



# Food to Some, Poison to Others: The Food Allergy Detection Program

*Terry Traub R.D.H. R.S.*

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**Food to Some, Poison to Others:The Food Allergy Detection Program** Terry Traub R.D.H. R.S.

This book will help people find what foods are causing their distress or allergy problems. It is a handbook, an allergy detection book, and a cookbook all in one. What initiated this book was the fact that none of the elimination diets at the time took into account that many individuals could not digest soluble fats. Also, all the diets were in food form, without any instruction on how to include these foods in meals. This book uses the menu method to detect problem foods.

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