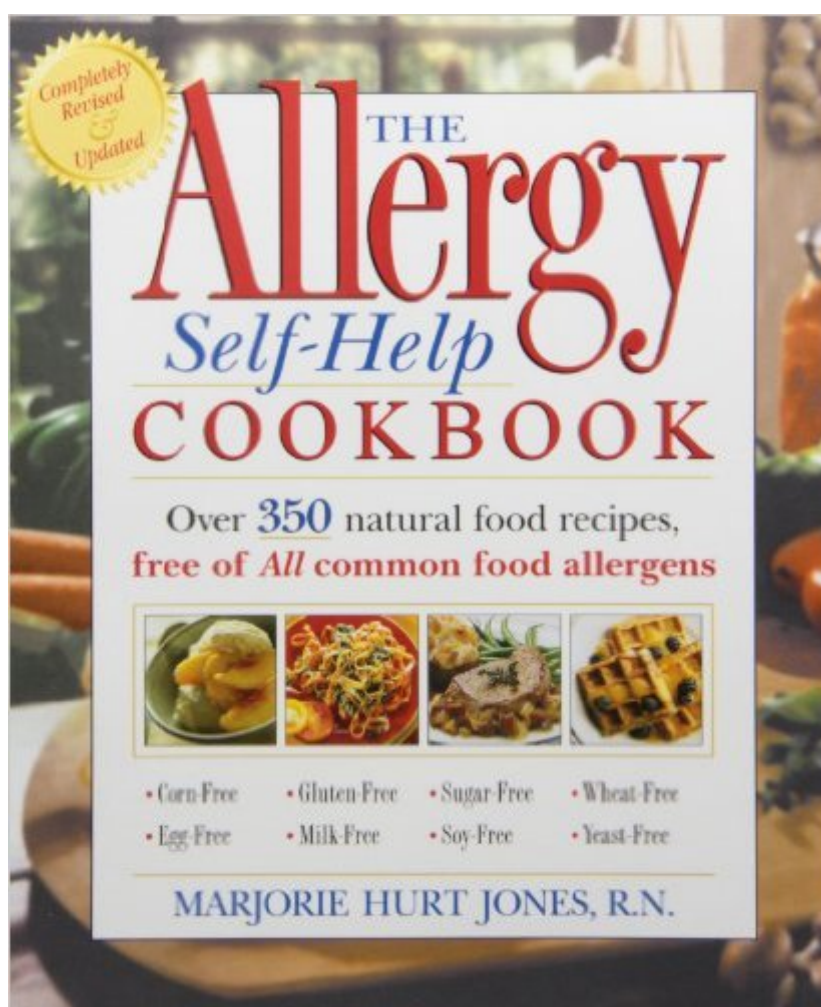


The book was found

The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free Of All Common Food Allergens: Wheat-free, Milk-free, Egg-free, Corn-free, Sugar-free, Yeast-free



Synopsis

The most comprehensive kitchen resource for overcoming food allergies-now completely revised and updated! Since its original publication in 1984, *The Allergy Self-Help Cookbook* by Marjorie Hurt Jones, R.N. has helped thousands of people overcome their food sensitivities and intolerances. Now, the tips and recipes have been entirely revamped for 21st-century cooks with little or no time to spare! Includes: * Extensive breakfast and dessert chapters* Updated nutrition information * New recipes using ingredients such as Kamut flour and quinoa pasta* How to help allergic children eat right and feel better* Complete guide to new allergy-free products * Tips for creating an allergy-free kitchen and home With your doctor's diagnosis in one hand and this book in the other, let your new allergy-free life begin!

Book Information

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (74 customer reviews)

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Customer Reviews

This is a good cookbook, with many excellent ideas and some very interesting information. Unfortunately, Marjorie's desire to help every special dieter creates a book without a specific focus. She attempts to cover all types of food allergies (milk, egg, soy), intolerances (gluten, milk), sensitivities (including a rotary diet plan with food families chart and alternatives for things as obscure as black pepper), and even addresses issues on environmental allergens and toxins. No easy feat I must admit. If your primary concern is food `sensitivities', this cookbook appears to be an excellent resource for rotary / rotation diets. I would recommend it for this. Yet, the subtitle declares `free of ALL common food allergens.' This is a big promise, and regrettably not one that it kept. Here

are the author's claims: Gluten-Free - There are many gluten-free recipes (breads, cookies, etc.) included and even a great section that explains all of the different flours and how they can be used. However, several of the recipes call for spelt, kamut, or oat products, which all contain gluten. Wheat-Free - I did not view any recipes that contained wheat specifically, but I believe spelt and kamut are in the wheat family and a problem for many who have an allergy to wheat. Yeast-Free - Of course, the quick breads, cookies, and other common dishes are yeast-free, but the few 'yeast' bread recipes that are included did call for yeast. Milk-Free - Many of the recipes call for goat milk, goat cheese, sheep milk, soy cheese (not specifying that most soy cheeses contain milk protein), and/or feta cheese (from a cow).

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