



# Hidden Food Allergies

*Dr. James Braly Patrick Holford*

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## **Hidden Food Allergies** Dr. James Braly Patrick Holford

Food allergies and intolerances are on the increase. They are frequently the cause of many common health problems that simply won't go away. But there are things we can do to deal with food allergies and intolerances. This book will help if you feel you may be intolerant to a food, find it impossible to lose weight or simply have a range of minor symptoms your doctor can't treat. Hidden Food Allergies identifies the most common allergens, helps you to diagnose and allergy, and contains a full action plan to guide you through getting tested, elimination diets, lifestyle and dietary changes. You will discover: All about allergies, and how they are different to food intolerance; Possible causes; The latest breakthroughs in allergy testing; How to follow elimination diets and reintroduce foods safely; How to guard against, treat and reverse food intolerance.

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The reason? Because this Hidden Food Allergies is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

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