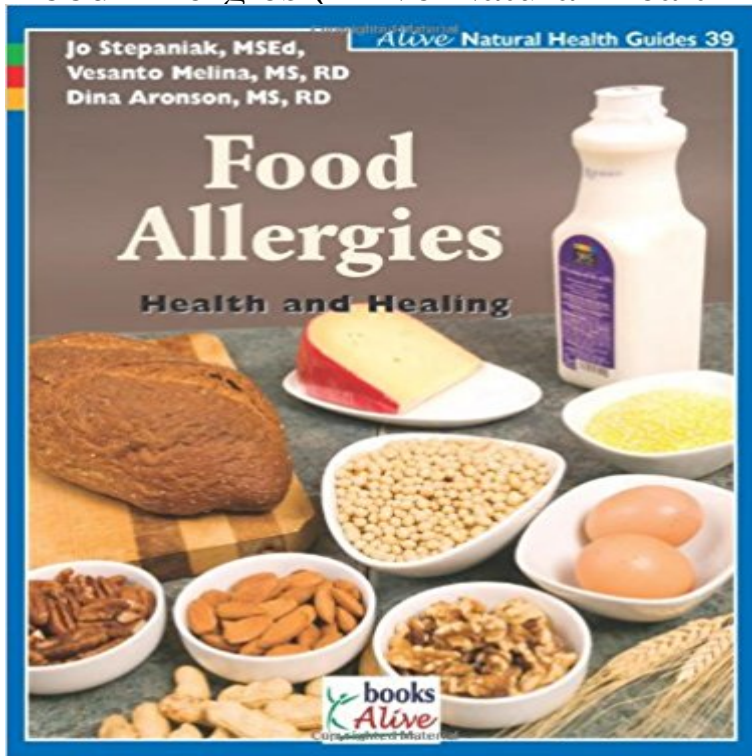


Food Allergies (Alive Natural Health Guides)



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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