



Sophantastic Allergy-Free Creations: Feed Your Body, Heal Your Soul, Free Your Mind

Miss Sophie Lauren Ward

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This book is my journey in fighting allergies from; eggs, wheat, gluten, dairy and yeast. It tells the struggles I have been through, how I dealt with them and how I stumbled across the 'plant-based' lifestyle that has literally changed my life. It has changed me in such a positive way that I wrote this book full of my experiences and recipes to help others like me get motivated, feel inspired to fight their allergies - not miss out on life, adapt and make little changes that turn out to improve your happiness and way of living like you wouldn't believe. I stumbled across this 'lifestyle' by mistake and it seriously was fate for me. I was sick of eating 'boring' food with nothing in them -no nutrients and goodness, I was feeling sluggish and rubbish in myself. Eating foods from the earth and 'plant-based' nothing processed or full of chemicals is just so eye-opening. I have watched so many YouTube videos about people on this lifestyle and all the positive changes they have come across whilst taking it on. This book isn't just for people with allergies - this lifestyle helps the whole body, mind, and soul. There are endless success stories of people with serious skin conditions, digestive problems, diabetes, Crohn's, depression etc, the list goes on - that have taken on this lifestyle and are now are off all their medications because their issues have cleared up completely or have improved significantly. You can also gain lots of new knowledge on food combining and how to combat bad digestion which many of us suffer. This lifestyle is NOT a diet - it's not about restriction, it's about eating as much as you feel for, which is eye-opening to us all. We are told by the media everyday that we must 'starve', 'restrict', 'cleanse' and its all a load of rubbish - it only damages your body and its metabolism which you will learn more about in my book. I am no expert! I am new to this lifestyle and I am no a pro or as strict as others who have taken on this way of life - but this lifestyle is so adaptable and you can work it to suit you and that's the true secret of it all. My book simply gives you stepping stones and the motivation to go out there and work with this lifestyle as you desire. You will no longer need to worry about how much you are eating and exercising because the foods you are eating make you want to move around - do you feel like going for a run after eating a hot dog and fries? No, do your hell, you want to sit on the sofa and watch the Kardashians feeling bloated and sluggish. Do I feel like going for a walk/run after eating 2 portions of rice and veggies? Yes - I am ready to go. I don't feel heavy or sluggish, you have the 'get up and go' vibe and energy. That's the key. Exercise won't be a chore because you feel rubbish, you feel inspired to move and you move. Hopefully, you can see the benefits of this lifestyle. Like I said I am not an expert but if I can help on person feel better, overcome allergies, diseases, then I will be so happy this is why I am doing this. To spread the word and help others. My journey has been the hardest challenge I have taken on and if I can prevent people suffering like I have for so long then I am going to do the best I can. I hope you enjoy and don't ever hesitate to reach out to me with any questions, help or advice. Take the plunge, life is too short to suffer and suffer in silence, read the book and change your life to a much happier one.

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