220 over the day the worse the problem that night and the next days. Alcohol with 220 is a big trigger - so much for drinking red wine every night for your health! My normal diet was toxic, I was eating Vegemite, sun-dried tomatoes, dips, fruit juice cordial, I ate cereal with dried fruit (and 220) every morning, and sauces (it's in everything) and consumed dried fruit as snacks, thinking it was 'good for me'. Only asthma is mentioned on the official government additive information site, but this is a message I wish could get out, so others could at least try it, as it won't cause harm to avoid this preservative - Michiko, WA (has anyone else experienced a problem like this with sulphites? - suedengate@ozemail.com.au)

[639] Easter nightmare (May 2008)

Just wanted to email you to let you know how helpful I found your book, *Fed Up*. I recommend it to all my friends. My son was diagnosed with ADHD over a year ago now and we have always had major problems with him every single year around Easter time. He is now 11 years old and we have known for a few years now that chocolate and food colouring effect his behaviour dramatically. It doesn't matter how many times you tell people please don't give him, lollies or chocolate, they just don't get it. He went to his friend's house yesterday, was very irritable last night and has totally lost control today. I begged him to tell me what he has eaten and he said he ate 4 medium sized Easter Eggs.

I think it is a real pity that other people and schools don't take these food additives seriously. He is a joy but a handful on the best of days. I constantly refer to your book and he has pulled it out of the bookshelf today to make some homemade butterscotch.

He is a prime example of how food effects children and I can guarantee everytime he has food colouring or chocolate that we will have a raging bull on our hands the next day - Suzanne, email.

[638] Getting to the bottom of asthma/rhinitis (May 2008)

We have gone failsafe before but I never managed to get to get to the bottom of the problem for my son's asthma/allergic rhinitis. I knew it was food, and suspected colours and preservatives. The dietitian you recommended was very good and we had good results with the elimination diet. Because of the asthma she wouldn't challenge MSG, preservatives or colours. It turns out our son started to wheeze about day 6 of the salicylate challenge. After two days of the amine challenge we gave up because he was so ANGRY (but not wheezing). Since then we have been to an allergist and discovered he is allergic to dust mites, some grass pollens and horse hair (we knew this one). We know we can minimise his symptoms and reactions to these allergens by keeping his diet failsafe, and are considering the desensitization path for at least the dust mites – email, Vic.

[637] One-liners (May 2008)

Our daughter was diagnosed with asthma at the age of two. I could not understand how we could eat an incredible diet, mainly organic, loads of fruit, vegetables and wonderful food, and she would cough and wheeze all night. Since I found your books our lives have changed. It turns out our daughter (now four) reacts to salicylates, anything artificial, and smaller reactions to amines - Naomi, NSW.

We can totally relate to the Prickly Princess in Sue's latest book (which by the way is FANTASTIC) - Julie, by email.

My boys can now play like the other kids without getting asthma - thanks to you - by email.

My son hasn't been hospitalised with asthma since we started failsafe two years ago but I have just found out that his urticaria can be caused by food, especially annatto as he accidentally ate quite a bit at vacation care over the school holidays - email, NSW.

Preservatives seem to be responsible for my son's megatantrums. Before I was aware of the impact of preservatives, he was having two or three screaming tantrums per day. Now we are failsafe, I have noticed his reactions are around 24 hours later - by email.

Our son is coming ahead in leaps and bounds with his school work since going failsafe. It also makes a huge difference if the teachers tell you he can't see and hear properly - glasses and grommets being inserted do wonders as well as the diet has - not just labelling the child as "Difficult" which is what was happening – by email.

Product updates

****** WARNING White Rabbit sweets from China** (previously recommended on our website) FIN asked FSANZ in February for advice on whether product sold in Australia contained formaldehyde. FSANZ informed us verbally that one analysis in WA found formaldehyde but that subsequent tests have not detected it. We await a formal response. White Rabbit sweets are sold in Australia in Chinese grocery stores, imported by Vihenthi Co P/L of 19 Boag Pl, Morley WA 6062.

