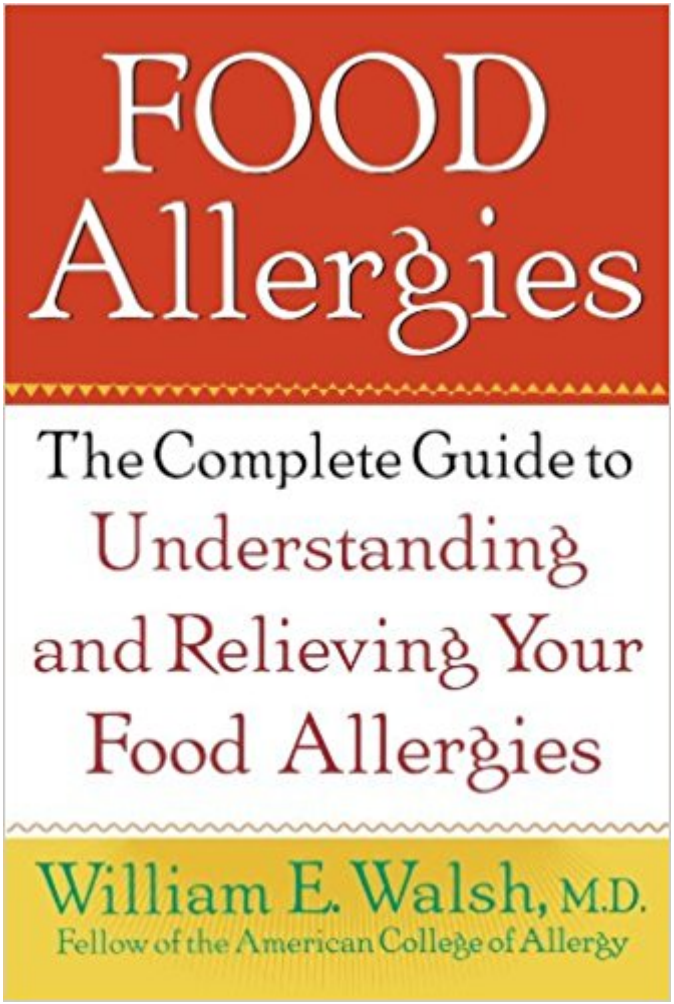
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Food Allergies: The Complete Guide To Understanding And Relieving Your Food Allergies



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Synopsis

I wholeheartedly recommend Food Allergies.--Christopher M. Foley, M.D.""A powerful key to health. Dr. Walsh’s principles have revolutionized my personal health.""--Margaret L. Williams, D.C.""The information in this book demystifies food and chemical allergies and gives patients courage.""--Loren C. Stockton, D.C.""This book will help many people with symptoms and discomforts they have had for a long time.""--Walid A. Mikhail, M.D.Food allergies can be subtle, insidious, and dangerous. Every year millions of people suffer from migraine headaches, persistent coughs, sore throats, eczema, abdominal discomfort, tiredness, and irritability-and don’t realize that their symptoms come from the food they eat. This book-the first comprehensive book on food allergies written by a noted allergist-helps us understand how different foods cause pain and discomfort and tells us how to identify the foods that have been afflicting us-so we can avoid them before the symptoms strike. In Food Allergies, Dr. William Walsh shares his extensive knowledge about the cause of food allergies, which foods and chemicals to avoid, and, ultimately, which foods will help you feel your very best. Filled with dozens of enlightening case studies and engaging writing, this unique guide offers a detailed, easy-to-follow diet tailored for adults and children who may be prone to allergies. It also includes clinically tested plans for cooking and advice on how to avoid troublesome foods at the store and when eating out.

Book Information

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Customer Reviews

Allergist Walsh sympathizes with food allergy patients, for he has food allergies, too. He explains how such allergies function and details how to identify and treat specific problems. Labeling on

foods doesn’t help all that much, he says, because monosodium glutamate, for instance, hides under several names and processes. Besides MSG, other major culprits are acidic foods, low-calorie sweeteners, and refined sugar. One should always suspect a food allergy as lying at the root of an allergylike problem, he counsels, and food allergies are too often discounted. Age doesn’t protect from allergies, and one can become allergic to a food that never before posed any problem. Those who feel they might be allergic shouldn’t immediately repair to an allergist, though. Instead, they should go to their primary-care persons, who will presumably look at the whole situation. If it then seems an allergy is possible, find a good allergist by using Walsh’s advice. Other features of the helpful book include detailed diets, other practical approaches, and much psychological^B support. William BeattyCopyright Ã Â© American Library Association. All rights reserved

