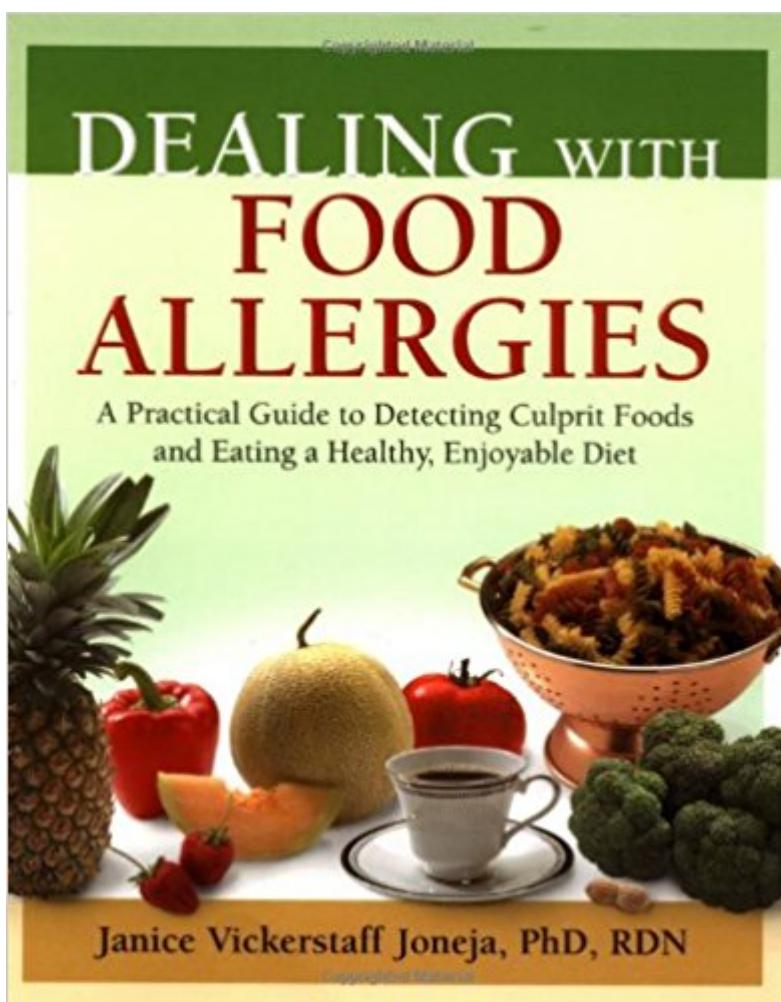


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# Dealing With Food Allergies: A Practical Guide To Detecting Culprit Foods And Eating A Healthy, Enjoyable Diet



## 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

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## 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.

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