



# 3 Week, 3 Step Diet To Find And Overcome Hidden Food Allergy

*Stephen Astor M.D.*

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## **3 Week, 3 Step Diet To Find And Overcome Hidden Food Allergy** Stephen Astor M.D.

"...absolutely best book to help you find and overcome hidden food allergy..." Easy to read. Diet you can do at home, at no cost to you. Special sections Peanut, Milk, Gluten allergy. \*\*\*\*\* Do you suffer from headaches, nausea, dizziness, ADHD, insomnia - or other symptoms that you just don't know the exact cause of? Are you taking prescribed medications that do not work satisfactorily? For millions of Americans, these all-too-real health problems may be directly related to food allergies they never really knew they had. Now Stephen Astor, MD, a prominent allergy specialist, has written a practical book that explains just how you can find out for sure. In this well-researched and easy-to-understand book, Dr. Astor discusses how to pinpoint specific symptoms, select a test diet, evaluate the results, and ultimately discover which foods you should avoid -- all in just three weeks! Even more importantly, you won't have to undergo a series of skin and blood tests - procedures which can be costly and can produce results that are only 20% accurate. Finding out which foods you may have sensitivity to has never been so easy. The doctor has also included delicious recipes for allergy-free cooking, five elimination diets for the most common food allergies, as well as a section on the fine difference between being allergic to a food or intolerant of a food. Also a section on gluten sensitivity, milk intolerance and peanut allergy. A little common sense and three weeks of your time -- isn't that a small price to pay for results that have shown themselves to be 100% accurate?

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