



Hidden Food Allergies: Finding the Foods That Cause You Problems and Removing Them from Your Diet

Stephen Astor

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Do you ever suffer from headaches, nausea, dizziness, insomnia - symptoms that you just don't know the exact causes of? Are you taking prescribed medication for an illness you can't really identify? For millions of Americans, these all-too-real health problems may be directly related to food allergies they never really knew they had. Now Stephen Astor, MD, a prominent allergy specialist, has written a practical book that explains just how you can find out for sure. In this well-researched and easy-to-understand book, Dr. Astor discusses how to pinpoint specific symptoms, select a test diet, evaluate the results, and ultimately discover which foods you should avoid - all in just three weeks! Even more importantly, you won't have to undergo a series of skin and blood tests - a procedure which can be costly and can produce results that are only 20% accurate. Finding out which foods you may have sensitivity to has never been so easy. The doctor has also included delicious recipes for allergy-free cooking, five elimination diets for the most common food allergies and the names and numbers of U.S. food manufacturers to contact if you have any questions about ingredients, as well as a section on the fine differences between being allergic to a specific food or an enzyme in a food.

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