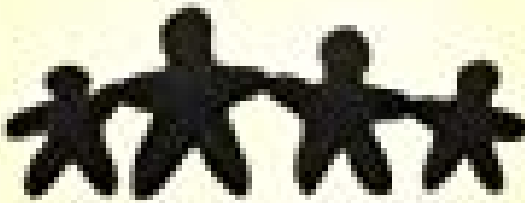
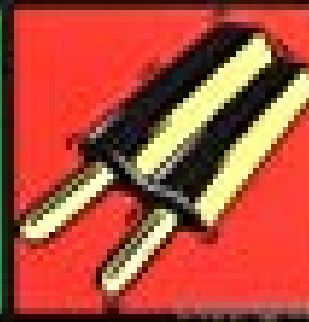
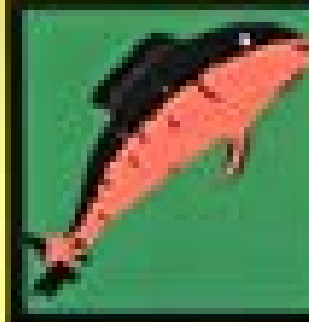
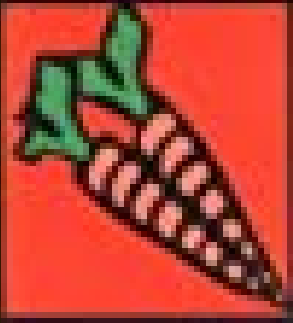
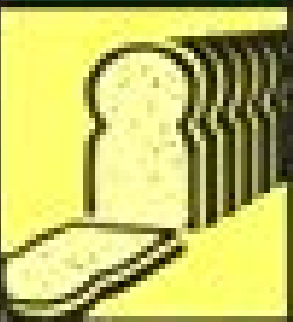


# Food Allergy Field Guide



A Lifestyle Manual  
for Families  
*by*  
Theresa Willingham



Theresa Willingham

## Food Allergy Field Guide : A Lifestyle Manual for Families



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Five Stars Ideal for people that have gluten and lactose free diets An excellent gluten-free (and GFCF) guidebook for parents Theresa Willingham has done her homework. Compiling this comprehensive handbook of tips, info, and personal stories certainly took some critical time and effort. Theresa has compiled many of her own recipes and also recipes from additional well-known authors, such as for example Carol Fenster. I believe the title of "Meals Allergy" could be slightly misleading. It really is accurate that the publication is totally wheat-free (one of the best eight allergens), but gluten may be the author's main focus, which is typically a meals intolerance and most problematic in autoimmune disorders such as for example Celiac Disease and Autism. It will not only save many lives world-wide, but, more importantly, it will allow a great many of the worlds kids grow to become healthy, productive young citizens of our country. There is an added reason I bring reference to the gluten-totally free nature - many who are concerned with multiple food allergies (as well as simply a wheat allergy vs gluten intolerance) are not looking for gluten-free recipes. As stated though, this is a guidebook first, cookbook second. Theresa's gluten-free concentrate is certainly understandable, since her boy was created with wheat/gluten problem, most likely because of Celiac Disease. I stage this out, because while the recipes are all gluten-free of charge and from what I possibly could tell dairy/casein-free of charge, you do need to read the guideline of letters in each recipe to see if indeed they also talk with your free-from needs. As a mother of three kids, all of whom have food sensitivities, I found Ms. Yet, additional allergens are put in the back seat, getting her attention and mention, however, not concentrate. it is an excellent starting point, with a good little selection of recipes to inspire. With that commentary taken care of, I did get the reading entertaining. Theresa includes many personal stories, her own and the ones of additional parents of children with allergy symptoms / intolerances. She also discusses dealing with certain situations, and the basics, such as reading ingredient labels. What I DO like about the dishes is that they are all relatively simple and appear to be extremely kid-friendly. But before I get into the details of the help and cookbook, I want to point out that is a gluten-free direct first and foremost. Actually, while peanut allergy symptoms are tackled, I didn't come across any tree nut references... All the baking recipes use specialty flours, xanthan gum and various other things that may render the quality recipes less useful (however, not useless) for someone who is say dealing with a dairy, egg, and nut allergy combo. Ms. Overall, I really do highly recommend the meals Allergy Field Guideline for parents of gluten-free or gluten-free / dairy-free (GFCF) children, but would lean parents of children with multiple meals allergies or life-threatening food allergies to the guide: How exactly to Manage YOUR SON OR DAUGHTER'S Life Threatening Food Allergies. At last! Cookbooks for special diet programs are always a delicacy (especially for us, where we have several different food sensitivities to cope with), but a highly readable, real hands-on coping manual such as this one is a real find! Willingham puts food sensitivities in perspective, with humor and practical information that I could actually make use of. This one's a keeper! Congratulations to the writer! I would like to let everyone know that if they possess a child that is not eating well, or that has growth symptoms that do not seem to be accurately diagnosed by their family members pediatrician or doctor, that they should read this book. This is not to say that she ignores all the common food allergies, dairy sits right with gluten, firmly in the passenger seat, making this an excellent GFCF resource. If you will likely want to seek out some additional cookbooks once you get going. Willingham has done a superb job of bringing Celiac Disease to your attention. I completely recommend this book to anyone interested in health. Help your child I have just finished reading the "Food Allergy Field Instruction," A way of living manual for households, by Theresa Willingham! An absolute must have! "Food Allergy Field Instruction: A Lifestyle Manual for Families" This is an extremely informative book. Instead of just telling the outward symptoms of Celiac Disease (a sensitivity to wheat) and various other food sensitivities, you can find recipes, short content on what families have handled it and resources for those who have food allergies or those people who are thinking about them. Theresa Willingham shows us that coping with a meals allergy isn't the finish of the globe, but that you just have to

change your diet plan a little. I'd by no means heard of gluten sensitivity until I examine this reserve, and I am so pleased that I did. Thirsting for a full-bodied treatment with an effervescent twist? A Great Handbook for People With Food Sensitivities I have read the Food Allergy Field Guideline and I believe the writer has provided a wonderful resource of info for parents of food sensitive children or anyone coping day to day with a meals allergy or food intolerance. The book's clear and easy reading style makes it my first choice when recommending literature on the subject of living comfortably with a food sensitivity. There are wonderful stories, ideas, substitution tables, and recipes, all underscored by way of a rich collection of footnoted references. Allergic?. This is a wonderful book for people who have allergies, making it probably the most useful books I've read. Some of the quality recipes do contain additional allergens, and there are a few mistakes in the allergen labeling of the quality recipes to add a little more confusion. Willingham's book stuffed us to a healthful brim. We're assimilating her informed, humane, pragmatic support! Recommended to your entire support group I work a support group for parents of kids with food allergy symptoms and continuously recommend this publication. Resources, contacts, food family members listings, dietary requirements for age groups, recipes, substitutions, supportive stories... Developed a sensitivity to dry, mealy meals sensivity books?it's all in there. An extremely practical book.!



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