



Fantastically Free: The Savvy Mom's Guide to Living a Safe, Happy, and Healthy Life with Food Allergies

By Tiffany Desilva Msw

Brightfire Living, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you stressed out and overwhelmed with managing your child's food allergies? Are you struggling to figure out what's best for your child's safety, health, and overall well-being? Do you feel like food allergies restrict so much more than your child's diet? Food allergies may restrict your diet but they don't have to restrict your life. Fantastically Free goes beyond the need to carry epinephrine and read labels. It shows you how to use a holistic approach to manage food allergies, support your child's health and well-being, and live life to the fullest. Fantastically Free is for you whether your child is newly-diagnosed with a food allergy or if you have been managing food allergies for a while but want practical strategies to help you live a safe, happy, and healthy life with food allergies. In Fantastically Free, you will discover how to: Become an empowered advocate for you or your child Eat well and live well despite having diet restrictions Confidently navigate the social and relationship issues that come...

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