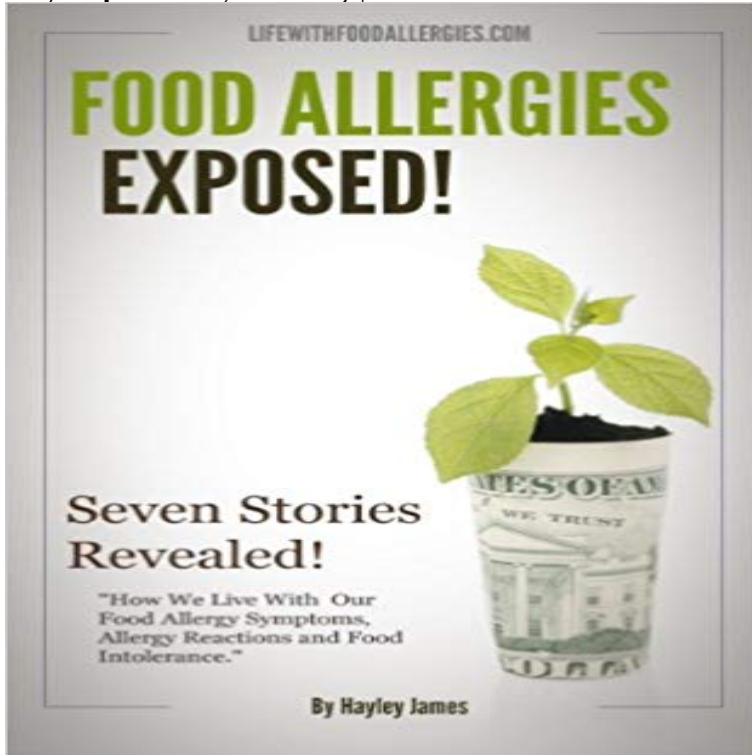


# FOOD ALLERGIES EXPOSED! How We Live With Our Food Allergy Symptoms, Allergic Reactions And Food Intolerance.



FOOD ALLERGIES EXPOSED! How We Live With Our Food Allergies Symptoms, Allergic Reactions and Food Intolerance. Have you ever considered that the reason why you feel irritable, moody and disconnected may be related to a food intolerance? Do you just want to find a solution so that you can live a normal life like everyone else? Dont worry; you are not on your own. That is exactly how Heather felt throughout her teenage years and into adult-hood. In her own words she says; I had come to the belief that I was just an angry, hateful person who was incapable of loving others. It wasnt until she suspected that her symptoms may have been related to the food she ate and she started to make changes in her diet that her health finally turned around. Heathers story is one of the 7 amazing stories throughout this book. In fact, the stories come from a range of individuals who suffer from a number of different allergies, and although they come from different walks of life, their message is the same: you, too, can find freedom from your allergy and live a fulfilled and happy life. Some of the stories told relate to that of their child. Throughout their accounts we learn some of the essential components to effectively managing a childs food allergy at home, in day care, pre-school and school years and how as a family unit you can communicate and educate your child about their food allergy. Because food allergy and food intolerance symptoms can vary in severity from mild stomach upsets to being potentially life-threatening, the Introduction of this book has been dedicated to answer some of the Most Commonly Asked Questions to address these and more. The remainder of this book is made up of the personal stories from 7 amazing people. I hope that by reading the personal stories and accounts from others who have also faced the challenges of living with a food allergy can

help alleviate some of the uncertainty and anxiety that you may be feeling. I also hope that you will find the personal stories inspiring and allow you to feel secure in the knowledge that by making some adjustments to your food preparations, purchasing and cooking methods you will find you are able to adapt much more easily. I have also included a Resources Link section in this book to assist you in acquiring and expanding on your knowledge of Food Allergies, Symptoms, Reactions. I invite you now, to sit back, read on and learn how others have coped with their food allergy, allergies or food intolerance without it inhibiting their quality of life. Please Note: There are proven, medical approaches that can help you in your situation, and I encourage you to seek professional help and assistance in the first instance from your family physician. This will be an essential step for you to take to understand and manage your food allergy.

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