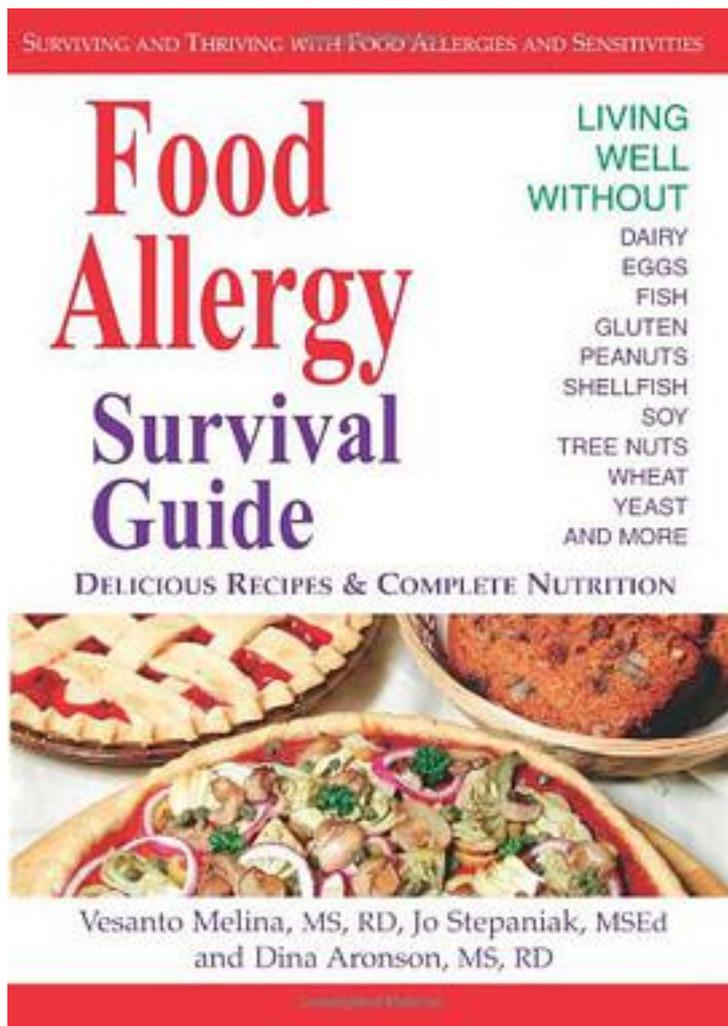


Food Allergy Survival Guide



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This essential reference work presents a thorough discussion of the major food

allergies and how to deal with them in a positive, affirming way. Readers will learn about testing for allergies, safety measures for life-threatening conditions, shopping and kitchen basics, and a host of resources for continued enjoyment of life with allergies. Over 100 plant-based recipes free of most allergens are included.

作者介绍:

目录:

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