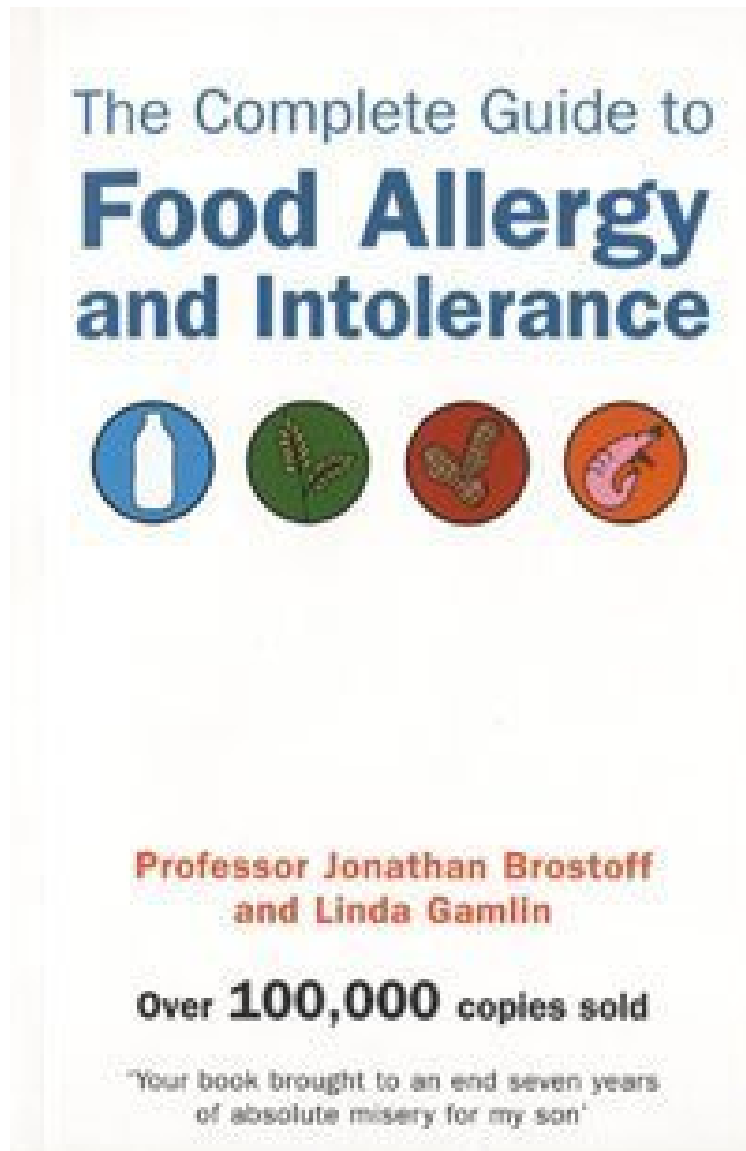


The Complete Guide to Food Allergy and Intolerance

Jonathan Brostoff, Linda Gamlin
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Jonathan Brostoff, Linda Gamlin : The Complete Guide to Food Allergy and Intolerance before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Complete Guide to Food Allergy and Intolerance:

Common foods can cause a wide range of health problems, from migraine and fatigue to diarrhoea and joint pains.

This guide aims to help the reader back to the best of health by going, step by step, through the complexities of an elimination diet. Material for this new edition has been updated to reflect current thinking and new discoveries and includes: evidence of a link between Multiple Sclerosis and chocolate; how diet affects behaviour - with emphasis on hyperactive children; a rewritten section on candida and giardia, now covering new thinking on gut flora imbalances; a no-sugar/no-yeast diet which has been found to be particularly beneficial; and updated addresses and many new case histories.

.com Migraines. Mouth ulcers. Creaky, arthritic knees. Diarrhea. Are these four unrelated complaints, or the body's reaction to a food it can't handle? Despite its encyclopedic title, this is an entertaining book as well as an enlightening one that is both fascinating and highly readable. It's also scary, telling us that some of the foods that are ubiquitous in our diets--wheat and milk products--may be making us miserable in ways we never imagined. From the Inside Flap Here is a concise guide to identifying, preventing, and treating allergy-based ailments. The book also covers adverse reactions to cosmetics, pesticides, plastics, tap water, food additives, and workplace items, and features an elimination diet.