



The New Allergy Diet: The Step-By-Step Guide to Overcoming Food Intolerance

Dr John Hunter

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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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Food Intolerance can to be your new friend when you're sense alone and confuse in what must you're doing of these time.

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