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Giselle Wrigley

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Giselle Wrigley is a pharmacist with a specialist interest in nutrition. She suffers personally from gluten and dairy intolerance and her daughter is allergic to milk. This book is your ultimate guide to understanding food intolerance on a day to day basis. Giselle includes more than 100 easy-to-make recipes and explains in simple terms the science behind allergies and intolerances; what causes them, how to get diagnosed and most importantly treatment options. She gives practical tips for staying healthy on a dairy and gluten-free diet and guides you through recommendations for vitamin supplements and the most current thinking on healthy eating. This book is a must for those with food sensitivities.

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