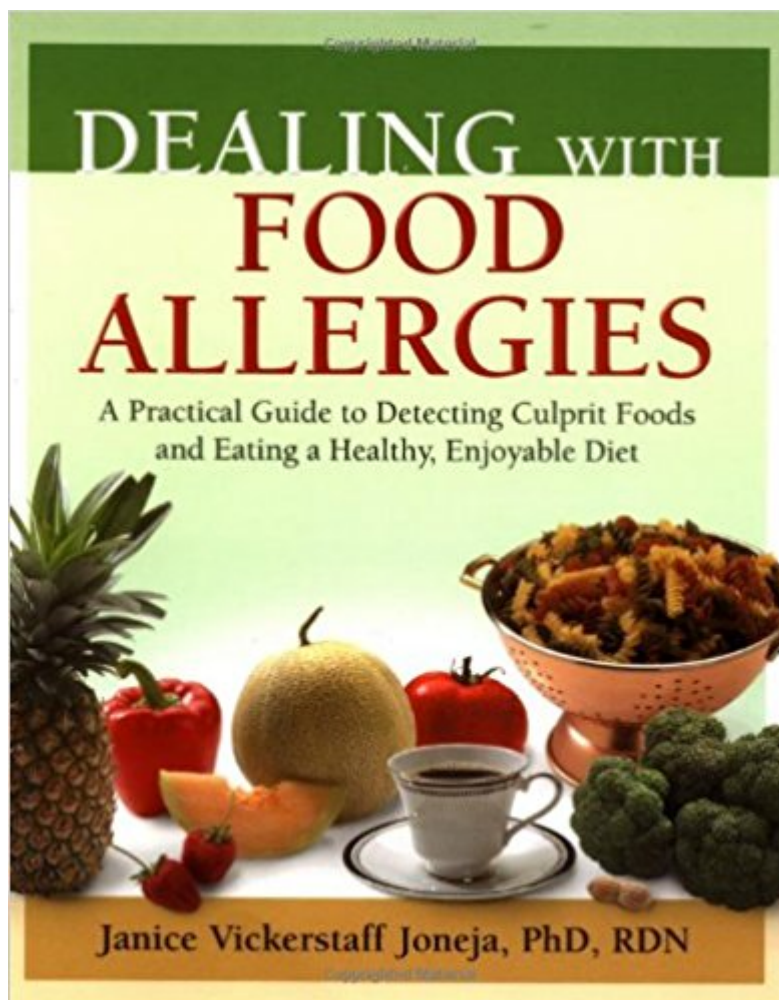




**Ebook Directory**  
the best source of ebook

The book was found

# Dealing With Food Allergies: A Practical Guide To Detecting Culprit Foods And Eating A Healthy, Enjoyable Diet



## Synopsis

Presenting up-to-date information on current diagnostic methods and treatment options, this guide describes the effects of food allergies on the skin, mucous membranes, and respiratory and digestive tracts; discusses treatment by allergists and other healthcare professionals; and empowers readers to manage their food allergies.

## Book Information

Paperback: 484 pages

Publisher: Bull Publishing Company (April 1, 2003)

Language: English

ISBN-10: 092352164X

ISBN-13: 978-0923521646

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #161,136 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #71 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#) #1990 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

I bought this on the recommendation of my mother-in-law who is a retired OT who struggled to identify her own food sensitivity for years with little help from her Drs. As she explained, the average contemporary Dr. only gets scant training in nutrition now that so much relies on handing patients pills to treat symptoms. For this reason, getting input can be nearly impossible. With food sensitivity and allergies, you can't (generally) have a simple test and most of the elimination diets given to patients in most medical facilities are not comprehensive. This book gets into the underlying science of allergy and sensitivity, which I feel really helps in understanding the need for a careful elimination diet and (if you identify a problem) the many factors that can make them wax and wane if they are sensitivities instead of all-out allergies that require major medical intervention (like the Epi-pen). For example, I do have a very serious mold allergy and have had some idea that other problems increased when that allergy was in seasonal peaks and this book explains why in a way that I can understand. That knowledge will make me better prepared in fall and spring, when the few triggers I may have with food are more likely to happen. I have not yet started the elimination, but fully expect

to satisfy some unanswered questions when I do. Perhaps more than anything else I appreciate that this is written by someone with a legitimate, advanced education on the topic (PhD, with real experience too) and some personal experience unraveling problems her son had. I'm mighty tired of every other random blogger or person I know who knows diddly about actual science diagnosing me and most of the world with things, when they have no formal qualifications to do so.

[Download to continue reading...](#)

Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss

Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Genetically Modified Foods : Banned By Other Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin your life, ... Foods, organic food, Food addiction Book 1) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)