



The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten

By Alexandra Anca, Adelle Atkinson

Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten, Alexandra Anca, Adelle Atkinson, Every year, millions of people have an allergic reaction to food - while thankfully most cause mild symptoms, some food allergies can trigger very serious, even life-threatening situations. Some people are lucky and outgrow their allergies but for many, these allergies become a lifelong challenge. While there is no cure for food allergies, the allergic reactions can be managed through strict avoidance of certain foods and early detection and/or diagnosis. This comprehensive book is the ideal guide for anyone who is managing a food allergy/allergies and intolerances and also for anyone who suspects they might be affected by an allergy and requires the necessary information for verification. The information uses a straightforward easy-to-follow approach: Part 1: What Are Food Allergies and Intolerances? Understanding the immune system and how food allergies and intolerances develop; Manifestations of food allergies and intolerances; Diagnosing food allergies and sensitivities. Part 2: Nutritional Management of Food Allergies and Sensitivities: The top 10 food allergens: peanut and tree nut, seafood (fish...



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