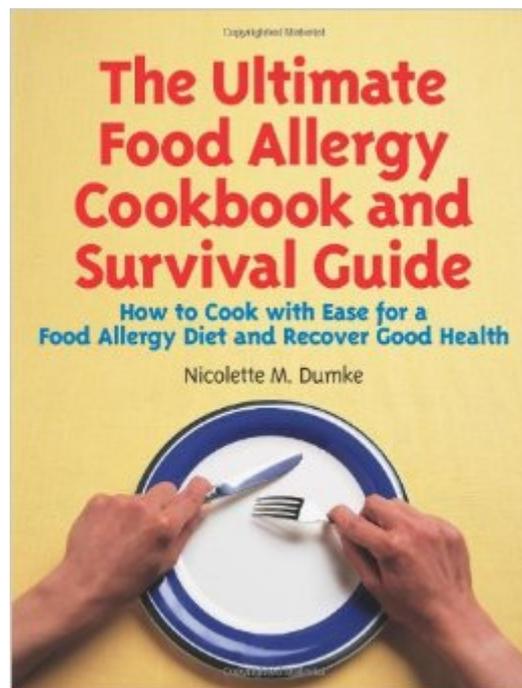


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# The Ultimate Food Allergy Cookbook And Survival Guide: How To Cook With Ease For Food Allergies And Recover Good Health



## Synopsis

The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health gives you everything you need to survive and recover from food allergies. It contains medical information about the diagnosis of food allergies, health problems that can be caused by food allergies, and your options for treatment. The book includes a rotation diet that is free from common food allergens such as wheat, milk, eggs, corn, soy, yeast, beef, legumes, citrus fruits, potatoes, tomatoes, and more. Instructions are given on how to personalize the standard rotation diet to meet your individual needs and fit your food preferences. Contains 500 recipes that can be used with (or without) the diet. Extensive reference sections include a listing of commercially prepared foods for allergy diets and sources for special foods, services, and products.

## Book Information

Paperback: 320 pages

Publisher: Allergy Adapt, Inc. (November 1, 2006)

Language: English

ISBN-10: 1887624082

ISBN-13: 978-1887624084

Product Dimensions: 7.4 x 0.7 x 9.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #170,518 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #76 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#) #353 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#)

## Customer Reviews

I have to say...this book is AMAZING. I can understand the people who get it and say that the food in here is too "exotic" or you have to be a "chef" to make them. But you have to understand...this is not a book for someone with 1 or 2 food allergies. This is for someone who has an overwhelming amount of food allergies and wants to keep from developing more, while possibly helping to heal their gut. I won't go into my full list of food allergies, but some they include are: Gluten, Dairy, Soy, Tree Nuts, Peanuts, Rice, Corn, Black Pepper, Onions, Tomatoes, Spinach, Garlic, Pork, Beef, Shrimp, etc, etc, etc....I have over 40 severe food allergies...and keep developing new ones. So, with that in mind, I bought this book. I will be starting my rotation diet on February 1st...hopefully

keeping myself from getting any worse...and hopefully getting better! And yes, there are extremely exotic foods listed...(i.e., lion, boar, kangaroo, etc)...but again, sometimes, that is the only meat you can eat. But there are also a TON of "regular" meats listed. This just gives options you would not have otherwise considered...So, if you truly have severe food allergies, please do not let the reviews scare you. This book is amazingly easy to read and understand, and will be super useful in the future. I don't know how many of the recipes I can/will try, but the listing of food families and what those food families contain are invaluable. I am sure this will become a major "go to" in my journey to get better.03/25/2014 Update - I used this meal plan for all of February. I really felt much better when I was on it. It is a TON of work...it is not EASY. But it is worth it.

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