



Banned food additives permitted in children's medicines

Medicines for babies and young children frequently contain a cocktail of additives which are banned from foods and drinks designed to be consumed by the under threes.

A survey of 41 medicines aimed at the under threes found only one product which did not contain a food additive or food additives that are prohibited from foods specifically manufactured for the same age group.

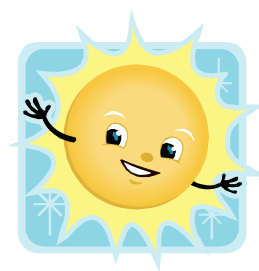
The survey, published, in *The Food Magazine* found azo dye colourings in 5 products and multiple artificial sweeteners and preservatives in the majority of products. No colours or sweeteners are permitted in foods and drinks for the

under threes and most preservatives are prohibited. The Food Standards Agency confirmed that only additives strictly necessary from a technological point of view and recognised as being without risk to the health of young children are authorised in such foods.

Some medicines warned the additives they contained could have harmful side effects, e.g., "E123, E214, E216 & E218 may cause allergic reactions (possibly delayed)". The side effects listed included irritation of the skin, eyes and mucosal surfaces, stomach upset and diarrhea. Some of these reactions can occur a few days after exposure.



Ian Tokelove, a spokesperson for *The Food Magazine*, said "Whilst many children will be able to consume these products safely, there will be those who will suffer allergic reactions to these additives. It is time for medicine manufacturers to clean up their act and remove any unnecessary additives. We believe that colourings and artificial sweeteners can be replaced with natural alternatives and the use of preservatives should be rigorously questioned". The survey found that some medicines contained no preservatives at all, whilst similar products contained two or three.



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The majority of medicines also contained artificial flavourings. These are not prohibited in foodstuff for the under threes but official guidance suggests that natural alternatives should be used instead.

Just over half (23) of the medicines warned of possible side effects linked to consumption of specific food additives. Foods and drinks for the over threes routinely contain these additives, which will be consumed in much greater and more regular

quantities than those used in medicines, and yet no such warnings are given. The Food Commission believes that any foodstuff containing an additive or additives that may cause allergic reactions or other negative physiological effects should carry a clear warning. Ideally, such additives should be removed and replaced with safer alternatives.

In the UK, the regulation of medical products is the responsibility of the Medicines

and Healthcare products Regulatory Agency (MHRA). See:

<http://www.mhra.gov.uk/>

For the full survey please see www.foodcomm.org.uk/latest_medicines_Mar07.htm

*Taken from The Food Magazine
email newsletter*



Did I read that sign right?.....

In an office:

Would the person who took the step ladder yesterday please bring it back or further steps will be taken



Outside a secondhand shop:

**We exchange anything—bicycles, washing machines, etc.,
Why not bring your wife along and get a wonderful bargain**

In an office:

After tea break staff should empty teapot and stand upside down on the draining board



Tourette Scotland have moved!

Their new address is:

Tourette Scotland,
Algo Business Centre,
Glenearn Road,
PERTH,
PH2 ONJ.

They also have a new telephone number: 01738 450411

www.tourettescotland.org

Patrick Holford's Top Diet Tips for Mind and Mood:



- Eat oily fish three times a week
- Have 2 servings of greens a day
- Have 1 serving of berries a day
- Eat a low 'glycemic load' diet, with no sugar and plenty of oats
- Limit coffee to no more than 1 a day

How to banish hay fever and calm allergic reactions

Does Spring signal the start of the hay fever season for you? Or are you unfortunate enough to suffer with other allergic reactions all year round, such as asthma, eczema, dermatitis, itchy eyes, nasal congestion or catarrh?

These symptoms are miserable, but the good news is that there are a number of nutrients which you can eat,

or supplement, to reduce the severity of ongoing symptoms and to calm a reaction when you have an 'attack'. What's more, it's also possible to reduce your allergic potential so you're less likely to have these symptoms in the first place.

Vitamin C is the most important anti-allergy vitamin. It is a powerful promoter of a strong immune system,

immediately calms down allergic reactions and is also anti-inflammatory.

Omega 3 fish oils are one of nature's best natural anti-inflammatory nutrients, with countless other benefits besides.

Avoid mucus-forming, pro-inflammatory foods such as dairy products and meat.

Taken from Patrick Holford's email

You know you are living in 2007 when.....

Your reason for not staying in touch with friends and family is that they don't have e-mail addresses!

You e-mail the person who works at the desk next to you



You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries

Better child

"since taking Aspartame out of my son's diet, his behaviour has improved ten-fold and he is much less argumentative.

He is much more settled at school and responsive.

School has not had to contact me since August. I used to dread the mobile phone ringing every day—now it doesn't even cross my mind.

School meetings are now pleasant and before they were very daunting.

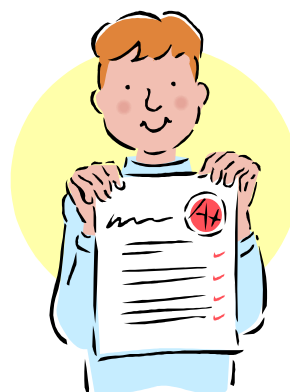
He has improved leaps and bounds in all directions!!

(mother of 10-year old boy, diagnosed with ADHD and Autistic Tendencies)

He is also taking Omega 3 oils.

Was on Ritalin for 1 year aged 6-7 yrs, but it appeared to make him worse; more violent and argumentative.

