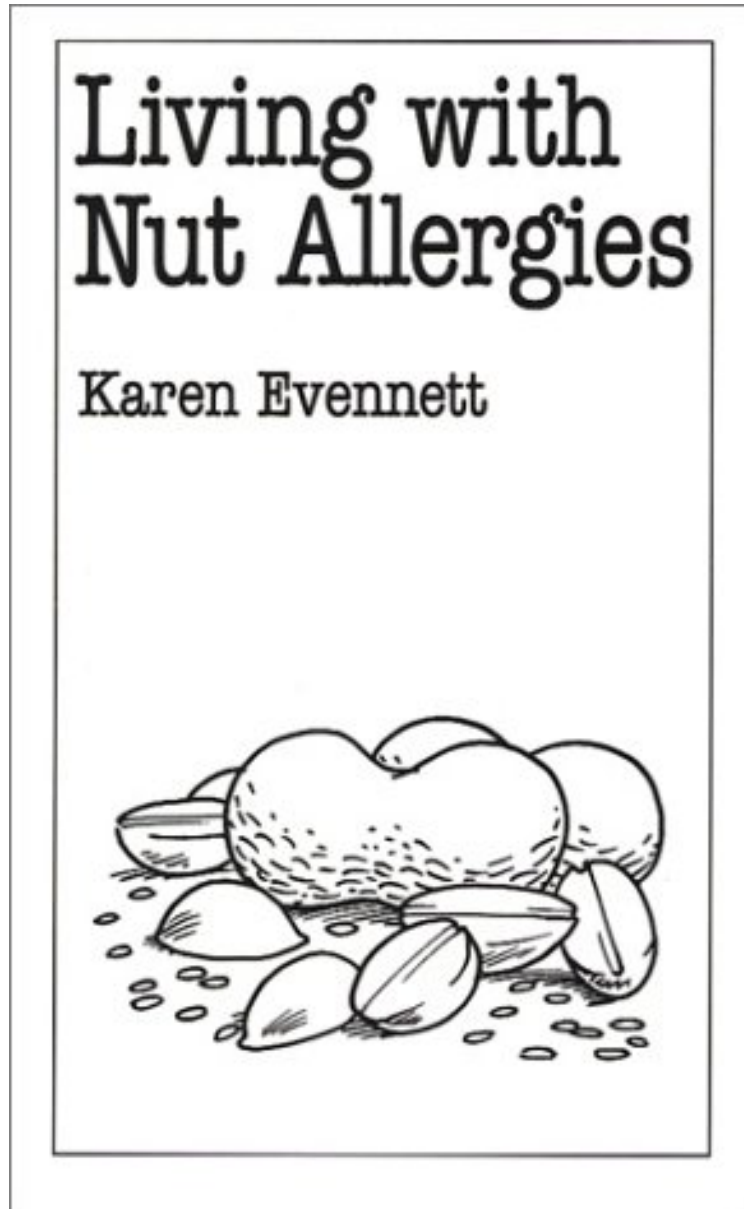


(Get free) Living With Nut Allergies (Overcoming Common Problems Series)

Living With Nut Allergies (Overcoming Common Problems Series)

Karen Evennett

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Karen Evennett : Living With Nut Allergies (Overcoming Common Problems Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Living With Nut Allergies (Overcoming Common Problems Series):

Anaphylactic seizures, caused by severe allergies, have been in the news, with several tragic cases of children and young people dying after exposure to nuts. At last, here is a clear source of information and advice, which will take the anxiety out of eating. Learn how to avoid your allergy triggers, spot the foods which contain hidden traces of nuts and build an emergency plan in the case of an attack. You will also find a selection of recipes to fire your imagination.

About the Author Karen Evennett is a freelance journalist and specialises in writing about health and relationships for women's magazines. She has written several books for Sheldon Press, including *Coping Successfully with PMS* (1995), *Garlic* (1998), and the *PMS Diet Book* (1997).