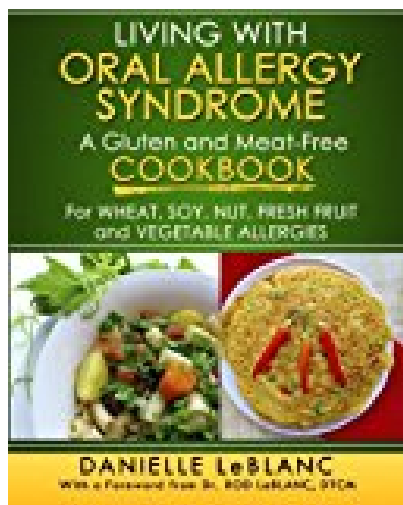


Living with Oral Allergy Syndrome A Gluten and Meat-Free Cookbook for Wheat Soy Nut Fresh Fruit and Vegetable Allergies



BOOK DETAILS

- Author : Danielle LeBlanc
- Pages : 148 Pages
- Publisher : La Venta West Publishers
- Language : English
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BOOK SYNOPSIS

A guide to living with oral allergy syndrome, the leading cause of food allergies. 50-90% of people with hay fever suffer from related food allergies, known as oral allergy syndrome (OAS) or pollen-food allergies. Birch, grass, ragweed and latex allergies can cause cross-reactions with foods, making it difficult and dangerous for some people to eat a wide variety of healthy foods such as fresh fruit and vegetables, soy, nuts and wheat. Despite being the leading cause of food allergies, oral allergy syndrome is little understood and often goes unrecognized, unreported and undiagnosed. Those with it often feel frustrated by the lack of information about it, and may be confused about what to eat. This book will help people to: Understand what OAS is and learn its possible origins and treatments Manage hay fever and food allergies Avoid foods with hidden allergens Deal with eating out and cooking at home Find nutritious snacks and basic meal suggestions Cook around restrictions and maintain a balanced diet Take control of health and overall wellbeing And it includes over 60 healthy recipes for oral allergy syndrome free of gluten, meat, wheat, soy and OAS related nuts, most of which are also dairy-free or with dairy free options!

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