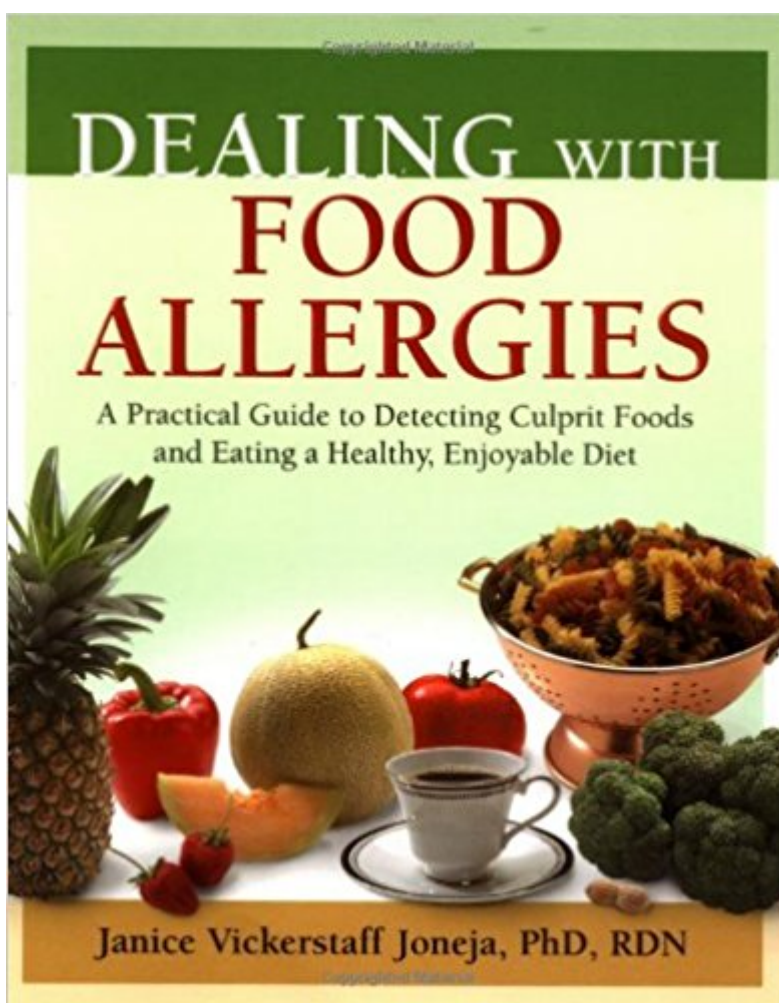


The book was found

Dealing With Food Allergies: A Practical Guide To Detecting Culprit Foods And Eating A Healthy, Enjoyable Diet



Synopsis

Presenting up-to-date information on current diagnostic methods and treatment options, this guide describes the effects of food allergies on the skin, mucous membranes, and respiratory and digestive tracts; discusses treatment by allergists and other healthcare professionals; and empowers readers to manage their food allergies.

Book Information

Paperback: 484 pages

Publisher: Bull Publishing Company (April 1, 2003)

Language: English

ISBN-10: 092352164X

ISBN-13: 978-0923521646

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 32 customer reviews

Best Sellers Rank: #195,553 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #71 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #2015 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Janice Vickerstaff Joneja, PhD, RDN, is a widely known Canadian authority on food allergies and their treatment. Her audio course, *Mechanisms and Management of Food Allergies and Intolerances*, is accredited with the American Dietetic Association for continuing education.

I bought this on the recommendation of my mother-in-law who is a retired OT who struggled to identify her own food sensitivity for years with little help from her Drs. As she explained, the average contemporary Dr. only gets scant training in nutrition now that so much relies on handing patients pills to treat symptoms. For this reason, getting input can be nearly impossible. With food sensitivity and allergies, you can't (generally) have a simple test and most of the elimination diets given to patients in most medical facilities are not comprehensive. This book gets into the underlying science of allergy and sensitivity, which I feel really helps in understanding the need for a careful elimination diet and (if you identify a problem) the many factors that can make them wax and wane if they are sensitivities instead of all-out allergies that require major medical intervention (like the Epi-pen). For