Sheep's milk yoghurt - Grampians Pure sheep milk yoghurt from Victoria, ph/fx 03 55774223

Butchers in Wagga Wagga NSW Knights Meats on the corner of Kincaid and Fitzmaurice St, Wagga will make failsafe sausages. Thanks to Alison

Your questions

Q. I regard potatoes more as a starchy carbohydrate than a vegetable and wonder if my son has too many.

A. Often called uber tubers, potatoes contain all the vitamins, minerals, proteins, calories and cellulose necessary for life. A healthy adult can survive indefinitely on potatoes alone. A potato crop can grow in any climate and can yield four times the calories of a grain crop. (<http://books.guardian.co.uk/review/story/0,,2263286,00.html>). Jamie Oliver lists potatoes as the top crop for home gardeners: 'Everyone deserves to experience home-grown potatoes - what a pleasure!' To be low in salicylates, potatoes must be large, old, brown skinned, white fleshed and thickly peeled. Potatoes that are small, new, red skinned or have coloured flesh - even cream colour like Kipfler - are higher in salicylates.

Q. I seem to have troubling neurological symptoms due to Rosemary Extract, commonly used as an antioxidant in almost all vegetable oils. The amounts are so small as to avoid labelling laws, yet enough to upset a sensitive soul like myself. Even rabid herbalists concede rosemary can cause gastric and neural problems in some people. Are you aware of any reports on reactions to rosemary?

A. Rosemary extract would be very high in natural food chemicals called salicylates. These chemicals occur in most plant foods in varying amounts and can cause the same problems as additives if consumed in large doses or by sensitive people, see our salicylate factsheet. Compare the following figures from Swain et al's 1985 paper 'Salicylates in Foods': pears 0.00 (mg per 100 mg); carrot 0.23; strawberries 1.36; sultanas (dried white grapes) 7.80; cinnamon powder 15.20; rosemary (dried) 68.00.

Q. I have just started my son on the elimination diet, he is in the 3rd week and we have slowly seen some improvement.

A. By the end of the 3rd week most people see spectacular improvement if they have the diet right. Have you read the Checklist of Common Mistakes on the website? You are welcome to send me a list of everything your son eats in a typical day so I can look for possible mistakes. I can usually find about five mistakes - some serious enough to prevent improvement - in food lists from people who swear they are sticking strictly to the diet.

Q. I am finding it hard to come up with enough variety of foods for my son as he is very fussy and this seems to limit what sort of foods he can eat. Do you have any suggestions?

A. Fussy eaters usually improve when you get the diet right. One mother whose two young daughters had previously been picky described how they turned into 'clean plate' eaters after three weeks on the diet. For suggestions regarding a variety of foods I recommend the Failsafe Cookbook. One mother whose son was lunch swapping wrote: 'I was able to buy your cookbook, so now he is getting enough interesting things and variety that he feels he is not missing out!'

Q. Since we started our elimination diet I have been experiencing a lot of diarrhoea, at one point, every day for a week. I thought maybe it was a withdrawal reaction, but it has continued. I have stopped my 2 blocks of chocolate a day habit and to get me through I am using xylitol which the homeopath said was completely safe. Is xylitol not recommended as a sugar substitute?

A. Xylitol is not safe for some people. It doesn't cause the full range of food intolerance reactions such as behaviour or headaches, but any of the sugar free sweeteners ending in '-ol' (e.g. Sorbitol, Mannitol) can cause diarrhea and irritable bowel symptoms, especially if eaten frequently. See our Sugar Free Sweetener factsheet for more details.

Q I've noticed that my brand of contraceptive pill has artificial colouring. I really don't want to be consuming this every single day! Do you know of any brands of the contraceptive pill that are failsafe or where I might find out?

A. Contraceptive pills aren't great for women with food intolerance because female hormones can make symptoms of food intolerance worse, i.e. premenstrually and when taking oestrogen in medication. For pills without artificial colour, you can browse through the Consumer Medicine Information (CMI) sheets for ingredients of oral contraceptives at <http://www.mydr.com.au/drugs/medireresults.asp>.

Around the groups: getting in touch

Support

There are now over 90 support contacts in 47 locations in Australia, and in New Zealand and 10 overseas countries - see website.

We recommend failsafebasic for beginners. It is the smallest of the big general groups - you can join by sending an email to failsafebasic-subscribe@yahoogroups.com with "subscribe" in the subject line.

There's an active **Darwin NT** support group: email jennyh@fatyellowdog.com.

There is a newly started support group for **Canada**: email "subscribe" to failsafeCanada-subscribe@yahoo.com.

