



Phenol Sensitivity

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Phenol sensitivity is a common issue with individuals on the autism-spectrum, including those with ADD/ADHD. It can also be an exacerbating problem for people with other psychiatric illnesses such as bipolar, schizophrenia, behavior disorders. Finally, it is not uncommon for individuals with chronic migraine headaches to be phenol sensitive.

Phenols are chemical compounds found in a variety of foods such as dark fruits and vegetables. There are other chemical compounds that have phenol-like properties including amines and salicylates (an ingredient found in aspirin). There are many artificial ingredients such as additives and flavor enhancers, as well as colorings that are high in these chemical compounds. Some individuals have a difficult time metabolizing these chemicals which can lead to toxicity in the cells and create behavioral problems such as hyperactivity, irritability, agitation, and aggression. Sleeping problems can also occur. Many times kids with persistent dark circles under their eyes or red ears and cheeks that occur after eating a particular food can be indicative of an adverse phenol reaction.

Listed below is a partial list of phenol-rich foods:

High:

Apricots, berries (strawberries, blue & black berries), cherries, Oranges, Tangerines, Pineapple, Red Grapes, Tannins (from red wine), Plums, Tomatoes, Pepper, Mint, Olives

Moderate (to moderately high):

Apples, Broccoli, Carrots, Grapefruit, Lettuce, Mangos, Onions, Peaches, Spinach, Watermelon. Many nuts and seeds.

Low:

Bananas, Cabbage, Celery, Pears, Potatoes, Sugars, Oils and Fats.

One thing to keep in mind about phenol sensitivity is that even though a food may be listed as low, i.e. banana - your particular child may react negatively to it. There are other chemicals which are phenol-like in their effects such as - FD&C colorings, aspartame, natural flavorings and colorings, BHA & BHT, hydrolyzed vegetable proteins, Monosodium Glutamate (MSG), corn syrups and aspirin.



An organization called the Feingold Institute has a good list of substances that contribute to these sensitivities.

For phenol sensitivities, there are a number of things that can help. In addition to avoiding certain high phenol foods as well as items that are obviously artificial in their coloring and flavoring - New Beginnings carries a variety of items that can help:

- **No-Fenol** - this digestive enzyme from New Beginnings helps to digest excess phenols found in foods. 1 to 2 capsules or 2 to 3 chewable tablets with meals or snacks.
- **Epsom Salt Cream** - this cream from New Beginnings helps to support sulfate levels in the body often depleted by high phenol compounds - apply one teaspoon (approximately) to skin, i.e. inner forearm, thighs, abdomen twice daily.
- **Epsom Salt baths** - daily or after known ingestion of high phenol foods – 1 to 2 cups in bath water. Let child soak for at least 20 minutes. Can add 1/2 cup of Baking Soda as well.
- **Liquid Molybdenum** - this liquid mineral from New Beginnings aides in sulfur metabolism - 5 drops daily.

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