



FROM ANAPHYLAXIS TO BUTTERCREAM

— BY HOLLI BASSIN, MBA —

Integrative Nutrition Health Coach

*The amazing story of how one mother
helped her daughter
work through life-threatening food allergies.*

Holli Bassin

From Anaphylaxis to Buttercream: The amazing story of how one mother helped her daughter work through life threatening food allergies



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When Holli Bassin's daughter, Rachel was still a baby, she developed severe allergies to milk, eggs, mustard and even more. By learning about this process from a knowledgeable parent, food allergic visitors and their parents will understand the complexities of systematic desensitization and it's potential as an avenue for life changing dietary health. the family acquired a responsibility for Rachel's lifestyle, and her diet was thoroughly regimented. Rachel's amazing transformation reveals why parents have to advocate for his or her food-allergic kids. After years of struggling with these food allergy symptoms, Rachel's reactions were diminished by using an experienced health coach. She today enjoys pizza, ice cream, and cupcakes exactly like any other kid! Any popsicle, school lunch or granola bar might lead to an anaphylactic response. Holli, right now an integrative Nutrition Wellness Coach herself, explains the systematic desensitization procedure Rachel experienced from a mom's perspective. Holli also digs deeper to focus on the resources of her daughter's allergy symptoms: overarching problems with our medical program, its over-dependency on antibiotics, and the pitfalls of the Standard American Diet. For a long time the protocol was rigorous avoidance;



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Desensitizing Encouragement!! We started with the e-book and read over fifty percent of it in one night.! Essential read for anyone who has experienced food allergies, or knows of someone who provides. I absolutely like how this allergy mother uses us through her family's journey from birth to desensitized. The results are truly amazing! Having experienced identical instances with food allergy symptoms, I felt the book supplied amazing information and insights which hopefully will open everyone's eyes. The desensitizing story was extremely inspiring as we begin our oral immunotherapy quickly. I love the way the story ends, as she expresses her happy and heartwarming sentiments and she watches her daughter grow up into a confident eater who outgrew her allergy symptoms and thrived in her environment. And I gleaned many good ideas for helping make OIT as even as possible, much related to mental and emotional health. Same simple theory as allergy shots fascinating. We thank you much!! Holli's publication made me a lot more food allergy aware, and gave me a new sense of empathy for meals allergic children and their parents. A Cardiovascular Warming Triumph!! Holli teaches her reader about the integrative health approach (very interesting), and the way Holli tells her girl Rachel's story makes this an instant read.. Such a great story of a mom and her challenges to greatly help. Inspiring From Anaphylaxis to Buttercream is an amazing story. Thanks a lot, Holli, for sharing your story with us! Holli's commitment as a mother or father and her decision to go after health coaching to support others is amazing. Inspiring, interesting and unbelievably uplifting to those of us experiencing difficulty eating foods that many fortunately neglect. Thanks a lot for sharing and enlightening so that the rest of us can desire to live a peaceful, healthful, stress free existence... I like the way the author didn't shy from pointing out the mistakes she made (which struck a chord since I've produced similar errors), and because it is written predicated on the author's journal entries, it feels as though we learn along with Holli. This is a chronicle of Holli Bassin's personal journey in first helping identify what her daughter was allergic to, then in how she learned how exactly to keep her daughter safe from her allergens, and lastly how she helped her daughter overcome her allergies. As another mother or father with children with allergy symptoms, I came across this story extremely relatable and honest, but also encouraging and inspiring. One person's trip in identifying, protecting, and finally overcoming her child's allergies! She was decided to help her daughter overcome her allergy symptoms, and actually made some career adjustments based on that objective. (Although I also appreciate that Holli makes a spot to say that all child is different.) I feel like I have some brand-new avenues to explore, and shut the publication feeling re-motivated and better equipped to approach my very own daughters' allergies in a new way. Read even though you are allergy-free Even though my kids and I do not have any food allergies, I would recommend this reserve to anyone who interacts with kids. This is an extremely compelling story of how Holli Bassin helped her daughter overcome life-threatening allergies to food such as for example eggs, milk, dairy and mustard. The writer documents in precise details, day by day, hour by hour, many accounts of the reactions her daughter had to various food stuffs as they progressed through the desensitization procedure. This book is a well-written and engaging journey of a family group struggling to find solutions to their child's life-threatening allergies. Despite the fact that it's not the same precise therapy this family chose, the desensitizing aspect may be the same. Any mother or father who has a child with lifestyle threatening food allergies could benefit from reading this book. a triumph! I have to applaud Holli Bassin for her courage, patience, like and commitment. It showcases the perseverance of parents looking for ways to keep the youngster safe when the typical practice of avoidance fails. This book is truly a triumph; in their journey to discover answers and solutions, and in their having the ability to resolve their kid's allergies in order that she can now eat the

