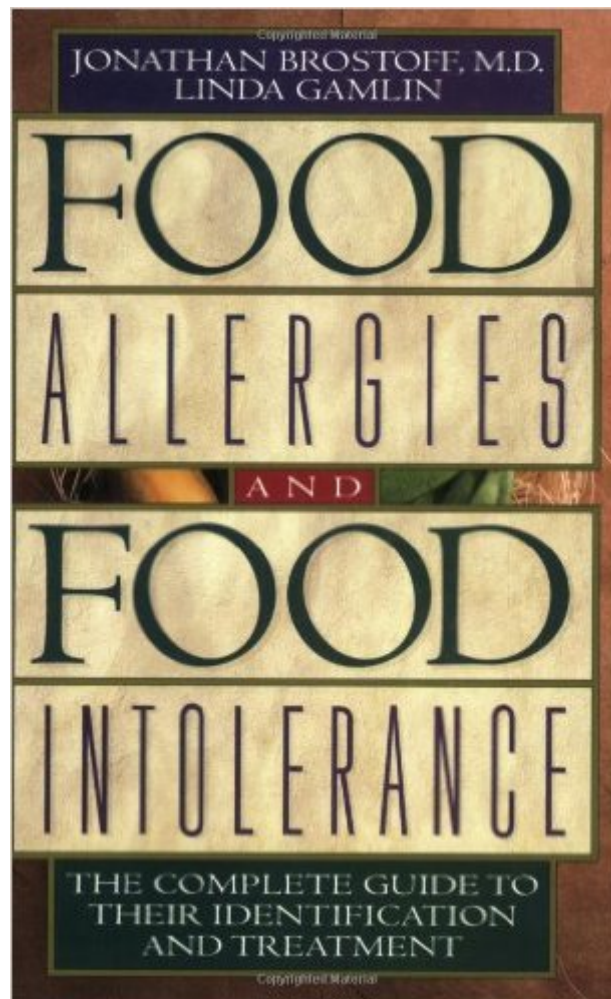


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# Food Allergies And Food Intolerance: The Complete Guide To Their Identification And Treatment



## Synopsis

• A leading international authority on food allergy and intolerance provides invaluable advice for achieving dramatic and long-lasting improvements in your health. • Explains how sensitivity to foods is responsible for many chronic and misdiagnosed ailments such as migraines, sinus problems, and persistent fatigue. • Includes a step-by-step process for identifying food allergies and intolerances and reshaping your diet for better health. Many people suffer from chronic, unexplained health problems--migraine headaches, poor digestion, recurring sinus symptoms, aching muscles and joints, persistent fatigue--whose causes remain elusive, even to doctors. When conventional tests fail to provide a clear-cut diagnosis, doctors often suggest that these symptoms are due to stress or anxiety, but now Jonathan Brostoff and Linda Gamlin demonstrate that quite often food allergies and food intolerance are the true culprits in these situations. The authors provide clear explanations of the causes of, as well as the differences between, food allergies and food intolerance and offer numerous case studies on problems all too familiar to many readers. More important, they provide much-needed solutions and treatments for these problems. Along with a wealth of illustrations and charts, Food Allergies and Food Intolerance includes an invaluable step-by-step process for diagnosing food intolerance with a three-stage elimination diet and a system of gradual food reintroduction. A must for anyone who suspects a chronic condition may be linked to dietary sensitivity, Food Allergies and Food Intolerance supplies information that often results in dramatic and long-lasting improvement in people's health and in their lives.

## Book Information

Paperback: 480 pages

Publisher: Healing Arts Press; 1 edition (April 1, 2000)

Language: English

ISBN-10: 0892818751

ISBN-13: 978-0892818754

Product Dimensions: 6 x 1.2 x 9 inches

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

Average Customer Review: 4.3 out of 5 stars • See all reviews • (41 customer reviews)

Best Sellers Rank: #117,535 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #1637 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

It is no surprise that this outstanding book is in its third edition. It contains a wealth of information for anybody with food allergies or food intolerance or anybody who thinks he or she might have food allergies or intolerance, and even for people (and doctors!) who would never think their health problems or their patients' problems could be due to eating foods that don't agree with them. The authors make a distinction between food allergies, which typically involve mast cells going haywire, and food intolerance which results in symptoms not directly attributable to mast cell reactions. This is a very important distinction beyond the terminology since some doctors are skeptical about food causing sickness unless the mast cells are involved. The authors show, citing numerous clinical studies, a lot of research work, and specific individual examples, how food allergy and intolerance works, and they present a program to guide the reader to identify possible causes. They also give a step by step guidance on how to conduct various diets, including the elimination diet that may allow the reader (with his or her physician) to identify foods that are causing health problems. It's not just asthma and hives and other obvious symptoms that could be caused by food allergies or intolerances. The authors argue very convincingly that a host of other discomforts (and worse) could have as their cause and/or their trigger, certain foods. The most likely suspects in the American diet are wheat, milk, eggs, peanuts, tree nuts, coffee, tea and alcohol.

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