Talks

MAY-JUNE 2008

Port Macquarie NSW Mon 12 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour" at St. Agnes' Primary School, Boronia Street Port Macquarie. Free entry, all welcome. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Tom at thoward@lism.catholic.edu.au.

Wagga Wagga NSW Wed 14 May 6.30-8.30pm: Sue Dengate "Fed Up with Children's Behaviour" at the Wagga Wagga Public School, Gurwood Street. \$10 per person, all welcome. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Belinda 0412 838 415 or belinda.fraser@y7mail.com.

Canberra ACT Thu 15 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour" at Fadden Primary School, Hanlon Crescent, Fadden ACT. \$10 per person/couple, all welcome. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Fadden School 02 6205 6011 or Sheryl 02 6294 1720 tee_coach1@hotmail.com.

Devonport TAS Mon 19 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour". Devonport High School Auditorium, William St. \$10 a ticket, couples admitted on one ticket, supper included. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Tickets Debbie 32-34 Valley Rd 03 6424 1103 malangennacc@keypoint.com.au or director_malangenna@bigpond.com.

Launceston TAS Tue 20 May 7.00-9.00pm: Sue Dengate "Fed Up With Children's Behaviour". Scotch Oakburn College Performing Arts Centre- Penquite Campus, Penquite Rd. \$10 per person/couple, all welcome. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Robyn 03 6336 3377 (Reception - Scotch Oakburn College Elphin Campus) or Lisa (lisa.keam@soc.tas.edu.au).

Hobart TAS Wed 21 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour". Hobart at Citygate Convention Centre, 400 Cambridge Rd, Mornington. \$10 per person or couple, payable on the night. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Further information or to register contact Diane failsafehobart@gmail.com, ph 03 6229 9373 or 0402 869 356.

Frankston VIC Mon 26 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour" at the Frankston Cultural Centre, Davey St, Frankston for the St Francis Xavier Primary School, Frankston City Council and SACSC Bayside Cluster. Gold coin donation, all welcome but the evening will not cater to children. To register please call St Francis Xavier School 03 9783 3424.

Mornington VIC Tue 27 May 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour" at the Peninsula Theatre, cnr Nepean Highway & Wilson's Road, Mornington. Tickets limited to 400 at \$5 each and all monies from tickets will be kept by each school and added to the school's welfare fund. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Tickets are available from participating schools or contact John John.Gray@mornpen.vic.gov.au 03 5986 3585 or 0419 500 371.

Warrnambool VIC Wed 28 May, 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour". New Life Centre, 41 Bromfield Street (opp. Supergrasse Tennis Centre), Warrnambool. \$10.00 per person/couple, children free. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Kazz kmah@people.net.au 03 5562 8159.

Ballarat VIC Thursday 29 May 3.00-5.00pm: Sue Dengate "Fed Up with Children's Behaviour" presenting to Ballarat Health Services (Continuing Nurse Education) and Southern Grampians Maternal and Child Health Group and other interested health /welfare professionals. Education Resource Centre, Ballarat Base Hospital, cost \$10 payable on the day. Register 03 5320 4038 or shayneed@bhs.org.au. Contact IKempski@gplains.vic.gov.au.

Ballarat VIC Thu 29 May 7.00pm: Sue Dengate "Fed Up with Children's Behaviour" presenting to the Ballarat Autism Network. Midlands Golf Course, Heinz Lane, Ballarat, \$10 per person/couple. To register for this talk Heather Walker at Midlands 5331 4400, for information Helen Rennie 03 53291361 or hrennie@pinarc.org.au.

Mt Gambier SA Mon 2 June 6.30-8.30pm: Sue Dengate "Fed Up with Children's Behaviour" at Sir Robert Helpmann Theatre, John Watson Drive, Mt Gambier. Gold coin donation would be appreciated. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Further details contact Tracey on 0417 823 826.

Adelaide SA Tue 3 June 7.30-9.30pm: Sue Dengate "Fed Up with Children's Behaviour" at St Andrews School Hall, Walkerville. \$10 per person/couple. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Tickets available before the event from Bron peterbron@optusnet.com.au, 08 8299 9208.

