



# Understanding Your Food Allergies and Intolerances: A Guide to Management and Treatment

*Wayne Shreffler, Qian Yuan, Karen Asp*

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## **A guide to understanding and handling food allergies and sensitivities**

A comprehensive overview of food sensitivities, including food allergies and food intolerances. The authors clear up much of the confusion consumers have about food sensitivities as they help food-sensitive individuals understand their symptoms, manage their condition and learn to enjoy eating again.

Features:

- Listing of most common food allergies
- Examination of the differences between allergies and intolerances
- Discussion of where to look for hidden food allergens
- Case studies of various allergic reactions Questions to ask your doctor
- Guide to traveling with food allergies
- Quiz for when to get tested A look at new and future treatments for food sensitivity

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