



babeaze made easy



Sleep and Settle Secrets November 2009

Topic:

Introduction to food intolerances from Sue
Dengate's website

www.fedup.com.au

Sue explains that the food we are eating today has changed drastically from the food we, our parents and grandparents grew up on. As a consequence we are faced with new sorts of food related problems.

Additives are now present in healthy food as well as well as junk food in an effort for it to last longer, look better and taste better. Even foods such as bread, butter, cereals, dried fruits, yogurt and juice as well as medications.

The effects of food additives can include:

- *irritability, restlessness, difficulty falling asleep
 - *mood swings, anxiety, depression, panic attacks
 - *inattention, difficulty concentrating or debillitating fati gue
 - *speeh delay and learning difficulties
 - *eczema, urticaria and other itchy skin rashes, angioedema or swelling of the lipsetc often associated with rashes
 - *reflux, colic, stomach aches, bloating, other irritable bowel symptoms including constipation and/or diarrhoea, sneaky poos, sticky poos, bedwetting
 - *headaches or migraines
 - *frequent colds, flu, bronchitis, tonsillitis, sinusitis, stuffy or runny nose, constant throat clearing, cough or asthma
 - *joint pain, arthritis, heart palpitations, racing heartbeat.
- to name a few!

Natural food chemicals:

If consumed in large enough doses some natural food chemicals can cause the same reactions as food additives.

These include salicylates, amines and glutomates.



Due to the availability of out-of-season fruits and vegetables, concentrated natural chemicals and added flavours, natural food chemicals are increasing in our food supply as we consume the same foods more often rather than some foods being seasonal.

Sue says "Foods high in salicylates include: strawberries, kiwifruit, avocados, sultanas and other dried fruits, citrus, pineapple, broccoli, pizza toppings, tomato sauce, olive oil and tea. Salicylate sensitivity can be triggered or worsened by medications such as aspirin and other NSAIDs (non-steroidal anti-inflammatory drugs) such as Nurofen and lotions eg: anti-arthritis, salicylate containing teething gel. Cheese and chocolate and high in Amines."

It is normal not to notice the effects of the food chemicals until the foods are eaten in large doses, for example at Christmas and Easter or the beginning of a new season when a particular food is introduced and loved by a child. Sue reports that it is as simple as a child consuming too much of a particular food to produce the reactions for example: bread, some fruit or vegetables.

Fruit and mint flavours and fragrances are another form of salicylates. Recent studies of new mothers in the UK found that with increasing use of air fresheners and/or aerosols lead to increased headaches and depression in mothers and increased asthma, diarrhoea, vomiting and ear infections in babies. Even mint flavoured toothpaste can upset some people causing rashes through to runny noses.

If you decide you need to investigate possible food intolerances in your family you can follow the RPAH Royal Prince Alfred Hospital elimination diet while supervised by a dietitian. This diet is free of additives and low in salicylates and amines.



In Sue's experience this is the most effective elimination diet in the world. <http://www.sswahs.nsw.gov.au/rpa/allergy/>

If you suspect your family may have some of the above symptoms and would like more information please go to www.fedup.com.au

Books:

'Fed up' Sue Dengate (2008) available in bookstores

'The Failsafe Cookbook' (2007) available in bookstores

DVD

The 'DVD Fed Up with Children's Behaviour' (actually suitable for children and adults!) available through the website.

www.fedup.com.au

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