"A powerful key to health. Dr. Walsh’s principles have revolutionized my personal health." -- Margaret L. Williams, D.C."I wholeheartedly recommend Food Allergies." -- Christopher M. Foley, M.D."The information in this book demystifies food and chemical allergies and gives patients courage." -- Loren C. Stockton, D.C."This book will help many people with symptoms and discomforts they have had for a long time." -- Walid A. Mikhail, M.D.Dr. Walsh guides readers through the detection of food allergies and the assessmant of various foods’ likliness of triggering food allergies. -- Science News, October 14, 2000

My husband suffers from Gluten intolerance as well as food allergies. The gluten issues were quite easy to control....no wheat. But the food allergies are a nightmare. If you are allergic, you feel like you have the flu all the time. This is the only book we have found that gives you an in-depth look at what you should look for and avoid. Because the author suffers from the same thing, his findings are from personal discovery. There are additives in everything we eat that can make you sick, if you suffer from allergies. There are things occurring naturally in foods that can make you sick. This book can help you live a much better life. It’s all about knowing what the the allergens are and avoidance.

Delivered on time. Very helpful book!

This book is practically an encyclopedia of food allergies written for ordinary people. The author is a physician and allergy specialist with almost 40 years of experience in the field. He describes how in the beginning of his career, he had not been trained to recognize food allergies in his patients, but over the years, he became more and more sensitized to the kinds of symptoms that food allergies

can cause. Over time, he noted that many of his patients were allergic to the same common foods, especially what he calls the MALS foods, MSG, acidic foods, low calorie sweeteners, and sugar. The skin tests that are so much relied on for detecting environmental allergies are less informative with food allergies. In response, he has developed a method for identifying food allergies that uses a diet that eliminates common allergy causing foods and then gradually re-introduces them while the patient notes when the symptoms lessen or begin to reoccur. This diet is described in the book, together with possible rotation menus and lists of additional foods that cause problems for some people and may need to be avoided.If you try to read this book from cover-to-cover, you will find that it is rather repetitive at times, and the organization seems in some places to be more stream-of-consciousness rather than logical. At times the avoidance of technical language or explanations seems almost evasive, and it's amazing how a doctor could write an entire book about allergies without once using the word histamine. Since the book is addressed to general readers, it does not contain in-text references to scientific studies. Nevertheless, the bibliography is replete with such references, adding credence to Walsh's message.This book confirmed many of the phenomena that I had observed about my own food sensitivities. For example, Walsh explains that allergies are additive, so that's why I can pet a cat so long as it's not hay fever season, or I can drink a small glass of milk now and then, but not a big glass every day. Walsh also suggests that readers should trust their instincts- -if they have a strong feeling that a food is making them sick, there is a good chance that it really is. After reading this book, there is no longer any question in my mind- -food can make you sick, and you can feel a lot better once you figure out what you've been eating that is causing you trouble.

I have been migraine-free for five years since reading this book!I had tried Imitrex, acupuncture, physical therapy, massage, biofeedback, chiropractics, herbs, oral sprays and everything I had heard of for migraines except Botox injections and nerve severance.My general practitioner, second opinion doctors and neurologists told me to avoid red wine, Chinese food and chocolate. Their "migraine diet" came from the back of an Imitrex pamphlet (keep in mind, this was five years ago).When I told my doctor about my self-diagnosis of food intolerances from this book, she tried to act like she already knew this. Then why didn't she diagnose me? Why didn't she put me on an elimination diet? Why didn't she send me to a nutritionist, allergist or immunologist? Why did she put a teenage liver on codeine permanently and say I would have to live with it or grow out of it?If your doctor is not part of the Nutritional Enlightenment, YOU NEED THIS BOOK to help you find the right specialist.Even if this book isn't all inclusive, it will introduce you to the basic concepts and terms to

Google and talk to your practitioner about.I am not sensationalizing that this book changed my life. I almost didn't graduate high school because of migraines, and now I have a computer science degree.

Well written. Clearly written. Empowering. This book is a must for anyone who would identify, or rule out, food allergies and sensitivities as causes of distress in their lives.This is a book that cuts the subject of food allergy into small, easily digestible pieces, and guides us along the path to understanding.Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies is truly a complete guide. It is a book that leads us along its well designed paths with both care and patience.This is a book that every person should read, think about, and keep as a reference. Those who recognize that they are plagued with allergies and sensitivities will reap immediate rewards, for therein are the words of a man, a practicing physician, who speaks to each of us with kindness, understanding, knowledge, and humility. Over the years he has struggled to learn how to help himself and his patients overcome their allergy-related illnesses. He takes us down the road that he followed, tells us of his mistakes and his successes, and helps us understand and overcome our allergy-related illnesses more quickly than he overcame his own. Dr. Walsh tells us that we- each of us - knows ourselves better than any physician can possibly know us. That we must trust in ourselves and in our own observations, and that we must search out physicians to help us who are willing and able to do the same.For those who have allergies and sensitivities but have not recognized them, and for those whose allergies and sensitivities will surface in the future, reading Food Allergies will plant seeds of awareness that will make traveling future roads to wellness easier.

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