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The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health

Nicolette M. Dumke

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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 pr eferences. 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.

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