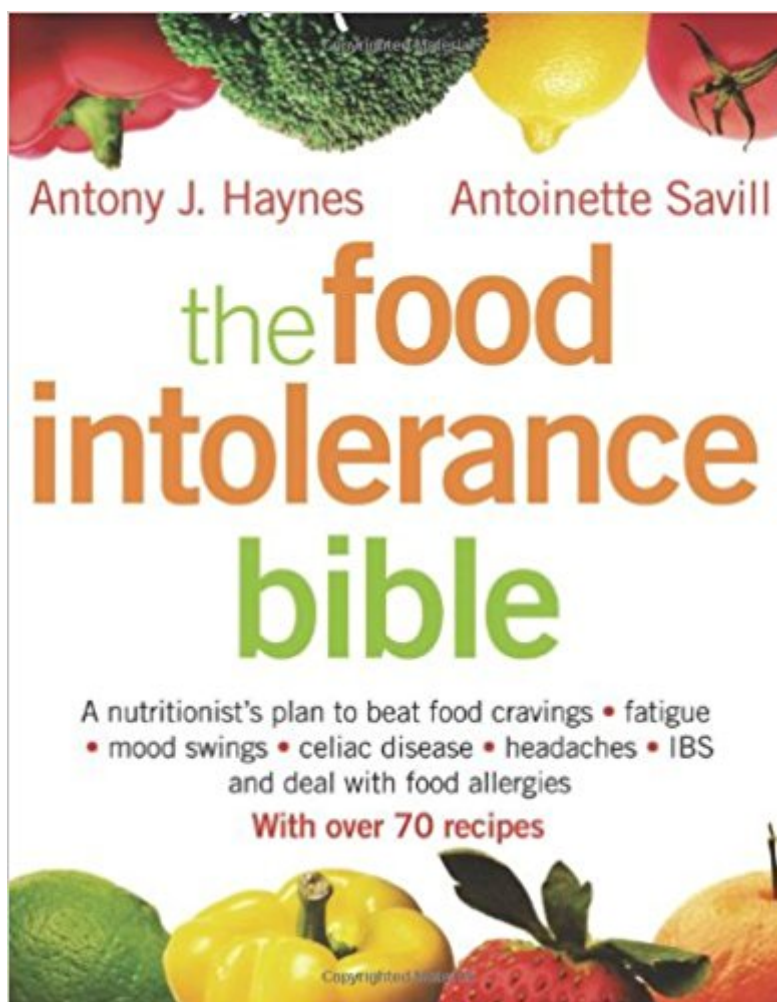




The book was found

The Food Intolerance Bible: A Nutritionist's Plan To Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS And Deal With Food Allergies





Synopsis

Food intolerance occurs when the digestive system cannot break down a certain food or group of foods. Nearly everyone has an intolerance to some food. Food intolerances can range from fairly mild bloating and energy dips after eating to cramping or nausea, skin problems, or mood swings. Antony J. Haynes, a top nutritionist, has devised a unique nutritional plan to help readers identify and avoid food intolerances and allergies, which affect nearly all Americans. By following seven simple steps, anyone can isolate and eliminate problem foods and completely reverse our symptoms. Antoinette Savill, an award-winning special-diets cooking writer, has created over 70 delicious recipes that make staying on the plan easy. This book helps you to: Identify your culprit foods, eliminate trigger foods without cravings, know which lab tests work and why, and take the right nutritional supplements for your needs.

Book Information

Paperback: 332 pages

Publisher: Conari Press (April 2008)

Language: English

ISBN-10: 1573243590

ISBN-13: 978-1573243599

Product Dimensions: 7.5 x 1 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 22 customer reviews

Best Sellers Rank: #622,946 in Books (See Top 100 in Books) #113 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #221 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #10160 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Antony Haynes was voted one of London's top nutritionists by the Evening Standard. Praise for Antoinette Savill: "Positive proof that food intolerances do not mean you have to miss out" Sunday Times --This text refers to an alternate Paperback edition.

Antony J. Haynes is one of the most experienced and knowledgeable nutritionists in the UK. He is the director of the highly acclaimed Nutrition Clinic in Harley Street, London, and has taught advanced nutrition intensive courses and workshops for the past ten years. He is the author of The Insulin Factor. Antoinette Savill is an award-winning cookery writer and the best-selling author of the

Gluten, Wheat, and Dairy-Free Cookbook, Lose Wheat, Lose Weight and Allergy-Free Cooking for Kids

I found this book 18 months into our family's journey to solve a number of serious health problems. Though we were already starting to have a good idea of what intolerances we have, it really helped explain the symptoms food intolerance can have, and more importantly gives a great overview of how to treat the intestinal problems that can arise because of them - parasites, bacterial and fungal imbalances, so we could have a more intelligent conversation with our doctors. Solving these problems takes time and patience, and this book helps you stay the course, as well as helping you to articulate the issues with family members, friends, schools, etc. as you eliminate the offending foods from your diet.

Great book. Very informative. Do your research before starting any supplements and make sure to speak with a doctor beforehand.

thorough, easy to understand

I wish I had this book when I was diagnosed with food intolerances in 2007. It's the most complete information I've found so far! If you have food intolerances and have been struggling to figure out what steps to take in your recovery get this book. Just one negative - the recipes aren't very inspiring.

Great book with great info. Well organized and well put together. Another great reference book for my library. it pretty much covers every health issue I work with and help clients with on a daily basis. I would almost give it 5 stars; but I would have to do some edits.. not a lot; but a few. The recipe section is great and well organized... just some of the ingredients are hard to find "allergen-free" or "intolerance-free". and as far as diets for people with dietary concerns... they are well balanced recipes; but the food pairing might make it difficult for quite a few people to digest. Some of the ingredients are actually, a bit harsh on the systems of people with these types of issues. That is really the only reason I gave it 4 out of 5 stars.

True, there is a lot of information in this book, but Antony has a way of bringing it all together in the end and delineating the order in which you should address your issues. It is a multi-faceted

approach to healing your body from the inside out. It is not for the weak of heart, but is for those who are indeed ready to take the bull by the horns and take some major action to truly change their health and life's direction. Awesome advice!!! It's like having your own nutritionist/doctor in your back pocket!

Good information in the first few chapters; very repetitive afterwards. The questionnaires are not as useful

the food intolerance bible is a very nice book. thank you

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