



The Gourmet Rotation Diet for Allergy Sufferers

Joyce Weaver

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'The Gourmet Rotation Diet For Allergy Sufferers' is a comprehensive guide aimed at helping allergy sufferers identify which foods are causing them problems and to maximize their dietary choices. It contains numerous recipes for all tastes ranging from simple home cooked food through to more complex dishes. We are all individuals and we don't all react to the same foods. (Wheat and dairy products are on the same day for a very good reason as these are the most common culprits. Also, by separating the food families, it soon becomes clear which ones to avoid.) However, cutting out foods needlessly just deprives you of vital nutrition. The rotation diet will provide you with a much wider spectrum of nutrients and if you suspect that certain foods upset you, but you need help to establish which ones they are, by keeping a record of everything you eat and drink on a daily basis, it will soon become apparent which foods and beverages to avoid and at the same time, you will discover nourishing substitutes to fill you up so you won't go hungry. The book has been written by allergy sufferer Joyce Weaver, with the help and guidance of Dr Honor Anthony, who was one of the UK's leading allergy specialists and retired president of the British Society for Allergy Environmental and Nutritional Medicine.

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