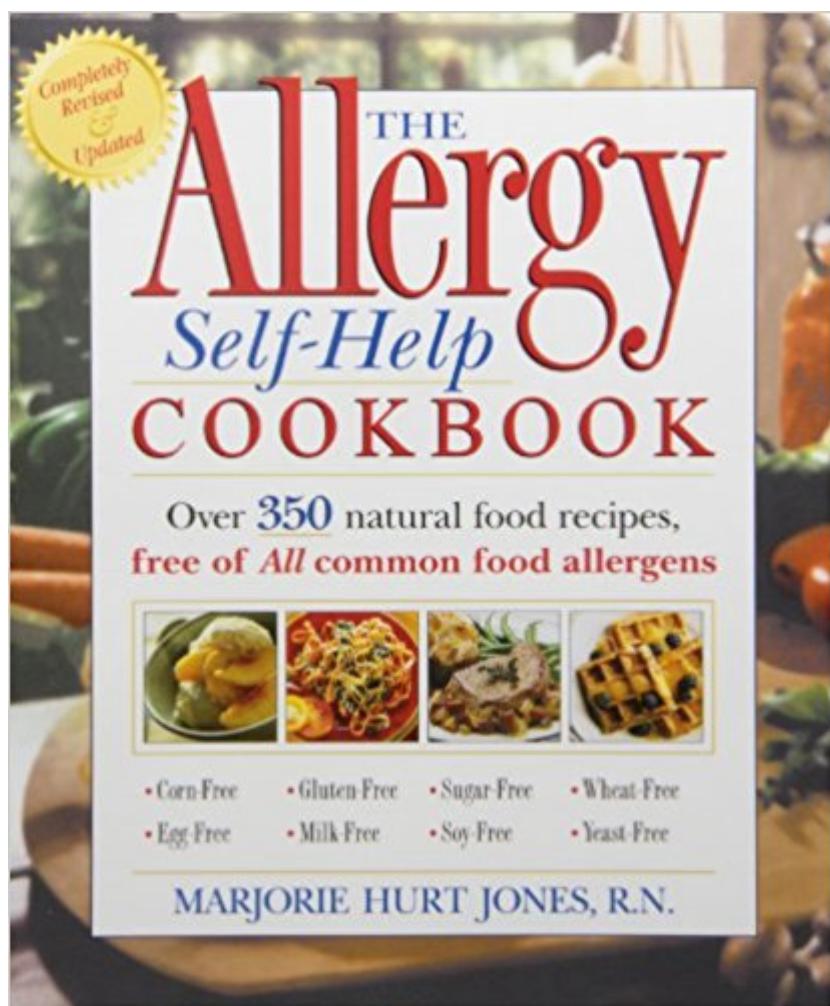


The book was found

The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free Of All Common Food Allergens: Wheat-free, Milk-free, Egg-free, Corn-free, Sugar-free, Yeast-free



Synopsis

The most comprehensive kitchen resource for overcoming food allergies-now completely revised and updated! Since its original publication in 1984, The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N. has helped thousands of people overcome their food sensitivities and intolerances. Now, the tips and recipes have been entirely revamped for 21st-century cooks with little or no time to spare! Includes: * Extensive breakfast and dessert chapters* Updated nutrition information * New recipes using ingredients such as Kamut flour and quinoa pasta* How to help allergic children eat right and feel better* Complete guide to new allergy-free products * Tips for creating an allergy-free kitchen and home With your doctor's diagnosis in one hand and this book in the other, let your new allergy-free life begin!

Book Information

Paperback: 432 pages

Publisher: Rodale Books; Revised ed. edition (April 7, 2001)

Language: English

ISBN-10: 157954276X

ISBN-13: 978-1579542764

Product Dimensions: 7.4 x 1 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (74 customer reviews)

Best Sellers Rank: #253,811 in Books (See Top 100 in Books) #58 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #89 inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #116 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

Customer Reviews

This is a good cookbook, with many excellent ideas and some very interesting information. Unfortunately, Marjorie's desire to help every special dieter creates a book without a specific focus. She attempts to cover all types of food allergies (milk, egg, soy), intolerances (gluten, milk), sensitivities (including a rotary diet plan with food families chart and alternatives for things as obscure as black pepper), and even addresses issues on environmental allergens and toxins. No easy feat I must admit. If your primary concern is food 'sensitivities', this cookbook appears to be an excellent resource for rotary / rotation diets. I would recommend it for this. Yet, the subtitle declares 'free of ALL common food allergens.' This is a big promise, and regrettably not one that it kept. Here

are the author's claims:Gluten-Free - There are many gluten-free recipes (breads, cookies, etc.) included and even a great section that explains all of the different flours and how they can be used. However, several of the recipes call for spelt, kamut, or oat products, which all contain gluten.Wheat-Free - I did not view any recipes that contained wheat specifically, but I believe spelt and kamut are in the wheat family and a problem for many who have an allergy to wheat.Yeast-Free - Of course, the quick breads, cookies, and other common dishes are yeast-free, but the few 'yeast' bread recipes that are included did call for yeast.Milk-Free - Many of the recipes call for goat milk, goat cheese, sheep milk, soy cheese (not specifying that most soy cheeses contain milk protein), and/or feta cheese (from a cow).

[Download to continue reading...](#)

The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Milk Soapmaking: The Smart and Simple Guide to Making Lovely Milk Soap from Scratch with Cow Milk, Goat Milk, Buttermilk, Cream, Coconut Milk, or Any Other Animal or Plant Milk Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat (Gluten) Free and Milk (Casein) Free Living Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included The Ultimate Allergy-Free Cookbook: Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, or Shellfish Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) WHEAT BELLY DIET

FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) Baking Bible - Top 200 Baking Recipes (Baking cookbook, Baking Recipes, Bakery, Baking Soda, Muffins, Bread, Biscuits, Scones, Cookies, Walnut, Corn, Wheat)

[Dmca](#)