



Food Allergy Guide to Soy: How to Eat Safely and Well Soy Free (Volume 1)

Bill Bowling

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“HOW IS LIFE WITHOUT SOY?” “IT’S DELICIOUS, THANK YOU!” Soy is one of the eight top food allergens, and reported allergy to soy is increasing year by year. This book was written as your guide to eliminating the soy allergen from your diet and your life. This book offers you the means to cope with a soy allergy so you can eat safely and well. You will discover how to: Recognize the allergen and its hidden names Use the cardinal rules for soy allergy management Identify symptoms and how to deal with them Be prepared for anaphylactic emergencies Prevent anaphylaxis Sort out myth from fact regarding soy allergy Compare the positive and negative effects of soy Find nourishing alternatives to soy products The Food Allergy Guide to Soy comes with reference lists, a comprehensive bibliography of books and other information that you might need to effectively manage your soy allergy.

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