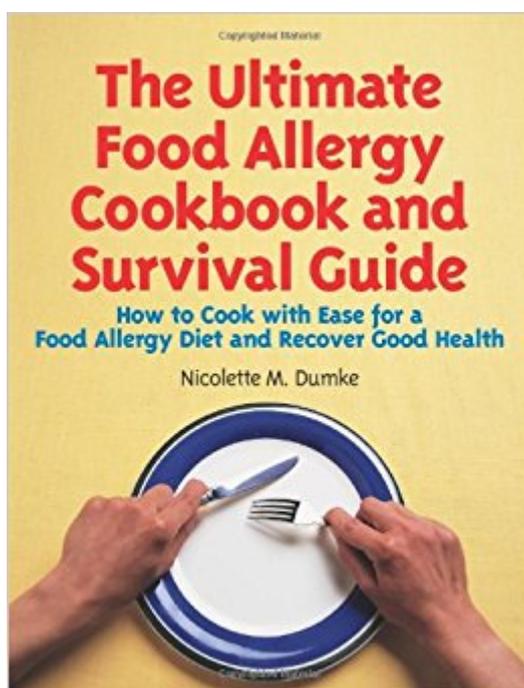


The book was found

# 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.

[Download to continue reading...](#)

The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive

a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages NO Allergy with Acupressure: Instant Allergy Self-Treatment, Picture Guide (Volume 1) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)