



Cookies No Milk, Pizza No Cheese

An Ice Cream Lover's Guide to
Raising Children with Dairy Allergies

Carol Ash Slager

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If you are trying to live a existence without dairy, study from a mother who raised two sons with dairy allergies--who love to eat! Carol Ash Slager, mom, pharmacist, health coach, and ice cream lover, has been exactly where you are. In "Cookies No Milk, Pizza No Cheese," she gives you the confidence you should overcome this problem. Do you want that someone who truly understands would take you by the hands and lead the way? Whether you are allergic to dairy, lactose intolerant, or just feel better avoiding milk products, this book gives real solutions and alternatives to make it EASY. Perform you now have anxiety or dread about how to take pleasure from a dairy free way of life? In her normal light-hearted and humorous design, Carol shares how she and her spouse survived over twenty years of increasing sons without dairy. After reading this publication, you will: *Be acquainted with hidden brands for dairy *Learn about alternative ingredients that flavor delicious *Have some family favorite, dairy free quality recipes to try *Exchange feelings of deprivation for renewed Wish Follow the tips in this reserve to reduce your dairy allergic reactions today!



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Dairy Allergies Understood I've never really had food allergy symptoms (knock on solid wood), but I've family members who've. I love the recipes as well! Carol Ash Slager has written a very readable guide to how exactly to live with dairy allergy symptoms. She points out the very wide spectral range of symptoms that can be encountered and explains everything you can expect. I especially liked her suggested dishes, which were simple to make and may provide a lot more variety to the diet of someone suffering from dairy allergies. Delightful and Informative Book

This book is easy to read and the writer, Carol Slager, creatively shares her personal struggles and answers to the problem of dairy allergies within her own family. You can understand and doesn't talk down to me. Essential read for anyone who has problems with dairy items and needs to find easy and creative alternative solutions in the kitchen as well as when dining out. Carol's design of writing is in a way that when you have completed the book, you will feel just like you also have a new friend! Love this book. Thank you so much this book is so helpful my daughter has had problems with dairy since the girl was small and i just tried other non milk products to get her but together with your book this has shown me how exactly to cook better intended for my daughter so thank you and i would recommend this to everyone to read it.?

Worth the read! I loved this book! Carol Ash Slager hits this out of the park! I have tried many different solutions for the above issues ranging from expensive health supplements and skin products, and nothing has appeared to stick long plenty of to become a maintainable long-lasting solution. Easy read with many "real life" examples Easy go through with many "real life" examples. A wonderful publication for parents whose kid includes a dairy allergy. True to life ways to incorporate better diet plan options into your life, everyone should read this book! It's easy to understand and doesn't talk down to me I've read therefore many books about food allergies and I've often idea, "How does this work in real life? My 15 year outdated was just diagnosed with a dairy allergy. A pal of yours recommended this book for me to read and it is fantastic. Such good information and I really like the recipes. I really like how I could relate and feel like a normal mom. Many thanks so much! like we food we like So many people have allergies and each is different, my own children had different intolerances mainly because young children. Ice cream and yoghurt induced vomiting generally, but not constantly, cheese was ok, however, not too much but thankfully my kids grew from it, but also for some it's a fight to work through a path ahead without needing to miss out on some of life's pleasures, like we food we like. The writer, a pharmacist, health trainer and a pleasant little surprise revealed inside the pages of this book, also a poet, has written a wonderful, readable and relatable publication to help others with food intolerances.. The reward is that you'll laugh a bit too. So useful and helpful. It really is an pleasant read and offers true solutions! I also loved her honest approach to a very real problem. Made me feel just like I'm not by itself and it's not the finish of the world. Thanks! Recommend this interesting and informative book. The writer was very honest and right forth so you could imagine what you were reading. Extremely readable, funny in all the proper places, hopeful for those in want, and useful to most anyone--I thoroughly enjoyed this work. Will be trying recipes offered and strategies shared--even without coping with an allergy to dairy. easy to understand options Food allergies are becoming a lot more common, and folks are looking for clear, easy to comprehend options. Mastering the Artwork of a Dairy-Free Lifestyle!. What was a surprise was the nice recipes she added. I recently was challenged by a good friend of mine to start out an elimination diet plan to solve some of these problems, and the idea of that terrified me because of my lack of education on the problem until I browse this reserve. I was blown away with how informative this reserve was to food allergies and how to actively take control by educating yourself and producing the perfect choices for yourself all the while

providing great recipes and good laughs along the way. I liked this book so much that I browse it in one evening. Carol Slager infuses her personal experience and wholesome wit into a practical guidebook for navigating the real world of coping with dairy allergies. I have often struggled with a combined mix of stomach aches, poor digestion, and terrible facial pimples but abdomen aches and poor digestion issues have always work in my own family, so it is definitely something of blaming my genes for the issues I was regularly experiencing growing up and now into adulthood.. Great read with so many helpful ways to navigate the dairy allergy! What a satisfying and entertaining continue reading a potentially troublesome topic. Easy to understand with an honest, realistic method of living lifestyle without dairy. There can be something for everybody here - congrats Carol! I learned something from this publication. I was wanting to know how we were going to make our chocolate chip cookies! It can be quite daunting. thorough and readable Concise, thorough and readable. Many thanks Carol Ash Slager for composing this publication. Will be sharing this with close friends. Carol Slager delivers that with this publication! Even for those folks who don't suffer from these allergies can reap the benefits of reading this reserve and using some of these quality recipes.." This author gives advice and quality recipes that I can actually do. AN ABSOLUTE MUST HAVE! I treasured her added humor, reminds us all to maintain perspective when dealing with food allergies today. Great read with thus many helpful ways to navigate the . I especially appreciate her philosophy that you don't have to sacrifice food flavor and satisfaction from eating no dairy. Her quality recipes and recommended alternatives are easy to follow and delicious! If you are looking for a quick and lighthearted book with a lot of practical tips, quality recipes, and funny stories, you have found it!



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