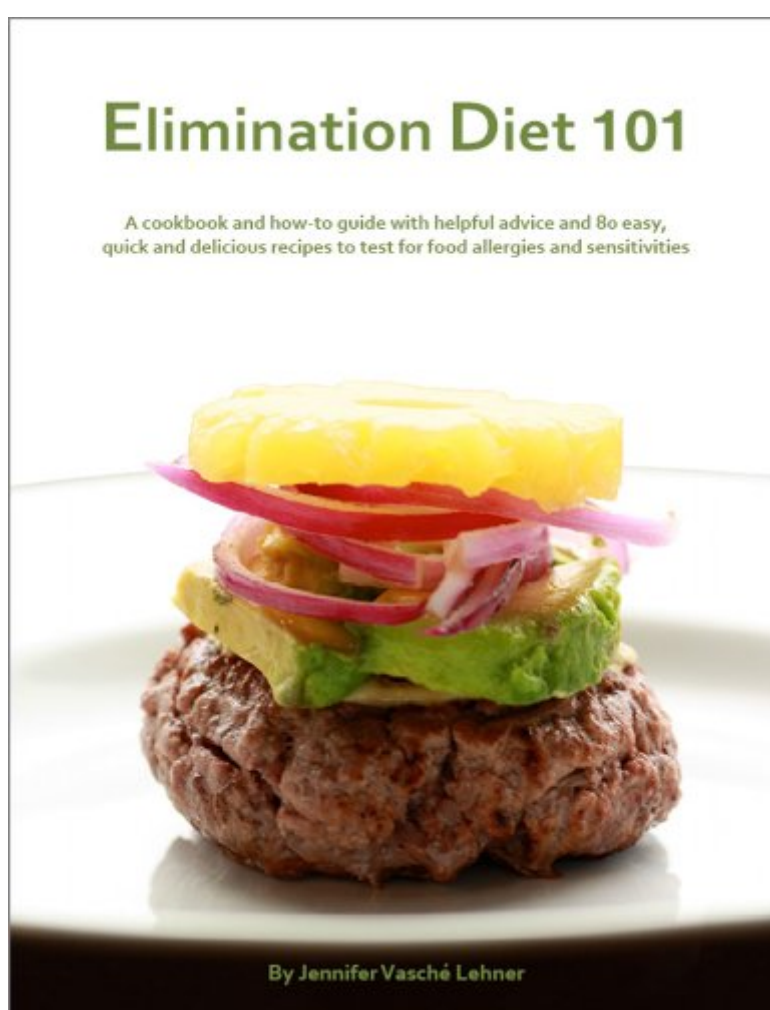


The book was found

# 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



## Synopsis

Learn how to test for food intolerances and sensitivities the easy and delicious way! ELIMINATION DIET 101 is a complete cookbook and how-to guide is filled with practical advice, resources, and wonderful recipes to lead you through the Elimination Diet. Its 113 pages of great recipes, encouragement, and colorful images, will inspire and support you as you test for food intolerances and sensitivities and feel great while doing it! ELIMINATION DIET 101 also offers a comprehensive collection of 80 recipes that can feed a wide variety of dietary restrictions all at the same time! Over 60 of the recipes in this book are completely free of any gluten, dairy, eggs, soy, processed sugars, nightshade vegetables (tomato, potato, peppers), and caffeine so be able to confidently serve your dinner guests no matter how many of them have food sensitivities or what they are sensitive to. ELIMINATION DIET 101 Features: a complete "How-To" manual for doing the Elimination Diet, helpful hints for temporarily living without your favorite foods based on experience, and "Include" and "Exclude" food charts to easily remind you which foods not to eat, a symptoms tracking chart to record your reactions and monitor your progress, and share with your health care provider when reintroducing foods, over 80 easy and delicious recipes that will delight your taste buds and satisfy even those who aren't doing the Elimination Diet, exclusive "+1" recipes specifically designed to maximize the effectiveness of the food reintroduction process, beautiful photographs and cooking tips for each and every recipe, and a thorough explanation of the physiology of food sensitivities and how the Elimination Diet works to identify them.

