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I DON T KNOW WHAT TO EAT : THE DEFINITIVE GUIDE TO FOOD ALLERGIES, INTOLERANCES, AND SENSITIVITIES AND WHAT TO DO ABOUT THEM (PAPERBACK)



Helen Adams, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. At last! I Don t Know What to Eat is a sensible approach to dealing with the minefield of food allergies, intolerances and sensitivities. This book explains the symptoms, the most common foods that cause problems, and the surprising connections between them all. Some views may be controversial, but everything is carefully explained, including conditions that could be confused with allergies when they...

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- Authored by Helen Adams
- Released at 2018



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Reviews

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