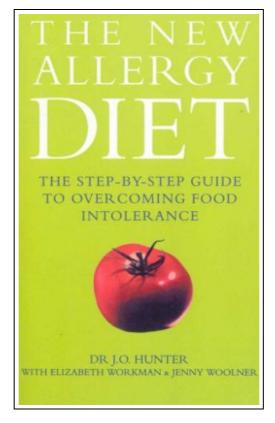
# The New Allergy Diet: The Step-By-Step Guide to Overcoming Food Intolerance (Paperback)



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## THE NEW ALLERGY DIET: THE STEP-BY-STEP GUIDE TO OVERCOMING FOOD INTOLERANCE (PAPERBACK)



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Ebury Publishing, United Kingdom, 2009. Paperback. Condition: New. Language: English. Brand New Book. Many people are unaware that they suffer from food allergies or intolerance. Inexplicable rashes, a persistent runny nose, bloatedness, headaches or pronounced weight gain for no apparent reason, are just some of the symptoms that may indicate a sensitivity to certain types of food. Now fully revised and updated, The New Allergy Diet is a practical dietary programme devised by one of the country s leading allergy specialists. It has been highly successful in combating a wide range of health problems including: - Irritable Bowel Syndrome - Migraine - Asthma and rhinitis - Eczema - Urticaria Each food type is systematically excluded from the diet for a period of time, and then gradually reintroduced, with guidelines for monitoring the body s responses. Easy, tried and tested recipes are included which have been carefully designed with taste in mind - but excluding common trigger foods such as wheat, dairy products, yeast and coffee.



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