

# FAILSAFE

*Free of Additives, Low in Salicylates, Amines, and Flavor Enhancers*

*It is designed to treat intolerances and sensitivities to chemicals in foods – not allergies. It can often help with ADD/ADHD, migraines, sleep issues, mood or behavioural problems and digestive disorders.*

<b>FOOD ADDITIVES</b>	About 50 artificial food additives are eliminated. These include: Colours – tartrazine, sunset yellow Flavors Preservatives Antioxidants – sulphites, nitrates, benzoates, sorbates, parabens
<b>SALICYLATES</b>	Both in foods and medicines: Aspirin Polyphenols – natural flavors, colors, preservatives Salicylates in fruits and vegetables
<b>NEUROTRANSMITTERS IN FOOD</b>	Free glutamates – MSG Amines – histamine, serotonin, dopamine, phenylethylamine, tyramine, aged proteins, fermented foods
<b>AROMATIC CHEMICALS</b>	Compounds with strong smells and tastes such as perfumes, cleaning products, commercial cosmetics, scented and colored toiletries, mint and menthol products
<b>PHARMACEUTICAL DRUGS</b>	Some medicines need to be avoided as much as possible and with the clearance of your doctor, such as aspirin, NSAIDS, COX II inhibitors, ibuprofen, decongestants, anti-inflammatory creams

This is not a complete list of what is eliminated on the FAILSAFE Diet. To get more complete information go to:

[www.failsafediet.com](http://www.failsafediet.com)

The rule of thumb on this diet is avoiding any aged or fermented foods (sauerkraut, cheese, hung meat), and things with heavy flavors, smells or colours.

The main things allowed include fresh meat, chicken, fish, eggs, some grains (if tolerated), peeled vegetables and fruits (ones that are allowed), fresh dairy (if tolerated).

The diet has to followed 100% otherwise results will be inconclusive and you still won't know if this is playing a role in your health problems or not. It usually takes 2-4 weeks for results to be seen, but sometimes upwards of 3 months may be needed. Once benefits are noticed, foods may be introduced one at a time in a specific order according to its chemical classification. You will have to work with your healthcare practitioner in this.