



Food Allergies (Alive Natural Health Guides)

Vesanto Melina, Jo Stepaniak, Dina Aronson

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Three leading authorities in dietetics, nutrition, and vegetarian cooking give invaluable advice for those with food sensitivities and their families. This guide will help readers

- * know the difference between a food allergy and a food intolerance
- * learn to recognize the range of symptoms that accompany many allergens
- * keep a food diary and conduct a food challenge to help determine which foods they may be sensitive to
- * find and avoid hidden sources of food allergens.

Includes delicious recipes that are free of the most common problem foods.

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