



The Complete Guide to Food Allergy and Intolerance: Prevention, Identification, and Treatment of Common Illnesses and Allergies

Jonathon Brostoff M.D.

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Here is a concise guide to identifying, preventing, and treating allergy-based ailments. The book also covers adverse reactions to cosmetics, pesticides, plastics, tap water, food additives, and workplace items, and features an elimination diet.

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