

THE ULTIMATE RESOURCE GUIDE FOR A  
LOW PHENOL DIET



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RESOURCE GUIDE

TO HELP GUIDE YOU TO RESOURCES FOR A LOW PHENOL DIET

# Low Phenol Diet Resource Guide

Low phenol diets can be confusing, partly because there are often discrepancies in the lists of foods that are rated for phenol content. The trick is to try to identify first if phenols are an issue for your child, to what degree (how much phenol content can they tolerate in their diet) and what supports (enzymes like no-phenol, epsom salt baths etc.) they need to process the phenols that remain in their diet (as you can't eliminated them completely).

Make sure you are tracking the foods your child is eating and symptoms you notice (or have disappeared since implementing an elimination diet) in your child's [Food, Mood, Sleep and Poop Journal](#).

There are three diets that are commonly discussed when addressing phenol sensitivities: Feingold, FailSafe and RPAH Elimination Diet. This resource guide provides links to resources that reference these three diets. They are a good starting point and help you to decide which approach might work best for you. Many parents choose to start with the Feingold diet as it focuses only on the elimination of salicylates and ease into the process from there.

First, take a look at [Nourishing Hope's Julie Matthew's discussion on the Feingold and FailSafe diets](#). This will be of help if you are still confused about what the differences are between the diets and where to start.

Once you have a good grasp on the differences between each of the diets check out the resources below to help you further your knowledge and get started implementing them for your child.

## **Feingold Diet Resources (low phenol/low salicylate diet):**

[What is the Feingold diet?](#) - this is a link to the Feingold Organization where you can become a member and then get access to their lists of high salicylate foods and additives to avoid.

### **Blogs & Facebook Groups about the Feingold Diet:**

<http://www.allnaturalmomof4.com/>

<http://feingoldrecipes.blogspot.ca/>

[Feingold Association of the United States Facebook group](#)

### **Books about the Feingold diet:**

[Why Your Child Is Hyperactive: The bestselling book on how ADHD is caused by artificial food flavors and colors, Ben Feingold, M.D., 1985](#)

[The Feingold Diet Cookbook for Hyperactive Children, Ben Feingold, M.D., 1979](#)

[All Natural Mom's Guide to the Feingold Diet: A Natural Approach to ADHD and Other Related Disorders, by Sheri Davis](#)

[Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families, by Jane Hersey](#)

### **Other Salicylate Sensitivities Resources:**

[List of foods high in salicylates](#)

[List of products and ingredients high in salicylates](#)

\*\* Please note that some of the links in this resource guide contain affiliate links. There is no additional cost to the purchaser but a small commission may be paid to My Child Will Thrive, which will support the continuing efforts to provide free quality information to all parents on an ongoing basis.

## **Failsafe Diet & RPAH Elimination Diet Resources (low phenol/salicylate/amine/glutamate diet):**

[What is the Failsafe diet?](#)

[The Failsafe diet explained \(includes printable download\)](#)

[Common mistakes on the FailSafe diet](#)

### **Blogs & Facebook Groups about the Failsafe Diet:**

<http://www.failsafediet.com/>

<http://www.failsafetable.com/>

<http://www.fedup.com.au/>

[Sue Dengate's Public Failsafe Facebook Group](#)

### **Books about the Failsafe and RPAH Elimination Diet:**

[Fed Up, Sue Dengate](#)

[The Failsafe Cookbook, Reducing Food Chemicals for Calm, Happy Families, Sue Dengate](#)

[RPAH Elimination Diet Handbook](#) or [here to purchase hard copy](#).

[RPAH Friendly Food - Recipe Book](#)

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## **Supplements:**

Enzymes to breakdown the remaining phenols in the diet is helpful to manage the symptoms until the correct balance is found, in addition to managing accidental exposures. Houston Enzymes produces a product called [no-fenol](#) that aids in the breakdown of phenolic compounds in the diet, mitigating the exposure your child has.

As mentioned in the blog post, sulphur, which is necessary to process phenols appropriately if often deficient in our children. Oral supplementation is not the most effective manner. Epsom salt baths allow your child to easily absorb magnesium sulfate directly through the skin. [Purchase them in bulk](#) as you will go through a lot quickly (and it is much more cost effective).

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