



Your Child's Food Allergies: Detecting & Treating Hyperactivity, Congestion, Irritability and other Symptoms Caused by Common Food Allergies

Jane McNicol

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Provides the parent with a complete, step-by-step program for determining and eliminating a child's food allergies or intolerances using the results of a three-year study on the effects of diet on the behavior and health of young children. Covers a host of symptoms from hyperactivity, shortness of attention span, to headaches and runny nose. Includes food recipes and a special hyperactivity test diet.



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