



## Food Solutions: Eczema

*Patsy Westcott*

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# Food Solutions: Eczema

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## **Food Solutions: Eczema** Patsy Westcott

For Over 15 million people in the US alone, asthma and allergies have become an unwelcome but unavoidable part of everyday life. Allergens or irritants can include all different types of food, animal dander, dust mites, mold and fungus spores, pollen, perfumes, chemicals and medicine. Food Solutions: Asthma and Allergies is designed to help the reader take a proactive role in recognizing what causes asthmatic and allergic reactions and reducing their severity through the implementation of a healthy diet and nutrition plan. The book provides a clear understanding of the allergic response; the symptoms and how to contain them; useful aids to treatment such as anti-histamines and other drugs, inhalers and relievers; orthodox and complementary treatments; and the relationship between food and allergies. Next, the book shares 80 simple recipes using common ingredients for delicious, easy-to-prepare dishes that make it easy to follow the dietary advice and still enjoy exciting food.

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