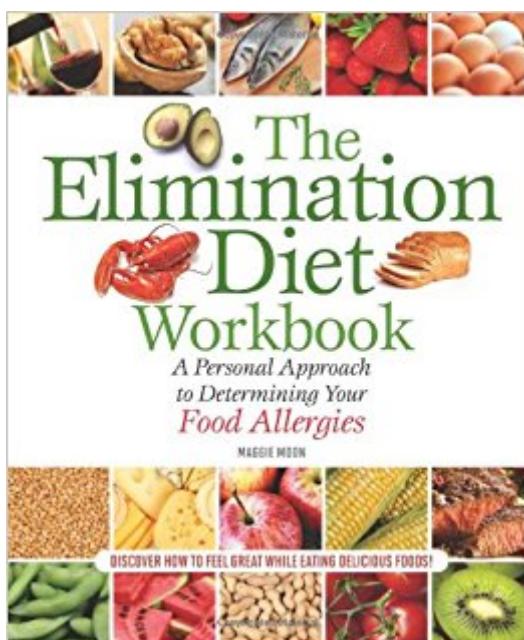


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# The Elimination Diet Workbook: A Personal Approach To Determining Your Food Allergies



## Synopsis

EAT GREAT! FEEL GREAT! Do you forgo delicious foods out of fear they'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 you're guaranteed to: Identify Your Food Intolerances;Discover Allergies Your Doctor Can'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

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## 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.

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