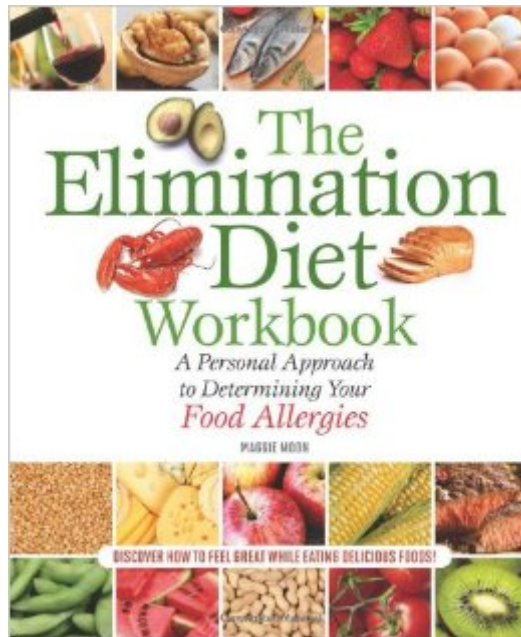


The book was found

The Elimination Diet Workbook: A Personal Approach To Determining Your Food Allergies



Synopsis

EAT GREAT! FEEL GREAT! Do you forgo delicious foods out of fear theyâ™ll make you sick later? If so, The Elimination Diet Workbook is for you. The program in this hands-on guide pinpoints your exact food sensitivities no matter what they are—gluten, dairy, egg, soy, peanuts, seafood or anything else. It takes the guesswork out of your diet so you discover which foods you can enjoy and which to avoid. Follow the program in this book and youâ™re guaranteed to:•Identify Your Food Intolerances•Discover Allergies Your Doctor Canâ™t•Eliminate Problem Foods•End Pain and Discomfort•Experience Trouble-Free Digestive Health Whether you suffer cramps, fatigue, diarrhea, migraines or any negative reaction to what you eat, The Elimination Diet Workbook offers an easy-to-follow, DIY approach to taking control of your diet, digestion and health once and for all.

Book Information

Paperback: 208 pages

Publisher: Ulysses Press; 1 edition (May 27, 2014)

Language: English

ISBN-10: 1612433006

ISBN-13: 978-1612433004

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #177,052 in Books (See Top 100 in Books) #48 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #85 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #250 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

I purchased this book to guide me through an elimination diet to determine my food sensitivities. The author provides a lot of useful information about food allergies and sensitivities, the differences between them, what groups tend to be problematic and why, and understanding the difference between categories such as fish and shellfish. The author provides two types of elimination diets and why you would use one versus another. I recommend reading the whole book before jumping in (I did not, and there were a couple areas that would have helped to read first). There are a few things that were a bit confusing for me, but may not be a problem for others. One had to do with

how long to follow the elimination phase before the challenge phase. I believe I understand now that you should follow the elimination phase for 4 weeks for the Targeted Elimination Diet and 2 weeks for the Catchall Elimination Diet (because the catchall diet is very restrictive). Another confusing part for me, and I'm not sure how you could make this easier, is trying to calculate the testing quantities. I had created a spreadsheet for challenges, and had a separate sheet for each category, but what I would have done differently for myself is to have the spreadsheet calculate the quantities automatically. The last bit of confusion for me had to do with not having challenges for all the groups that I eliminated, such as citrus fruits or nightshades, for example. I may need to further break those down in a separate challenge. I really like the guidance provided in this workbook. There are a lot of elimination diets out there, but this book seemed to me to have the ease of use that I needed. The elimination diet does require commitment and dedication.

[Download to continue reading...](#)

The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Elimination Diet 101: A Cookbook and How-to Guide with Helpful Advice and 80 Easy, Quick and Delicious Recipes to Test for Food Allergies and Sensitivities ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Psoriasis Total Disease Elimination Plan: It Starts with Food Your Essential Natural 90 Day How to Guide Book! (Psoriasis Free for Life, Cure and Diet Cookbook series 1) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating

Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions
PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Determining Damages: The Psychology of Jury Awards (Law and Public Policy)

[Dmca](#)