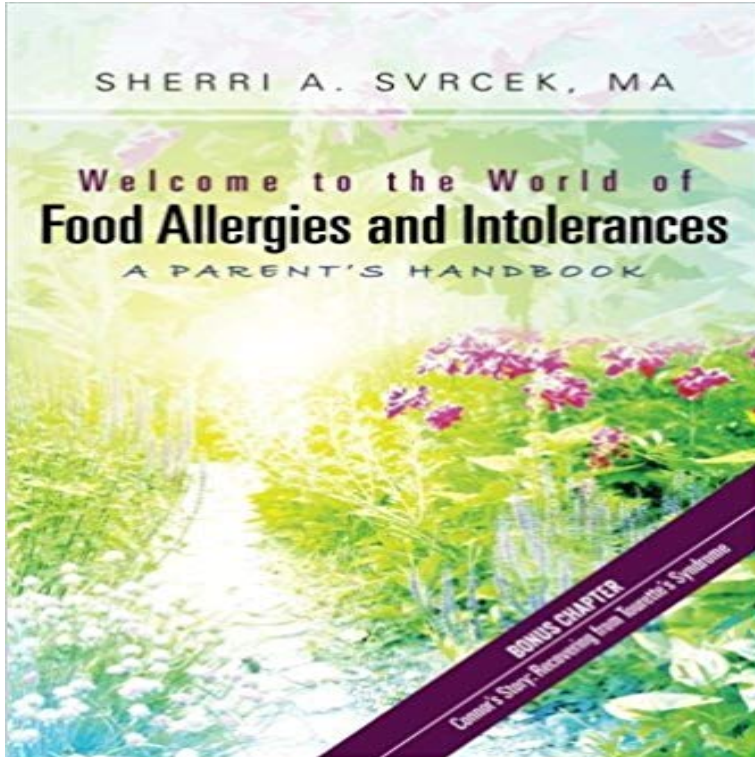


# Welcome to the World of Food Allergies and Intolerances: A Parents Handbook



When Sherri A. Svrcek, MA, discovered that both her son and her husband were suffering from various food allergies and intolerances, it was a major adjustment for the entire family. Above all, she wished for a practical and positive handbook that would explain all the ins and outs of this difficult transition to a healthy and allergy-free diet. When she couldn't find one, however, she promised that when she made it through, she would write that very book herself. The result? Welcome to the World of Food Allergies and Intolerances, a parent-to-parent guide that takes a candid, humorous, and hopeful look at the issues food allergies can create for a family; Svrcek shares the very best ways she has found to overcome them. If your child has been diagnosed with a food allergy or intolerance, it can feel like the end of life as you know it: time and energy dedicated to researching ingredients, shopping at specialty stores, and planning menus weeks in advance. These changes can result in unexpected psychological effects as well, such as children feeling self-conscious about not eating the same foods as their friends, and parents frustrated at the newfound difficulties of a simple grocery-shopping trip. But believe it or not, it is possible to accommodate these issues while still maintaining a happy and healthy social life, even eating out and taking the occasional vacation. Among the helpful information in the book, you'll find meal ideas and resources for recipes, advice on where to shop and how to shop there, and everything you need to know for planning parties, ordering at restaurants, and planning vacation meals. In a society of sports drinks, fast food, and snack cakes, Svrcek also takes a critical look at the standard American diet, and how making nutritional changes might benefit everyone in the family regardless of allergy or intolerance status. In addition, you'll learn about the best methods she has found for

helping her son recover from Tourettes syndrome when Western medicine had very little to offer, as well as advice about alternative treatments for those facing autism and other developmental and behavioral issues. Most importantly, this valuable guide emphasizes the importance of maintaining a positive attitude, even when faced with the frustrations of adjusting to a new routine. Throughout the book, you'll find advice on how to talk to your children and family members, and ways to address many of the concerns that can (and will) come about after a food allergy diagnosis. Individual chapters on many of the top food allergens provide an up-close look at some of the most common offenders, while a section on cross-contamination will keep you in the know about making sure meals are safe to eat. So if you find yourself wandering the strange new world of food allergies and intolerances, be sure to consult this all-inclusive handbook to find the best way through your journey. Through the conversational tone and valuable advice contained within, any parent can confidently begin the process of transitioning to a healthy new diet, and providing the very best for their children and entire family.

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