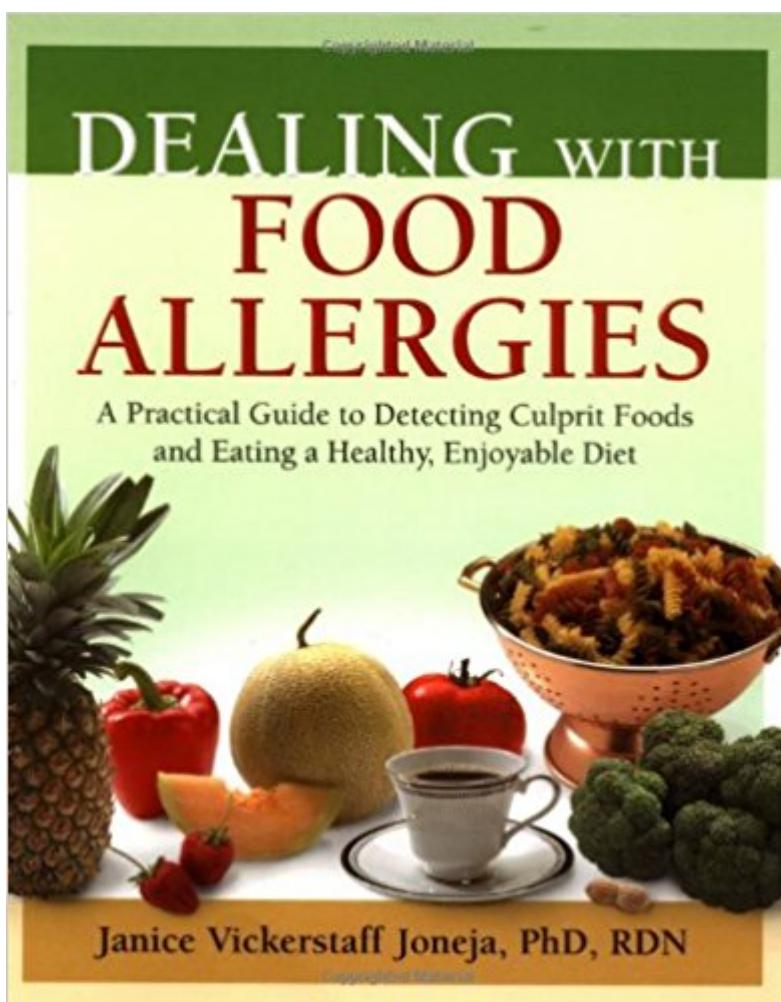


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# Dealing With Food Allergies: A Practical Guide To Detecting Culprit Foods And Eating A Healthy, Enjoyable Diet



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

Janice Vickerstaff Joneja, PhD, RDN, is a widely known Canadian authority on food allergies and their treatment. Her audio course, Mechanisms and Management of Food Allergies and Intolerances, is accredited with the American Dietetic Association for continuing education.

I bought this on the recommendation of my mother-in-law who is a retired OT who struggled to identify her own food sensitivity for years with little help from her Drs. As she explained, the average contemporary Dr. only gets scant training in nutrition now that so much relies on handing patients pills to treat symptoms. For this reason, getting input can be nearly impossible. With food sensitivity and allergies, you can't (generally) have a simple test and most of the elimination diets given to patients in most medical facilities are not comprehensive. This book gets into the underlying science of allergy and sensitivity, which I feel really helps in understanding the need for a careful elimination diet and (if you identify a problem) the many factors that can make them wax and wane if they are sensitivities instead of all-out allergies that require major medical intervention (like the Epi-pen). For

example, I do have a very serious mold allergy and have had some idea that other problems increased when that allergy was in seasonal peaks and this book explains why in a way that I can understand. That knowledge will make me better prepared in fall and spring, when the few triggers I may have with food are more likely to happen. I have not yet started the elimination, but fully expect to satisfy some unanswered questions when I do. Perhaps more than anything else I appreciate that this is written by someone with a legitimate, advanced education on the topic (PhD, with real experience too) and some personal experience unraveling problems her son had. I'm mighty tired of every other random blogger or person I know who knows diddly about actual science diagnosing me and most of the world with things, when they have no formal qualifications to do so. Just wait until we have ten years of people who didn't \*need\* to go gluten free to talk to when they fail to balance nutrients lost by overacting; it's much like the all-fat-is-bad paranoia that swept the US in the 90s and resulted in too little good fat and too much sugar in too many people's diets! The personal experience she's had lends the text a dose of compassion for the frustrating journey to sorting out what may or may not be an issue, so you can act accordingly or move forward and find another diagnosis if food sensitivity or allergy has no bearing on strange health problems. I will add one thing here with warning - I recently found out I have a genetic mutation that makes the added folic acid in foods a big fat no-no for me and a different approach to diet that includes more folate (the natural sort) and supplements necessary. This book was written before that, but it has helped me understand how that problem comes into play. The warning is to beware of the cult of Drs, who are trying to use a mix of verified science, preliminary findings that have not been well tested, and in the worst cases, all out BS to make money off of people looking for answers. The irony is how many deride "big pharma" while trying to sell you their own supplements - and worse, certain TV Drs. give them air time! In summary, buy it. You'll be smarter for it, healthier for it if you find problems, and better able to ask your health care professionals questions too.

Very useful book for someone with autoimmune problems. I'm fairly certain I'm histamine intolerant and this book helped me figure it out. I WISH SHE WOULD UPDATE IT!!! update: April 2016 This book has literally improved my quality of life. It has helped me figure out so many of my symptoms. Don't rely on just a book though, see a dietitian.

This book is chock full of information to help one adapt to an elimination diet for many different food issues, along with many good suggestions for how to better determine just what your sensitivities are, how to start adding new foods after the initial elimination diet period, etc. It's still a little

overwhelming for me to know exactly how best to handle my dietary issues, since everyone's unique, but I can't fault the author or the book for that. Dr. Joneja is such a knowledgeable and thorough and a talented writer who is able to convey all this wealth of information in a practical way.

This is a very helpful book if you have food allergies. I have MCAD so I generally have a limited diet and I've learned that sometimes it's unnecessarily limited. Like on occasion I'll cut a food out because of a perceived reaction. In this book Dr. Joneja deals with stuff like that though.

Ã¢ÂœDealing with Food AllergiesÃ¢Â• gives current information on the methods used to diagnose food allergies and numerous treatment options. It is an empowering text for readers with food allergies. It is one of the titles listed in Chapter 5: Energy Sensitivities to Food in my book,Ã Your Body Can Talk: How to Use Simple Muscle Testing for Health and Well Being.

This is a very informative book. I am so glad I bought it and I keep it handy to refer to. My daughter has Mast Cell Activation Disorder and it certainly helps with knowing what foods she can eat and foods that she can't.

I bought this book because I began having food related migraine headaches. This book is well written and easy to pull good information from; I didn't read the entire book, just the chapters which appeared to apply to my problem. The things I learned helped me to get my migraines under control and I'm a much happier person for it!

A Highly recommended book for anyone newly diagnosed or even experienced veterans.

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