



One's Food is Another's Poison

David W. Rowland

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There is no food that is ideal for everyone. There is no diet that brings health to all. What are the best foods for a particular individual depending on that persons unique biochemical nature. Food allergies and intolerances affect more than half of the population. In this book see how hidden food sensitivities can masquerade as almost any disease. Learn to identify, manage and overcome allergic responses.

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