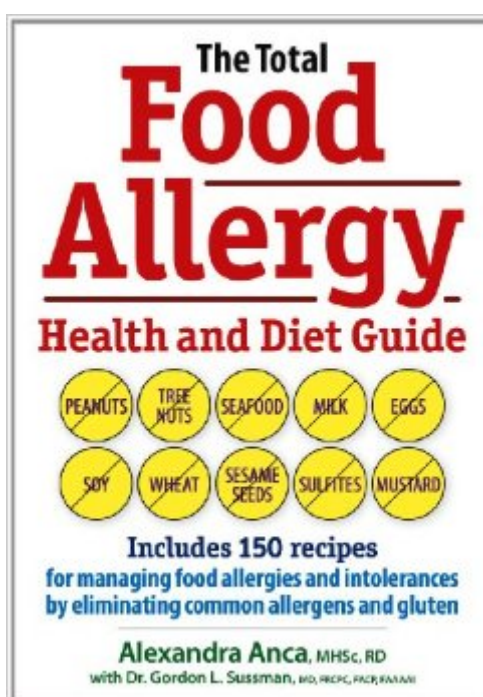


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# The Total Food Allergy Health And Diet Guide: Includes 150 Recipes For Managing Food Allergies And Intolerances By Eliminating Common Allergens And Gluten



## Synopsis

Food allergies affect 5 percent to 6 percent of young children and 3 percent to 4 percent of adults in westernized countries. Did you know that most allergic reactions to food are triggered by these 10 common allergens: peanuts, tree nuts, seafood, milk, egg, soy, wheat, sesame seeds, sulfites, and mustard? Based on the most current and comprehensive information available, this indispensable guide is for anyone managing these allergies and intolerances, as well as those who suspect that they might have a food allergy and need to know how to find out for sure. Discover a wealth of practical advice on living with food allergies and intolerances, and on planning an allergen-free diet with delicious and nutritionally sound recipes that exclude the allergens that adversely affect your health. Food allergies are a lifelong challenge, but by understanding what causes them and how they develop, you can avoid the threats to your wellbeing and achieve good health.

## Book Information

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## Customer Reviews

Recently the husband of a good friend of mine was diagnosed with celiacs. It feels as if I am meeting more and more people who have special diets. I have watched from afar as my friend has just jumped right in. Her whole family is eating differently to make it easier on her husband because of his need to take gluten and lactose out of his diet. I have been so impressed with her dedication and her efforts to love her husband well. As a host, I want to love our guest well when they come into our home. I want to understand what I need to watch out for. In my mind, food allergies are different than being a picky eater. I remember trying to accommodate one picky eater who came to our home

on New Year's Eve 9 years ago. I changed my main dish just for her and then it turned out that she didn't like that either! I couldn't do anything more. But, food allergies are much more serious. My friend's husband has to miss a day of work if he eats the wrong thing. So, I was excited when I got the chance to review this book. It was by Alexandra Anca, a registered dietician, with Dr. Gordon L. Sussman, a medical doctor. It is a chockful of information! This book covers various food allergies, associated health conditions, the diagnosis of food allergies, managing the allergies, what products to watch out for, and then recipes. Half of this book is recipes, which is the part I most wanted. I found the information about allergies informative. If I was starting down the road to food allergy testing, this book would provide good explanations of allergies vs. intolerances, how to understand different types of testing, and what I need to watch out for.

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