example, I do have a very serious mold allergy and have had some idea that other problems increased when that allergy was in seasonal peaks and this book explains why in a way that I can understand. That knowledge will make me better prepared in fall and spring, when the few triggers I may have with food are more likely to happen. I have not yet started the elimination, but fully expect to satisfy some unanswered questions when I do. Perhaps more than anything else I appreciate that this is written by someone with a legitimate, advanced education on the topic (PhD, with real experience too) and some personal experience unraveling problems her son had. I'm mighty tired of every other random blogger or person I know who knows diddly about actual science diagnosing me and most of the world with things, when they have no formal qualifications to do so. Just wait until we have ten years of people who didn't *need* to go gluten free to talk to when they fail to balance nutrients lost by overacting; it's much like the all-fat-is-bad paranoia that swept the US in the 90s and resulted in too little good fat and too much sugar in too many people's diets! The personal experience she's had lends the text a dose of compassion for the frustrating journey to sorting out what may or may not be an issue, so you can act accordingly or move forward and find another diagnosis if food sensitivity or allergy has no bearing on strange health problems. I will add one thing here with warning - I recently found out I have a genetic mutation that makes the added folic acid in foods a big fat no-no for me and a different approach to diet that includes more folate (the natural sort) and supplements necessary. This book was written before that, but it has helped me understand how that problem comes into play. The warning is to beware of the cult of Drs, who are trying to use a mix of verified science, preliminary findings that have not been well tested, and in the worst cases, all out BS to make money off of people looking for answers. The irony is how many deride "big pharma" while trying to sell you their own supplements - and worse, certain TV Drs. give them air time! In summary, buy it. You'll be smarter for it, healthier for it if you find problems, and better able to ask your health care professionals questions too.

Very useful book for someone with autoimmune problems. I'm fairly certain I'm histamine intolerant and this book helped me figure it out. I WISH SHE WOULD UPDATE IT!!! update: April 2016 This book has literally improved my quality of life. It has helped me figure out so many of my symptoms. Don't rely on just a book though, see a dietician.

This book is chock full of information to help one adapt to an elimination diet for many different food issues, along with many good suggestions for how to better determine just what your sensitivities are, how to start adding new foods after the initial elimination diet period, etc. It's still a little

overwhelming for me to know exactly how best to handle my dietary issues, since everyone's unique, but I can't fault the author or the book for that. Dr. Joneja is such a knowledgeable and thorough and a talented writer who is able to convey all this wealth of information in a practical way.

This is a very helpful book if you have food allergies. I have MCAD so I generally have a limited diet and I've learned that sometimes it's unnecessarily limited. Like on occasion I'll cut a food out because of a perceived reaction. In this book Dr. Joneja deals with stuff like that though.

Dealing with Food Allergies gives current information on the methods used to diagnose food allergies and numerous treatment options. It is an empowering text for readers with food allergies. It is one of the titles listed in Chapter 5: Energy Sensitivities to Food in my book, Your Body Can Talk: How to Use Simple Muscle Testing for Health and Well Being.

This is a very informative book. I am so glad I bought it and I keep it handy to refer to. My daughter has Mast Cell Activation Disorder and it certainly helps with knowing what foods she can eat and foods that she can't.

I bought this book because I began having food related migraine headaches. This book is well written and easy to pull good information from; I didn't read the entire book, just the chapters which appeared to apply to my problem. The things I learned helped me to get my migraines under control and I'm a much happier person for it!

A Highly recommended book for anyone newly diagnosed or even experienced veterans.

[Download to continue reading...](#)

Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)
Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book)
The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health
Whole Food: The 30 Day Whole Food Challenge
Whole Foods Diet
Whole Foods Cookbook
Whole Foods Recipes (Whole Foods - Clean Eating)
Anti-Inflammatory Elimination Diet
Health Food Plan (The O Diet): Your Guide to 3 Allergy-Free Steps For Discovering

Food Allergies and Developing a Healthy ... Diet: Your Diet Plan Book 1) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Anti-Inflammatory Elimination Diet Health Food Plan: Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy Anti-Inflammatory Diet For Life 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies Hidden Food Allergies: The Essential Guide to Uncovering Hidden Food Allergies-and Achieving Permanent Relief Paleo Cookbook: 30 Healthy And Easy Paleo Diet Recipes For Beginners, Start Eating Healthy And Get More Energy With Practical Paleo Approach, Create Your ... And Vegan Whole Foods Recipes Book 2) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

