



## I Don t Know What to Eat : The Definitive Guide to Food Allergies, Intolerances, and Sensitivities and What to Do about Them (Paperback)

By Helen Adams

Helen Adams, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. At last! I Don t Know What to Eat is a sensible approach to dealing with the minefield of food allergies, intolerances and sensitivities. This book explains the symptoms, the most common foods that cause problems, and the surprising connections between them all. Some views may be controversial, but everything is carefully explained, including conditions that could be confused with allergies when they are really something else. This book was written for those who have tried to make sense of the variety of conflicting, published information in their search for what to do next to heal themselves and return to a normal life, and have ended up more confused than when they started. I Don t Know What to Eat unravels the mysteries of what is happening in your digestive system when you suffer unpleasant symptoms, and why the cut everything out of your diet approach is doomed to failure. Nutrition takes centre-stage with explanations of the vitamin and mineral content of the various foods to reveal how damaging it can be to cut back severely on the variety of foods. There is...

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