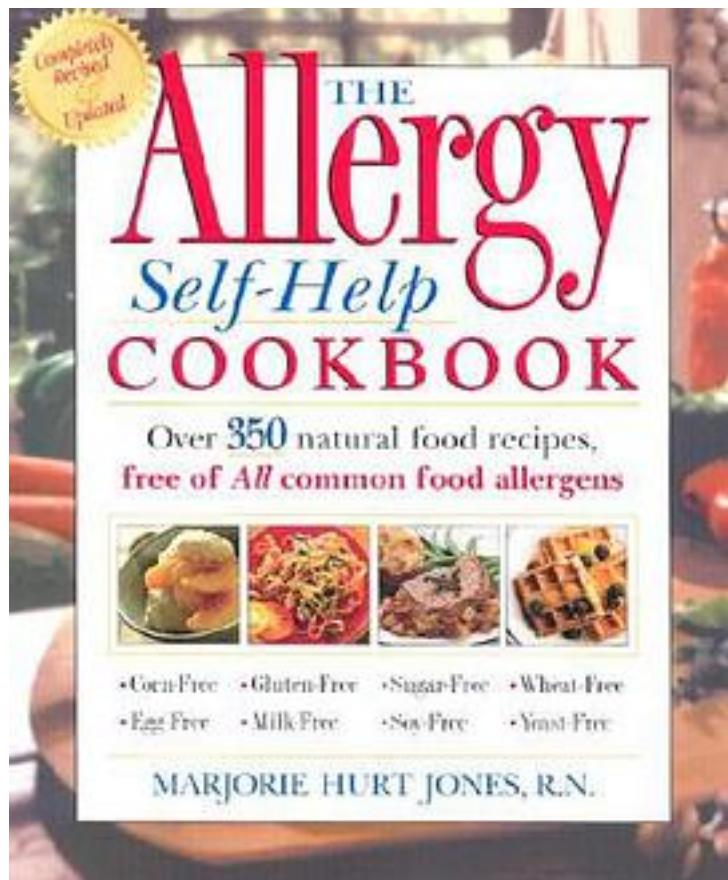


# The Allergy Self-Help Cookbook



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The most comprehensive kitchen resource for overcoming food allergies-now completely revised and updated Since its original publication in 1984, "The Allergy Self-Help Cookbook" has helped thousands of people overcome their food sensitivities and intolerances. Now, the tips and recipes have been entirely revamped for 21st-century cooks with little or no time to spare Includes: \* Extensive breakfast and

dessert chapters\* Updated nutrition information \* New recipes using ingredients such as Kamut flour and quinoa pasta\* How to help allergic children eat right and feel better\* Complete guide to new allergy-free products \* Tips for creating an allergy-free kitchen and home With your doctor's diagnosis in one hand and this book in the other, let your new allergy-free life begin

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