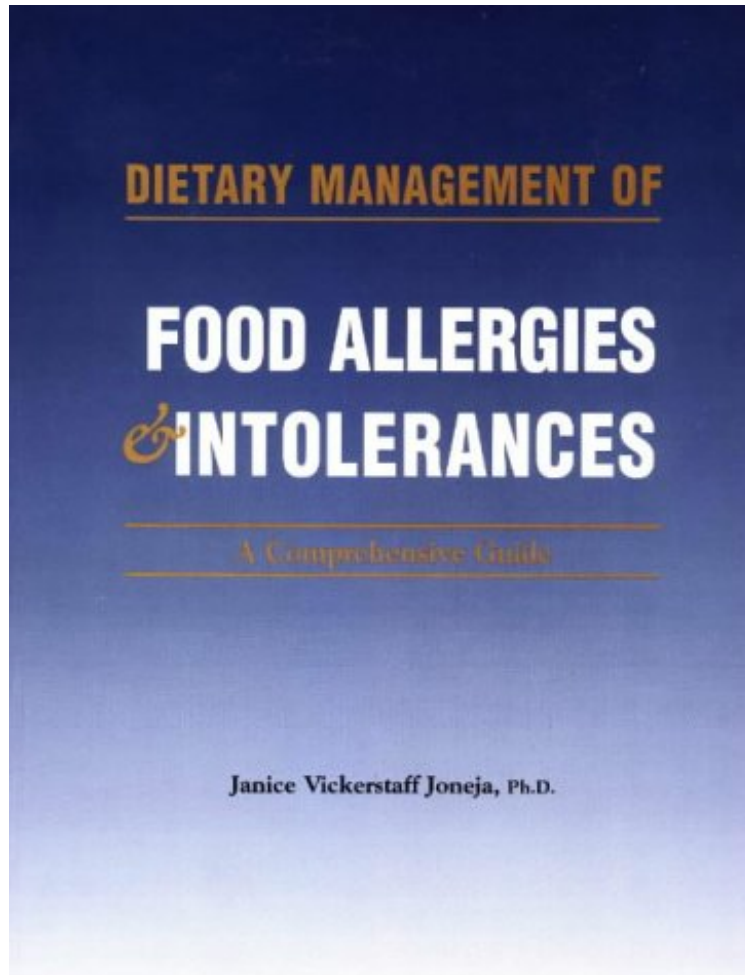


Dietary Management of Food Allergies Intolerances: A Comprehensive Guide

Janice Vickerstoff Joneja

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Janice Vickerstoff Joneja : Dietary Management of Food Allergies Intolerances: A Comprehensive Guide

before purchasing it in order to gage whether or not it would be worth my time, and all praised Dietary Management of Food Allergies Intolerances: A Comprehensive Guide:

7 of 7 people found the following review helpful. Great book for those looking for lists of foods they can eat By Diana Paige Sheeks I have this book and would not part with it no matter how high the costs go for this! I purchased this several years ago when my children were dx'd with various food allergies and intolerances, specifically to gluten and casein. I handled that with little help from this book, ONLY because I got this after we were on that fully. However, my daughter was more recently dx'd by biopsy with overall disaccharide deficiency (produces no enzymes for breaking down maltase, sucrase, lactase and palatinasa) and not one professional working with her could give me a

diet plan for her (not the GI, the Immunologist, or the nutritionist they referred me to, who gave me two pages printed off the internet on the SCD...which was not going to work on this one). This author has amazing credibility, her book is well written (I love research), and she explains in simple terms each of the various digestive problems and lists specifically which foods one can eat and which to avoid. The lists are priceless. You'll know more than the doctors or the nutritionists who should have this book already. I suggest this book to anyone who is having or been dx'd with food intolerances or allergies. It's turned into a bible at our house. 0 of 0 people found the following review helpful. Highly recommend this author. By P. KuJanice is the best resource that I've found on the subject. 69 of 69 people found the following review helpful. Food Allergy and Intolerance: An excellent compendium By Joan Ruddell Dietary Management of Food Allergies Intolerances by Janice Joneja, PhD, RDN is the most comprehensive book I've read on the topic. The author's credentials as a health care professional are impressive. She is an immunologist, medical microbiologist, and a registered dietitian. Credentials like this, to my knowledge, are very rare. The book covers every aspect of food allergy intolerance. It is written for both the health care professional and the lay public. It is well laid out and includes scientific information at the beginning of each of the 37 chapters. The book contains a comprehensive method to detect culprit foods. It then details the foods you need to avoid and the ones you are allowed (by food group) for each food sensitivity. In other words, if you are sensitive to certain foods, you are given all the information you need to balance your diet using alternative foods. The chapters on irritable bowel syndrome (IBS) and pediatric food allergy were of particular interest to me. The IBS recipes in the appendices are very good. The author's approach to IBS really works! Her theory is to rest the irritated bowel first (no rough foods - let it heal first) and then gradually add foods. You soon know which foods are causing you problems. The pediatric section gives lots of valuable information on how you can help your baby avoid developing food allergy. It is especially useful if either or both parents have a history of allergy. The author gives a diet for breastfeeding mothers to follow. There is a chart to guide you on which foods to feed your baby at each stage of life (from birth to 2 years). There are chapters on specific conditions - such as diets for migraine, Crohn's disease, urticaria angioedema (hives swelling), attention deficit disorder (ADDH), and eczema. Other chapters include specific methods if you are sensitive to nickel, sulfites, egg, grains, soy, peanut, yeast, molds, milk, lactose, chocolate, fish, shellfish, tyramine, histamine, food coloring agents, salicylates, benzoate, MSG, nitrite, nitrate, and/or butylated hydroxyanisole. The author advises the reader to consult a physician when using the book. Dr. Michael Lyon (MD) refers to Dr. Joneja's book in his new book "Healing the Hyperactive Brain". I attended an international symposium on Sustainable Medicine at Oxford, UK last year. Dr. Jonathon Brostoff who is the first chair of allergy in a UK medical school and is recognized throughout the medical world as an expert in allergy stated on the lecture podium that Dr. Joneja's book is by far the best ever written on the topic. Dr. Brostoff highly recommends it. It deserves to become a standard reference text, according to Dr. Brostoff's colleague, Dr. Michael Radcliffe. I highly recommend Dietary Management of Food Allergies Intolerances to physicians, dietitians, community health nurses, and to people who suffer from food sensitivities.

Detailed discussion of food allergies and intolerances