Woy Woy NSW Thursday 5 June 7.30-9.30pm: Sue Dengate "Fed Up with Children's Behaviour" at Umina Surf Life Saving Club, beach end of Ocean Beach Road, Umina. \$10 per person/couple, all welcome. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Korina on 02 4344 6185, 0431 534813 or korina.ivatt@bigpond.com.

Castle Hill, Sydney NSW Fri 6 June 7.00-9.00pm: Sue Dengate "Fed Up with Children's Behaviour" for the Baulkham Hills Shire Library Service, Rebellion Room, Castle Hill Community Centre cnr Castle and Pennant Sts (parking under building). Tickets \$10.00 on-sale from Monday 6 May. Available from all 5 shire libraries see <http://www.baulkhamhills.nsw.gov.au/Library.html> for details. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Erica 02 9761 4529 ewort@bhsc.nsw.gov.au.

Ipswich QLD Tue 10 June, 6.30-8.30pm: Sue Dengate "Fed Up with Children's Behaviour" presenting for Ipswich and Toowoomba Foster Carers. Barry Jones Auditorium (Ipswich Library). Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact Tammy 07 4699 4255 Tammy.Heit@childsafety.qld.gov.au.

Brisbane QLD Wed 11 June 7.15-9.15pm: Sue Dengate "Fed Up with Children's Behaviour" at Mansfield Tavern Function Room, cnr Luprena St and Wecker Rd, Mansfield. Tickets \$12, dads accompanying mum \$6. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. Contact ahurman@optusnet.com.au, 07 3216 8742 or 0401 583 114 for tickets (numbers limited).

Maclean NSW Thu 12 June 6.30-8.30pm: Sue Dengate "Fed Up with Children's Behaviour" at the Cranney Room, St Joseph's Primary School, Stanley St, Maclean. Cost \$10 per person/couple. Sue's Fed Up, Failsafe Cookbook and DVD Fed Up with Children's Behaviour will be available at a discounted price, cash or cheque only. For bookings please contact St. Joseph's on 02 6645 2340 bbirchall@lism.catholic.edu.au.

Brochures

NOW AVAILABLE in Dutch, French, Italian, Portuguese, Spanish, Nepali and USA. See website.

Printable trifold brochures on food intolerance and oppositional defiance are available. We'll post two free that you can copy, or you can buy bulk copies at cost \$A0.26 each plus postage. See instructions on the website for accessing pdf versions. Email confoodnet@ozemail.com.au with enquiries. We loved this comment from one satisfied failsafer: *"Ah, the answer to my prayers. I had no idea the brochure even existed, but thanks so much for directing me to it. I am not very Internet savvy, however I found it easy enough. Regarding possible opposition to failsafeing within the child care setting ... now all I have to do is hand over a copy of this and let them ask questions! Thanks again. I highly recommend everyone print this out if you don't already have a copy, it sure cuts out the "but WHY can't your kid have (insert food here)?" questions. Great for grandparents too."*

Cook's corner

Hints

Potato pizza base - peel potatoes thickly and boil until just cooked but still firm. Cut into slices and press into a well oiled pizza pan, cover with topping, bake as usual.

Bunny 'n' Beans - wild rabbit is organic, lean, failsafe meat, but can be expensive. You can increase nutrition and lower the price by adding equal quantities of cooked kidney beans to make your rabbit meal go further (see Failsafe Cookbook page 89)

Howard's butter cabbage

1 tbsp failsafe butter
4 cups finely sliced cabbage
2 brussels sprouts, finely sliced (optional)
salt and crushed garlic to taste
2 tbsp water

In a medium saucepan, melt butter, stir-fry cabbage and sprouts until well wilted (about 5 minutes). Add water, salt and garlic, stir and cover. Turn down heat and allow to steam for a further 5 minutes. Serves 4, sweet and delicious with any meal.

Honeycomb slice (contains dairy and wheat)

An easy recipe for special occasions.

1 tin of condensed milk
600 ml thickened cream
300g honeycomb (eg from www.carobana.com.au)
2 packs of Arnott's Milk Coffee biscuits (because they don't have added flavour, most others do)

Whip the cream. Chop the honeycomb into small pieces. Fold the condensed milk and honeycomb in with whipped cream. Place baking paper in a lamington tray and line with one layer of biscuits. Pour mixture over biscuits. Then top with another layer of biscuits. Place in freezer overnight. Then just cut to serve - thanks to Sherri.

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