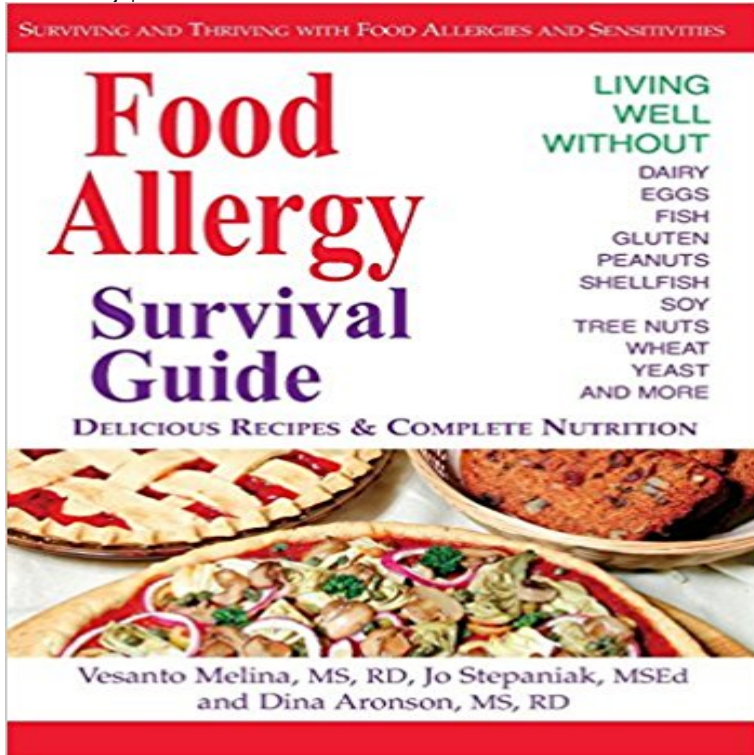


# Food Allergy Survival Guide: Surviving and Thriving with Food Allergies and Sensitivities



This essential reference work presents a thorough discussion of the major food allergies and how to deal with them in a positive, affirming way. Readers will learn about testing for allergies, safety measures for life-threatening conditions, hidden allergens, shopping and kitchen basics, and a host of resources for continued enjoyment of life with allergies. Features over 100 recipes by uncheese specialist, Jo Stepaniak.

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