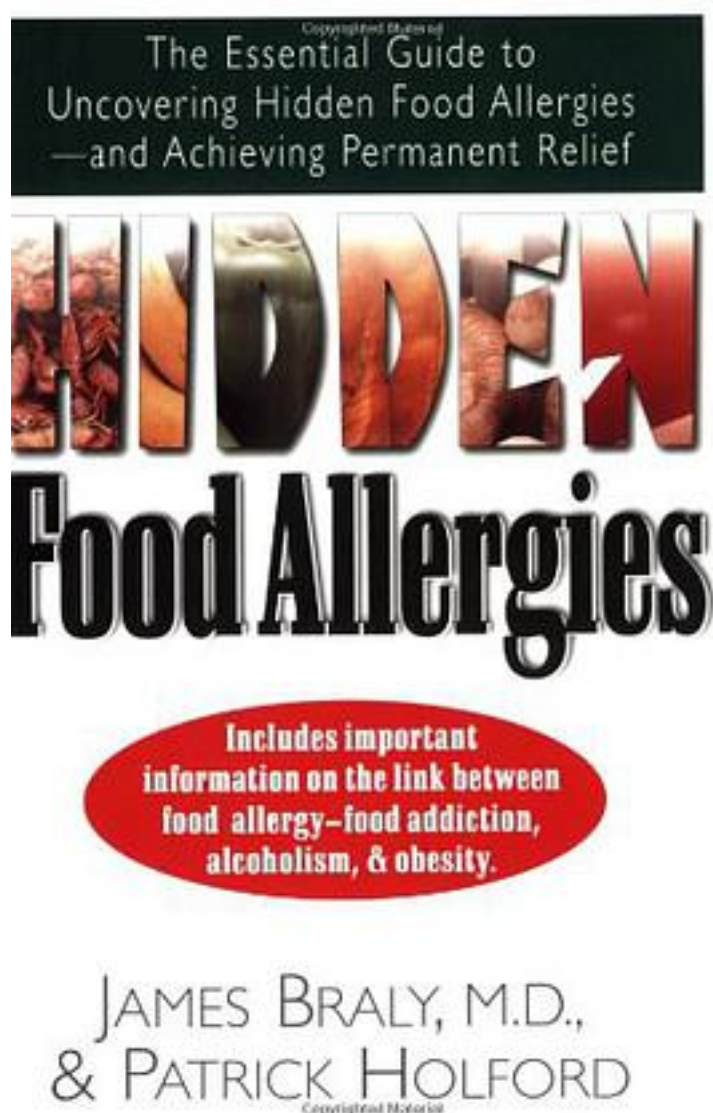


Hidden Food Allergies



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著者:Holford, Patrick

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Hidden Food Allergies offers the key to permanent allergy-free health--without the need for medication or unnecessarily restrictive diets. In this valuable new book, leading medical authority on nutrition Dr. James Braly and Britain's top nutrition expert, Patrick Holford, identify the most common allergens, help readers diagnose an allergy, and provide a full action plan for allergy relief. Readers will discover: - All about food allergies, and how they are different from food intolerances or sensitivities- How to prevent and solve childhood allergies- Exciting new findings on the relationship between food allergies, food addiction, and alcoholism- Possible causes of food allergies- The latest breakthroughs in allergy testing- How to follow elimination diets and reintroduce foods safely- How to guard against, treat, and reverse food allergy

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