



**The Allergy Self-Help Cookbook: Over 350  
Natural Foods Recipes, Free of All Common Food  
Allergens: wheat-free, milk-free, egg-free, corn-  
free, sugar-free, yeast-free**

*Marjorie Hurt Jones*

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# **The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free**

*Marjorie Hurt Jones*

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The most comprehensive kitchen resource for overcoming food allergies-now completely revised and updated!

Since its original publication in 1984, *The Allergy Self-Help Cookbook* by Marjorie Hurt Jones, R.N. has helped thousands of people overcome their food sensitivities and intolerances. Now, the tips and recipes have been entirely revamped for 21st-century cooks with little or no time to spare! Includes:

- \* Extensive breakfast and dessert chapters
- \* Updated nutrition information
- \* New recipes using ingredients such as Kamut flour and quinoa pasta
- \* How to help allergic children eat right and feel better
- \* Complete guide to new allergy-free products
- \* Tips for creating an allergy-free kitchen and home

With your doctor's diagnosis in one hand and this book in the other, let your new allergy-free life begin!

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