



The Food Allergy Book

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Food allergy sufferers can find their own food allergies

Tiredness, irritability, poor concentration, headaches, cramps, diarrhea, congestion - food allergy causes or aggravates these and other illnesses. The foods most commonly responsible contain certain dietary chemicals: monosodium glutamate (MSG), low calorie sweeteners, and the excess acid and refined sugar of our modern diet. Experience gained from years of treating patients with food allergy can show you how to recognize symptoms caused by these chemicals, which foods contain these chemicals, and how to follow a two-week elimination diet to determine if these foods cause your pain and discomfort.

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