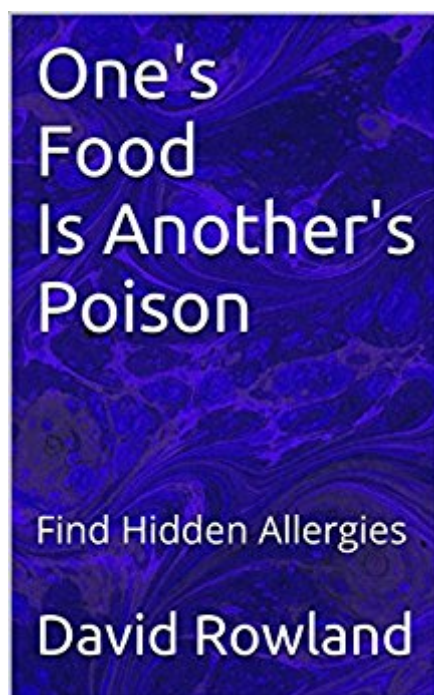


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# One's Food Is Another's Poison: Find Hidden Allergies



## Synopsis

Allergies are great masqueraders. They can mimic almost any ailment and can affect any part of the body. Foods considered healthy for the general population behave like slow poisons in those who are sensitive to them. High blood pressure, arthritis, chronic fatigue, food addictions, insomnia, depression, fluid retention, muscle spasms, hyperactivity, colitis, migraine headaches, eczema, psoriasis, ear infections – these and dozens of other conditions can be caused entirely by food allergies. If you have chronic symptoms of any kind, especially any for which doctors are unable to find a cause, a hidden food allergy is very likely undermining your health. Unless you know how to look for hidden food allergies, you are unlikely to find them. Skin prick tests are unreliable – because some food molecules can have no effect on your skin but negative consequences if you consume them. One food can produce different symptoms in different people – and one symptom can be produced by different foods in different people. Professor Rowland shows you how to make sense of all this, to find your particular allergies, and how to take corrective measures. Author David W. Rowland is recognized as a leading edge innovator in the field of nutrition. His unique Nutri-Body® method of assessment is favored by practitioners for pinpointing nutritional and biochemical weaknesses. David also publishes Nutritiapedia®, the free on-line nutritional encyclopedia.

## Book Information

File Size: 3099 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publisher: DW Rowland Enterprises Inc.; 2016 Edition edition (March 9, 2016)

Publication Date: March 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01CTFQ7G4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #941,364 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Food Allergies #264  
inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #375 inÂ Kindle Store > Kindle  
eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

This book is a detailed discussion of how food sensitivity contributes to chronic disease. We are all biochemically individual, so ANY food has potential of causing reactions in some people. Dr. Rowland covers the chemistry, physiology, genetic factors, and pathology behind food sensitivity. There are sections specifically related to infants and children, explaining how food sensitivity can develop at a very young age. He includes several methods for identifying your own food sensitivities and outlines nutritional supplements for the most common food related disease patterns. Very informative. Literal "food for thought" for anyone battling chronic disease.

Excellent information. So good, in fact, that I would appreciate a hard copy on my shelf. But, alas, this does not seem possible.

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