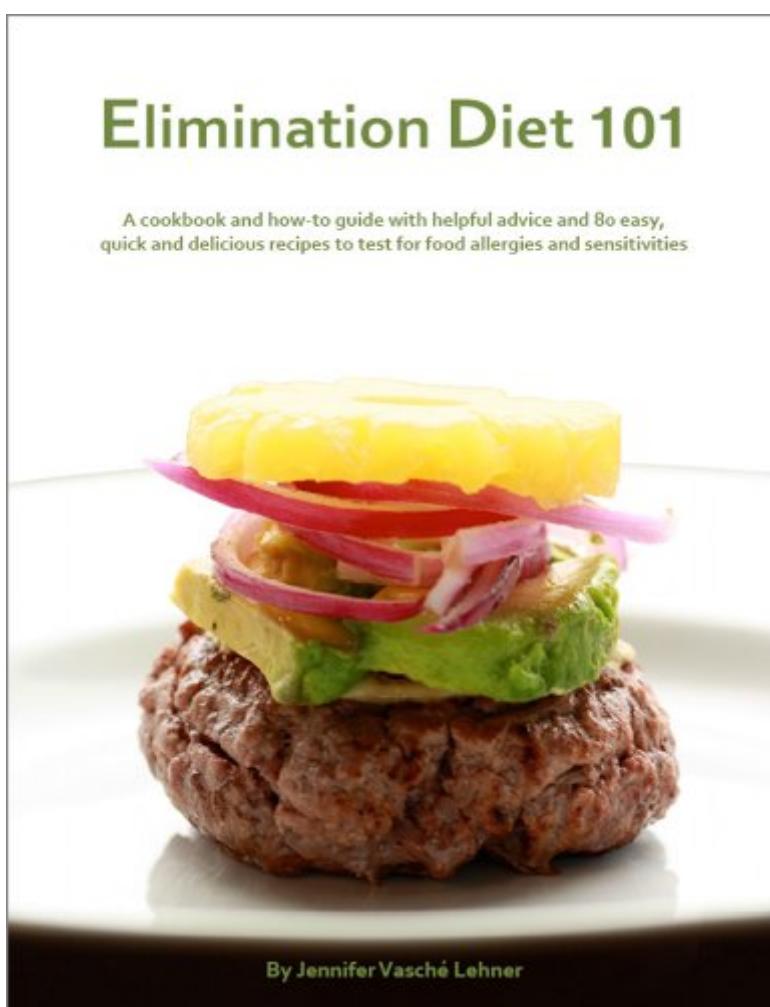


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# Elimination Diet 101: A Cookbook And How-to Guide With Helpful Advice And 80 Easy, Quick And Delicious Recipes To Test For Food Allergies And Sensitivities



## **Synopsis**

Learn how to test for food intolerances and sensitivities the easy and delicious way! ELIMINATION DIET 101 is a complete cookbook and how-to guide is filled with practical advice, resources, and wonderful recipes to lead you through the Elimination Diet. Its 113 pages of great recipes, encouragement, and colorful images, will inspire and support you as you test for food intolerances and sensitivities â “ and feel great while doing it! ELIMINATION DIET 101 also offers a comprehensive collection of 80 recipes that can feed a wide variety of dietary restrictionsâ |all at the same time! Over 60 of the recipes in this book are completely free of any gluten, dairy, eggs, soy, processed sugars, nightshade vegetables (tomato, potato, peppers), and caffeine â “ so be able to confidently serve your dinner guests no matter how many of them have food sensitivities or what they are sensitive to. ELIMINATION DIET 101 Features: a complete â œHow-Toâ • manual for doing the Elimination Diet, helpful hints for temporarily living without your favorite foods based on experience, â œIncludeâ • and â œExcludeâ • food charts to easily remind you which foods not to eat, a symptoms tracking chart to record your reactions and monitor your progress, and share with your health care provider when reintroducing foods, over 80 easy and delicious recipes that will delight your taste buds and satisfy even those who arenâ ™t doing the Elimination Diet, exclusive "+1" recipes specifically designed to maximize the effectiveness of the food reintroduction process, beautiful photographs and cooking tips for each and every recipe, and a thorough explanation of the physiology of food sensitivities and how the Elimination Diet works to identify them.

## **Book Information**

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## Customer Reviews

I've had eczema and hives off and on for years but I didn't take them seriously until I started waking up in the middle of the night scratching. Over the counter remedies only brought temporary relief and didn't address the root cause. Some web research led me to the concept of an elimination diet. There are various ways to approach the diet; I chose the one outlined in Elimination Diet 101 because the elimination phase also serves as a detoxification period. The author's approach is to completely stop consuming a list of common foods that humans react to in varying degrees: gluten containing grains (wheat, rye, etc), soy, citrus fruits, nightshade vegetables, corn, eggs, dairy plus caffeine and processed sugar and artificial sweeteners. After a couple weeks the items are reintroduced in order from least troublesome to highly suspect. For me, I tested citrus and nightshade vegetables as soon as I could just to increase the variety of foods I could eat. I've worked my way through and now have soy, gluten and dairy left to test. This diet will challenge you. You'll have to come up with substitutes for some of your favorite foods and wait for a couple of weeks for all your cravings to subside. It was three weeks before I stopped feeling peckish all the time. Fortunately Mrs. Lehner provided a variety of delicious recipes for both the elimination phase and for reintroducing items to your diet. I loved the use of fresh ingredients in her recipes. I was also led to try some gluten free and vegan recipes that I otherwise would not have tried. I'm not suffering at all! In five weeks I've learned a lot about my relationship with food and how dependent I was upon items prepared outside the home.

This cookbook has helped me find things out about myself that I didn't realize I needed to know. I began my journey a little over a year ago, when my boyfriend's sister and sister in law provided me with knowledge about food, our bodies and how the two work together for better or worse. I grew up thinking stomach aches were just a sign of eating 'too much.' I never once considered it being my body 'speaking' to me, telling me that it didn't like the food(s) that I consumed. Until about a year and a half ago, I had never had an allergy with medicine, food, etc. Then one day I realized that after eating ice cream (that I had consumed numerous times in my life) my stomach was in knots, I

had migraines, bloating and I just couldn't seem to use the bathroom regularly (this didn't worry me too much because honestly, I never really paid close attention to my bowel movements.) The thing that worried and stressed me out most was that my skin would break out with acne within the next 12-48 hours and it was never just one. After this it turned into a whole 'dairy' thing. Ice cream, cheese, butter, milk, etc. Next was gluten. Once I was more in-tune with my body, I realized that after eating even just a subway sandwich my stomach would be upset, bloated and I was always in a great deal of pain. I wasn't ready to give up everything that I enjoyed (I mean cheese goes ON everything, milk is IN everything, and who doesn't love a good sandwich?) Bringing my concerns to my boyfriend's family, I learned about ways to help ease the pain (probiotics, essential oils, and last but not least the Elimination Diet) It was pretty tricky because I'm a part time college student, part time employee for the Walt Disney Company on a tight budget but after a few tries I seemed to get the basics down and just do it.

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