## Book Information

File Size: 4051 KB

Print Length: 113 pages

Publication Date: December 19, 2012

Sold by:Â Digital Services LLC

Language: English

ISBN-10: 0988562413

ISBN-13: 978-0988562417

ASIN: B00AR39RGI

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #492,427 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #112

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies #151

inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #612 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions

## Customer Reviews

I've had eczema and hives off and on for years but I didn't take them seriously until I started waking up in the middle of the night scratching. Over the counter remedies only brought temporary relief and didn't address the root cause. Some web research led me to the concept of an elimination diet. There are various ways to approach the diet; I chose the one outlined in Elimination Diet 101 because the elimination phase also serves as a detoxification period. The author's approach is to completely stop consuming a list of common foods that humans react to in varying degrees: gluten containing grains (wheat, rye, etc), soy, citrus fruits, nightshade vegetables, corn, eggs, dairy plus caffeine and processed sugar and artificial sweeteners. After a couple weeks the items are reintroduced in order from least troublesome to highly suspect. For me, I tested citrus and nightshade vegetables as soon as I could just to increase the variety of foods I could eat. I've worked my way through and now have soy, gluten and dairy left to test. This diet will challenge you. You'll have to come up with substitutes for some of your favorite foods and wait for a couple of weeks for all your cravings to subside. It was three weeks before I stopped feeling peckish all the time. Fortunately Mrs. Lehner provided a variety of delicious recipes for both the elimination phase and for reintroducing items to your diet. I loved the use of fresh ingredients in her recipes. I was also led to try some gluten free and vegan recipes that I otherwise would not have tried. I'm not suffering at all! In five weeks I've learned a lot about my relationship with food and how dependent I was upon items prepared outside the home.

This cookbook has helped me find things out about myself that I didn't realize I needed to know. I began my journey a little over a year ago, when my boyfriend's sister and sister in law provided me with knowledge about food, our bodies and how the two work together for better or worse. I grew up thinking stomach aches were just a sign of eating 'too much.' I never once considered it being my body 'speaking' to me, telling me that it didn't like the food(s) that I consumed. Until about a year and a half ago, I had never had an allergy with medicine, food, etc. Then one day I realized that after eating ice cream (that I had consumed numerous times in my life) my stomach was in knots, I

had migraines, bloating and I just couldn't seem to use the bathroom regularly (this didn't worry me too much because honestly, I never really paid close attention to my bowel movements.) The thing that worried and stressed me out most was that my skin would break out with acne within the next 12-48 hours and it was never just one. After this it turned into a whole 'dairy' thing. Ice cream, cheese, butter, milk, etc. Next was gluten. Once I was more in-tune with my body, I realized that after eating even just a subway sandwich my stomach would be upset, bloated and I was always in a great deal of pain. I wasn't ready to give up everything that I enjoyed (I mean cheese goes ON everything, milk is IN everything, and who doesn't love a good sandwich?) Bringing my concerns to my boyfriend's family, I learned about ways to help ease the pain (probiotics, essential oils, and last but not least the Elimination Diet) It was pretty tricky because I'm a part time college student, part time employee for the Walt Disney Company on a tight budget but after a few tries I seemed to get the basics down and just do it.

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

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 Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) 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) 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) Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities Cooking Free : 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities 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) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) 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) The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Atkins Diet for

Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) 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) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems Why Can't I Have a Cupcake?: A Book for Children with Allergies and Food Sensitivities Quick & Easy Hispanic Recipes Cookbook: Healthy Spanish Meal Recipes that Will Delight Your Taste Buds to No End! (Food & Wine,Mexican,Spanish,Hispanic,Quick ... Cookbooks Healthy Diet Recipes) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes)

[Dmca](#)