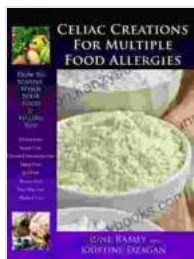


How to Survive When Your Food is Killing You: The Hidden Truth About Food Sensitivities and Allergies



Celiac Creations For Multiple Food Allergies: How To Survive When Your Food Is Killing You by June Ramey

★★★★★ 5 out of 5

Language : English
File size : 912 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 424 pages
Lending : Enabled



By Dr. Amy Myers

Are you struggling with food sensitivities or allergies? Do you feel like your food is killing you? You're not alone. Millions of people suffer from food-related illnesses, and the numbers are only increasing. But there is hope. In her groundbreaking book, *How To Survive When Your Food Is Killing You*, author Dr. Amy Myers reveals the hidden truth about food sensitivities and allergies, and provides a step-by-step plan for healing your body and reclaiming your health.

What Are Food Sensitivities and Allergies?

Food sensitivities and allergies are two different types of reactions to food. Food sensitivities are caused by an immune reaction to a particular food, while food allergies are caused by an allergic reaction to a particular food.

Food sensitivities can cause a wide range of symptoms, including:

- * Digestive problems, such as gas, bloating, constipation, and diarrhea *
- Skin problems, such as eczema, psoriasis, and hives *
- Respiratory problems, such as asthma and allergies *
- Fatigue *
- Brain fog *
- Weight gain *
- Headaches

Food allergies can cause more severe symptoms, including:

- * Anaphylaxis, a life-threatening allergic reaction that can cause difficulty breathing, swelling of the throat, and loss of consciousness *
- Hives *
- Swelling of the lips, tongue, and face *
- Nausea and vomiting *
- Diarrhea *
- Abdominal pain

How to Diagnose Food Sensitivities and Allergies

If you think you may have a food sensitivity or allergy, it's important to see a doctor to get tested. There are a number of different tests that can be used to diagnose food sensitivities and allergies, including:

- * Skin prick test *
- Blood test *
- Elimination diet

How to Treat Food Sensitivities and Allergies

The best way to treat food sensitivities and allergies is to avoid the foods that you're sensitive to or allergic to. This can be difficult, but it's the only way to prevent symptoms.

In some cases, you may be able to reduce your symptoms by eating smaller amounts of the foods that you're sensitive to or allergic to. You may also be able to find substitutes for the foods that you're sensitive to or allergic to.

If you have a severe food allergy, you may need to carry an epinephrine auto-injector (EpiPen) with you at all times. Epinephrine is a medication that can help to stop an allergic reaction.

How to Heal Your Body and Reclaim Your Health

If you have a food sensitivity or allergy, it's important to know that there is hope. You can heal your body and reclaim your health by following a step-by-step plan that includes:

* Eliminating the foods that you're sensitive to or allergic to * Eating a healthy diet that is rich in fruits, vegetables, and whole grains * Getting regular exercise * Reducing stress * Getting enough sleep

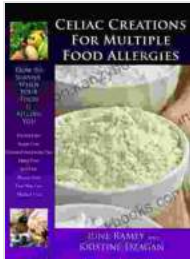
Following this plan can help to reduce your symptoms, improve your overall health, and reclaim your life.

If you're struggling with food sensitivities or allergies, don't give up hope. There is help available. By following the step-by-step plan outlined in *How To Survive When Your Food Is Killing You*, you can heal your body and reclaim your health.

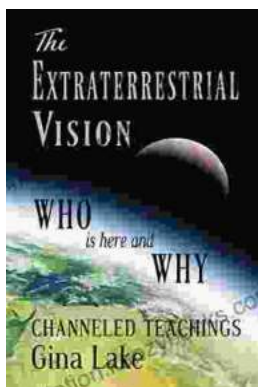
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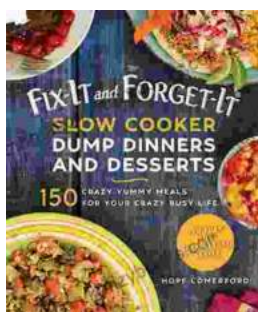


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