



The Elimination Diet Workbook: A Personal Approach to Determining Your Food Allergies

MS, RDN, Maggie Moon

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EAT GREAT! FEEL GREAT!

Do you forgo delicious foods out of fear they'll make you sick later? If so, *The Elimination Diet Workbook* is for you. The program in this hands-on guide pinpoints your exact food sensitivities no matter what they are—gluten, dairy, egg, soy, peanuts, seafood or anything else. It takes the guesswork out of your diet so you discover which foods you can enjoy and which to avoid. Follow the program in this book and you're guaranteed to:

- **Identify Your Food Intolerances**
- **Discover Allergies Your Doctor Can't**
- **Eliminate Problem Foods**
- **End Pain and Discomfort**
- **Experience Trouble-Free Digestive Health**

Whether you suffer cramps, fatigue, diarrhea, migraines or any negative reaction to what you eat, *The Elimination Diet Workbook* offers an easy-to-follow, DIY approach to taking control of your diet, digestion and health once and for all.

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