



Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet

Janice Vickerstaff Joneja

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Presenting up-to-date information on current diagnostic methods and treatment options, this guide describes the effects of food allergies on the skin, mucous membranes, and respiratory and digestive tracts; discusses treatment by allergists and other healthcare professionals; and empowers readers to manage their food allergies.

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