

Hospital Study

St. Johns Hospital H.A. /Diet 30 children. 85% were affected

Items implicated

- Colours
- Flavours
- Cows Milk
- Chocolate
- Orange*
- Wheat
- Cheese
- Tomato*
- Sugar
- Egg
- M.S.G

Published in St. Johns Hospital Chelmsford 1985. Dr. A. Franklin

HACSG Database: 357 children. All improved on dietary therapy.

- Colours 89%
- Flavours 71%
- Preservatives 71%
- Cows Milk 50%
- Chocolate 60%
- Orange* 47%
- Wheat 25%
- Cheese
- Tomato* 30%
- Sugar 43%
- Egg 29%
- M.S.G 59%

- Chemicals 59%

To be published.

Database held at Dept of Chemistry, University of Surrey from questionnaires (families) 1987.

**Contain natural salicylates*

Appendix 2

HACSG database

The HACSG database is housed at the Department of Chemistry, University of Surrey and supervised by our Research Director, Dr. Neil Ward. Charts are available for a nominal cost. Please contact Sally Bunday for details.

HACSG Questionnaire 1979: 214 families replied

	Boys	Girls
Better	74%	75%
Part response	16%	12.5%
None	4%	2%
Not tried diet	6%	10.5%

HACSG Questionnaire 1979: Percentage of families with health problems

Migraine	82%	
Catarrh	74%	
Hayfever	71%	
Asthma	51%	
Sinus	5%	

Database Questionnaire 1987: 357 diagnosed hyperactive children (mixed ages) reacted to the following:

Synthetic colours	89%	
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Synthetic flavours	71%
Preservatives	71%
Antioxidants	50%
Monosodium Glutamate	59%
All synthetic additives	45%
Cows milk & dairy	50%
Chocolate	60%
Orange	47%

Database Questionnaire 1987: percentage of families with health problems

Migraine	65%
Asthma	2%
Eczema	51%
Hayfever	60%
Arthritis	55%
Food allergies	60%
Chemical allergies	40%