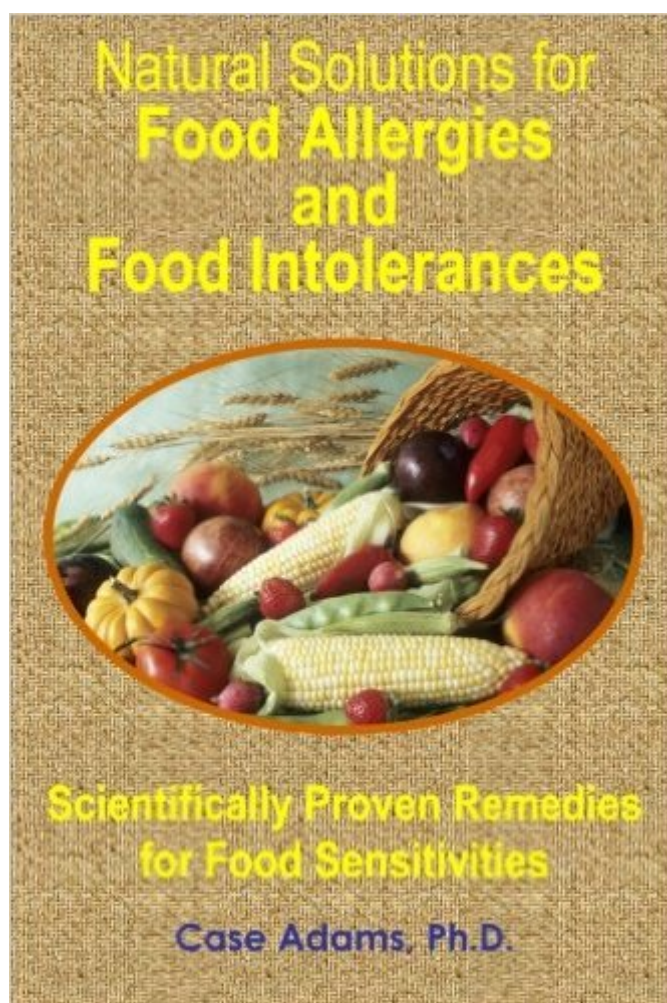


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# Natural Solutions For Food Allergies And Food Intolerances: Scientifically Proven Remedies For Food Sensitivities



## Synopsis

Food sensitivities, which include food allergies and food intolerances, are increasing throughout the world, especially among developed countries. What is causing this dramatic increase? Can we prevent food sensitivities? More importantly, can a person with food sensitivities do anything to alleviate them? Drawing from over a thousand peer-reviewed studies including hundreds of clinical studies, "Natural Solutions for Food Allergies and Food Intolerances" provides clear and proven strategies to reverse food sensitivities using inexpensive and natural methods. While there are many texts that provide clarity on how to safely avoid foods we might be sensitive to, this text cites the definitive research and practical evidence that shows health providers and their patients the means to reverse existing food sensitivities, and how to prevent them in the future.

## Book Information

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## Customer Reviews

The author does a very good job of explaining the medical differences between food allergies and food intolerances as well as why he refers to them both as food sensitivities. That's in the Introduction so don't skip it. I devour information about food sensitivities since I experienced a radical health improvement from following the results of a food sensitivity test. So I wasn't surprised that this author breaks with the often stated opinion that food intolerance is restricted to the gut and does not involve the immune system. It never made rational sense to me that one's headache or arthritis pain didn't involve the immune system just because the problem originated in the gut. This book explains how gut issues can allow the food to escape and get in the blood stream and then engage

the immune system throughout the body. The author's premise that food sensitivities can be reversed by correcting the root causes of them is absolutely dead on! The author details to great extent a huge variety of reasons why food sensitivities develop. The reader can then choose to address each possible cause in their own time. This author acknowledges that each person is different, with different causes and degrees of food sensitivities. (Thank you!) If you want a one-size fits all cure, then don't buy this book. This book focuses on the immune system. The author clearly makes the case that most reasons we get food sensitivity are related directly to our immune system, or a portion thereof. Ways to heal your immune system may surprise the average reader, but readers will appreciate the simplicity and affordability. The author included a lot of data on who most suffers from food sensitivities around the world.

If you have life threatening food allergies, read this book. If you have non-life threatening food allergies, read this book. If you have weird, vague, or intermittent symptoms across 2 or more organ systems, that nothing seems to help (not RX meds, not OTC meds), READ THIS BOOK. But before I review this book, a bit of context is in order. Allergies and atopy (and asthma) run in my family. My dad had bad seasonal allergies and asthma. Two of my older siblings could not tolerate cow's milk as infants, and had to be given goat milk. My younger sib almost died from her allergy to pignola (she has to carry an Epi-Pen now). One of my grandmothers was terribly allergic to peanuts, and one of my nephews has the same horrible peanut allergy (life-threatening, requiring an Epi-Pen). And everyone is allergic to cats, dogs, horses, anything with fur. I was \*not\* allergic to anything with fur -- the only one of five kids who isn't. From a very young age, I hung out with friends with multiple cats, multiple dogs, etc. Sometimes when I came home from my friends' houses, I had to take off my clothes on the porch (and enclosed one, lol!) so that the hair on my clothes wouldn't trigger my father's or siblings' allergies and asthma. In my pre-teens and teens, I got exercise-related asthma, but only if I ran a long time, or if it was pollen season. Nothing that required daily antihistamines or asthma inhalers. So I thought the allergy genes had skipped me, for the most part. I'm miserable, sinus-wise, only during tree pollen season and during mold season in the fall. But OTC antihistamines work fine for me.

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