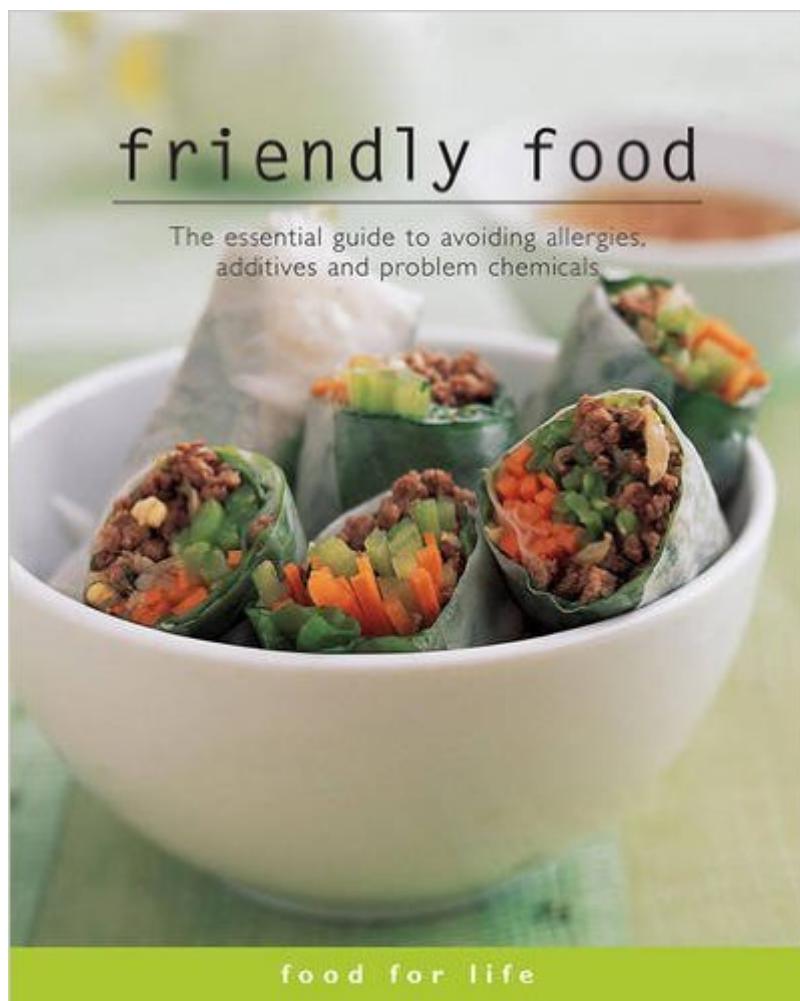


The book was found

Food For Life - Friendly Food: The Essential Guide To Avoiding Allergies, Additives And Problem Chemicals



Synopsis

FROM THE PUBLISHER: Delicious recipes for people who are avoiding food chemicals, gluten, dairy, eggs, nuts and soy. Leading allergy experts clearly explain what food chemicals are, how they affect us and how we can avoid them. Packed full of imaginative recipes for all lifestyles and ages, this complete guide to chemical-free eating covers family meals and outings, school lunches, entertaining, snacks and drinks, sweet treats and baking. It also includes a simple guide to using the recipes and a list with food additive codes that make an invaluable aid for all health-conscious people today.

Book Information

Paperback: 256 pages

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Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #1,304,566 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #227 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #1776 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

My wife and I watched our 4.5 year old daughter struggle eczema for 18 months until we discovered this book. This book has really improved our daughters quality of life and I strongly recommend it to anyone struggling with allergies that they do not understand.

This book has a huge variety of recipes that will be very helpful in my diet. Being highly sensitive to additives this is what the doctor ordered and will be very useful.

If you're salicylate sensitive this is a must have.

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