No medication now.



If you would like to share your experiences with others, please drop us a line.

Parent Support Groups

Dates and details of your local group as follows:

[Levenmouth](#): 10am-12noon
Friday, 29th June 2007
At The Centre, Leven

[Dunfermline](#): 10am-12noon
Wednesday, 27th June 2007.

At the Tower House,
Dunfermline

[St. Andrews](#): 10am-12noon
Thursday, 28th June 2007

At the Rose Lane Centre, Families First,
St. Andrews

[Kirkcaldy](#): 10am-12noon
Wednesday, 13th June 2007

At Hunter House,
Kirkcaldy

[Glenrothes](#): 10am-12noon
Thursday, 28th June 2007

YMCA, North Street, Glenrothes

Special Discovery—New Vitamins Children Need

We all know about the vitamins A to K, which we need in our daily diet to thrive and grow. It is rumoured that scientists have recently discovered some more vitamins, which are just as essential, one of which is:

Vitamin H for Hope:

Hope is naturally occurring. You just have to make sure

it isn't removed by exposure to toxins. Avoid watching the news or viewing the world through newspapers. Don't indulge in gloom-mongering around kids—especially teenagers. Join something that makes a difference; Greenpeace, Friends of the Earth, WWF, whose publications are incredibly positive. Research has shown that kids

with even slightly activist parents are more mentally healthy, have a more positive view of the world and the future, and do more about it.

Taken from 'the secret of happy children'

RECIPE

Pineapples, Blueberries & Ginger Smoothie

Ingredients:

1/2 an Orange
1/2 a Pineapple
1/2 a banana
2 handfuls of blueberries
a nice bit of fresh ginger

Method:

Squeeze your orange juice. Skin the pineapple, cut into chunks and juice them. Peel and chop the banana and blend with the blueberries, orange and pineapple juice. Peel and

finely grate a chunk (1-2cm) of ginger in the blender.

Whiz and serve.

1 generous serving



Books Recommended & Available from Resource Library:



- **How to Talk so Kids Will Listen & Listen to Kids will Talk.** By *Adele Faber & Elaine Mazlish*. “This book has made me think a lot more about approaching my son when having problems”. I liked it, it was

informative, helpful and the content was good.

- **Ritalin Free Kids.** By *Reichenberg-Ullman & Ullman*. I liked it, it was helpful, informative, practical, easy to read and it had good content.

*Strength is the capacity to break a chocolate bar into four pieces with your bare hands
And then just eat one piece!*

Judith Viorst

‘BAD CHILDREN: Try a little kindness and attention (and it does wonders for hyperactivity, too)

Are we born bad or do we become so? A new study among small children suggests it's more to do with nurture than nature.

A group of socially disadvantaged children in Wales, who were raised with ‘positive parenting’ techniques—such as consistent praise and positive role models—displayed less antisocial behaviour than those who were neglected or abused.

Fewer ‘positive parenting’ children were hyperactive or had learning problems, which are normally remedied with powerful drugs.

In all, 153 parents from deprived areas with children aged between 3 and 5 participated. Of those, 104 adopted ‘positive parenting’ techniques, while the remainder continued with their usual approach to parenting.

Source: (British Medical Journal, 2007; 334:678-82)

DISCLAIMER

We believe that ADHD is a complex issue, and that everyone experiences it in a different way. Whilst all information in this newsletter is given in good faith, Attention Fife cannot accept any liability.

If you are considering making changes to your child's diet or trying holistic therapies we would strongly recommend you discuss your intentions with your GP/Consultant, particularly if your child is on prescribed medication.

For more information, support, and access to personal recommendations from other families, please phone Dianne or Barbara at the Resource Centre on 01592 267858.

We would welcome feedback from your own experiences, which we could then share with others.



My ADHD Child

By Tracy Nicolaus

*He's bouncing' off walls, a super ball gone insane,
He runs through your world
like an off-rail freight train,
Interruptions are constant, tantrums galore,
When it's time to do homework,
he's gone, out the door.*

*The drama is constant, oh his foot fell asleep,
he moans and he wails, the theatrics run deep,
School is a nightmare, the teachers are lost,
if they only could see, he is worth the cost.*

*He is brighter than most, as most kids are,
and with patience and love, I know he'll go far,
But what I must take from well meaning friends,
Don't let him do that. Oh, these rules he bends.*

*You're not a good parent. Your child's really rude.
His temper's outrageous. He has hands in his food.
He hears this and wonders,
just what's wrong with me?*

I tell him, you're special, you have ADHD.

*Now ADHD is a gift from above,
It teaches us grown-ups
how to strengthen our love,
It helps to teach your teachers no two kids are the same,
You have awesome energy that could bring you great fame.*

*You don't need much sleep, you never wear down,
You're silly and funny, when you act like clown.
You've felt lots of pain from what people have said,
But you pray for those people when you go to bed.*

*So you try every day to make a fresh start,
For God gifted you with an extra big heart,
As I look at my child, he sees through my soul,
My heart feels like busting, as i realise my goal.*

*I know this boy like no one else could,
He's a blessing to me, he's strong and he's good,
So I'll love him and guide him
through the worst of the worst,
and he'll make a great man (if I don't kill him first!)*

*I'm, kidding of course 'cause I know what's to be,
When I look in his eyes, I see a reflection of me.*

*Barbara and Dianne
would like to wish
everyone a fantastic
summer*

