



# **OMG! My Child Has Food Allergy: Finding the Foods That Cause Your Child Problems and Removing Them From The Diet-----Special Sections Peanut, Milk, Gluten**

*Stephen Astor M.D.*

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"...absolutely best book to help you find and overcome your child's hidden food allergy..." Easy to read. Foolproof test you can do at home, at no cost to you. Special Section Peanut Allergy \*\*\*\*\* Does your child suffer from asthma, headaches, ear infections, missed school, skin rash, eczema, hyperactivity, ADD, stomachaches -- or other symptoms that you and your doctor just don't know the exact cause of? Is your child taking prescribed medications that do not work satisfactorily? For millions of American children, these all-too-real health problems may be directly related to food allergies no one suspected the children had. Now Stephen Astor, MD, a prominent allergy specialist, has written a practical book that explains just how you can find out for sure. In this well-researched and easy-to-understand book, Dr. Astor discusses how to pinpoint specific symptoms, select a test diet, evaluate the results, and ultimately discover which foods your child should avoid -- all in just three weeks! Even more importantly, your child will not have to undergo a series of skin and blood tests - procedures which can be costly and can produce results that are only 20% accurate. Finding out which foods your child may have sensitivity to has never been so easy. The doctor has also included delicious recipes for allergy-free cooking, five elimination diets for the most common food allergies, as well as a section on the fine difference between being allergic to a specific food or intolerant of a food. Also a section on gluten sensitivity, milk intolerance and peanut allergy. A little common sense and three weeks of your time-- isn't that a small price to pay for results that have shown themselves to be 100% accurate?

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