foods which were such a threat, and live her lifestyle without fear! I am a mom who has had my very own journey and experimentation with blending different medical philosophies along with food choices to handle my own medical issues. An excellent support story! fascinating. Thank you, Holli, for taking enough time and function to open your globe up to us. She discovered so a lot of things the hard method because sadly we've a country predicated on dis-ease management rather than real health care where one looks for the root cause of an issue so that it can end up being healed forever. Our anatomies are brilliant and in a position to self-heal if we prevent giving it what is harming it and we give it what it needs to perform optimally. A Must Go through for Those With Food Allergies Just what a marvelously helpful and inspiring book for anyone who suffers food allergies. Mothers especially will see Rachel's food diary a genuine eyes opener! As this mom discovered, it's possible to rid your son or daughter of ALL food allergy symptoms through a nonconventional strategy that defies mainstream medicine. Along with having healed her child, Holli Bassin discovered her personal voice in training others. Thank you Holli and Rachel Bassin! Great resource for healthy options for food allergies and food sensitivities I recently had the delightful and wonderful opportunity to meet up with Holli Bassin; the writer of "From Anaphylaxis To ButterCream" at a functional medication practitioner's retreat. At the retreat I happily purchased Holli's book as a fantastic resource for an extremely impressive documented 12 season journey of amazing courage, "mother's love", inspiration, not accepting the status quo as gospel and getting the best mama bear any family could ever have. By staying vigilant to what her "gut" was informing her she still left no stone unturned to determine how to help her daughter. as a person who saw outcomes with allergy shots individually and in my family, this process to food allergy symptoms makes just as much sense. latest studies also show that intestinal bacterial blend changes with dietary changes, which appears to support this. Holli was both outstanding and relentless at looking for the primary cause of her daughter's health issues. Five Stars An impressive family tale told in a way that is both engaging and relatable. So glad your nice daughter is now able to eat freely I read this book as part of an online milk allergy support group. The author's girl had a serious allergy to milk (and also egg easily remember correctly), and was effectively desensitized using an approach called NAET. That is considered an alternative solution medicine approach, and some of the elements might sound odd to those who find themselves not familiar with this kind of medicine, but it WORKED! I must say i admire the author's tenacity over time in advocating on her behalf daughter and also educating others about food allergies. And her daughter is one of these that allergies could be cured! The author does an incredible work of getting the reader with her on her behalf daughter's 12 year trip to reduce existence threatening reactions to foods Rachel was experiencing from babyhood. So pleased your sweet daughter can now eat freely. Holli shares from her heart about the ups and downs of raising a food allergic child, how she listened to her gut and did her very own research, and the success that desensitization (under the direction of a meals allergy trainer) has offered Rachel.. I am telling all of my friends with food allergic kids that there surely is another option besides strict avoidance and encouraging them to read Holli's testimony. Such a great tale of a mom and her challenges to help her daughter w/ life threatening allergies. It influenced me to document our journey, well, as well. I heartily recommend this reserve to parents and anyone searching for ways to improve the health of their loved ones. I felt the reserve provided amazing informtaion and insights which hopefully will open up everyone's eyes Thank you to the writer, Holli Bassin, for authoring her duaghter's trip with anaphylactic meals alergies. Because who knows what the future holds! Embracing alternative medicine is becomeing just how today. THEREFORE I bought the hard duplicate and

completed it quickly.



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