



My Kids Can't Eat That!

HOW TO DEAL
WITH ALLERGIES
& INTOLERANCES
IN CHILDREN

CHRISTINE BAILEY

Christine Bailey

My Kids Can't Eat That: Easy rules and recipes to cope with children's food allergies, intolerances and sensitivities



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This friendly, no-nonsense guide is everything parents need to have a pro-active, holistic approach to food allergies or intolerances within their child. Having a kid diagnosed with a meals allergy, sensitivity or intolerance could be a challenging prospect. How achieved it happen? What can they consume? What will make the outward symptoms worse? This friendly, no-nonsense guide is usually everything you'll need to take a functional, holistic method of food allergies or intolerances in your child. Award-winning functional nutritionist Christine Bailey provides been pioneering allergy-free cooking for a long time. And of course, 60 delicious, family-friendly allergen-free recipes prove that you and your child can still eat well. And will anything make it better? In simple language, Christine helps you seem sensible of the medical diagnosis, explaining the difference between meals allergies, intolerances and sensitivities. With basic, practical guidance on eating dinner out, travel, buying and more, plus sympathetic information on how to deal with colleges, babysitters and other parents, this is actually the book that parents have already been looking forward to. As a mom of three kids with autoimmune conditions, Christine understands the effect food reactions can have on all areas of you and your child's day-to-day lifestyle. Learn where in fact the 14 main allergens occur - the obvious and concealed triggers - and ensure your child maintains a healthy diet with all the current nutrients they need.



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4 stars An excellent resource for parents/ families with kids with intolerance and/ or food allergies. We voluntarily read a sophisticated copy. It really is an each day struggle when close friends can eat whatever they want.



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