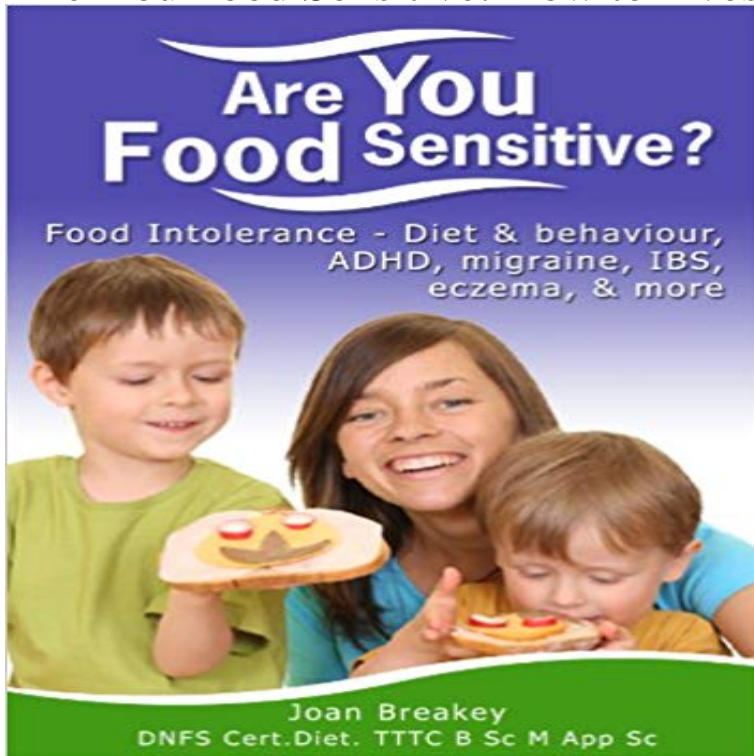


Are You Food Sensitive: How to investigate your own diet



An easy to read self help book that shows you how to find out if you are food sensitive. It is written by Joan Breakey, a dietitian who has specialised in food sensitivity and has over thirty-five years of experience with food sensitive families. The diet only cuts down or excludes the important additives and food chemicals so it is not too hard but strict enough to get good results. I pride myself on having the slackest low chemical diet, but one that will get good results. You can choose from Easy, Good Results or Finer Points levels of strictness. Some families use the Feingold Diet developed in the 1970s. Now you can use the Diet Detective Method to gain more benefit and food cravings are reduced. Some families begin by completely excluding important foods like milk or wheat when just limiting and using different parts of milk can be enough. You don't have to follow someone's suggested diet, you can design a diet suited for you, using info you know about yourself and some from your particular family, with data on what other people have reacted to, found in *Are You Food Sensitive?* The Diet Detective Method allows you to get results faster using information you can get from your own family. For example if Grandma gets migraine from chocolate, and sister's eczema gets worse with tomato sauce, you can expect chemicals in these foods to be important in another family member with ADHD. By becoming a Diet Detective you can work out reactions to your own particular group of food chemicals. There is individual variation in what each person reacts to. You can learn about The Total Body Load idea which reminds you that it is the total load of all suspect additives, natural food chemicals and also environmental chemicals, especially smells, as well as allergies which can have adverse effects. You will learn to lower all of these so you then gradually expand the diet as much as

possible. Another important idea is Target Organ Sensitivity whereby the symptoms people get can range from ADHD to tummy aches or Irritable Bowel Syndrome, to eczema and other allergies, to nightmares, and carsickness. Each person has their own range of symptoms, and these can change throughout life. The interesting thing is that they may be sensitive to much the same suspect chemicals throughout their life. The book explains just who is likely to benefit, how to do diet investigation, what might change, how much change to expect, how long it takes, and much more.

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Allergy or Intolerance? DOrsogna [19] Breakey J. Are you food sensitive? How to investigate your own diet. with dietitian Joan Breakey 1998. Available at: <http://l.com.au/?breakey>. **Tolerating Troublesome Foods: Investigating food** - The Professional Food Sensitivity Pack provides you with all the information you really need to manage the whole diet investigation process. patient manage their own or a member of their families diet and getting results. When you purchase an ebook you will be immediately sent an email Your Food Intolerance Pro **Products - Food Intolerance Pro** Available in the National Library of Australia collection. Author: Breakey, Joan Format: Book viii, 216 p. : ill., 21 cm. **Download and read the first chapter free (4.5 - Food Intolerance Pro** It provides a proven method for being your own Diet Detective, giving you a for investigating which foods may be causing your health problems, saving you **Publications and presentations by Joan Breakey 1977 2012 Food** Oct 7, 2016 There are many foods or food groups you could have a sensitivity too, own, so check with your doctor to find out whether this diet is for you. **Are You Food Sensitive?: How to Investigate Your Own Diet - Google Books Result Food choice of tactile defensive children (PDF Download Available)** Are You Food Sensitive: How to investigate your own diet eBook: Joan Breakey, Kath Fitzhywel, Phil Watson, Dr Hugh Breakey, Dr Helen M. Connell: **Are You Food Sensitive? by Joan Breakey - Angus and Robertson** For example if Grandma gets migraine from chocolate, and sisters eczema gets worse with tomato sauce, you can expect chemicals in these foods to be **Food Intolerance Pro: Food Intolerance, its a real problem.** May 20, 2008 This home page provides information about food sensitivity. The diet detective method allows you to investigate your own food sensitivities to **The dietitian was no help to me! Food Intolerance Pro** Jan 12, 2017 An elimination diet is when you remove irritating foods from your meals for a short period While I take a mostly omission-free approach to my own eating habits, the root of all bodily evils is a hidden food sensitivity. . If you still have symptoms after removing other culprits, start investigating FODMAPS. **Read Are You Food Sensitive: How to**

investigate your own diet by none Buy Tolerating Troublesome Foods: Investigating food intolerance using the Best Guess Food Are You Food Sensitive: How to investigate your own diet. **Joan Breakey** Order from <http://rpa/allergy>

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