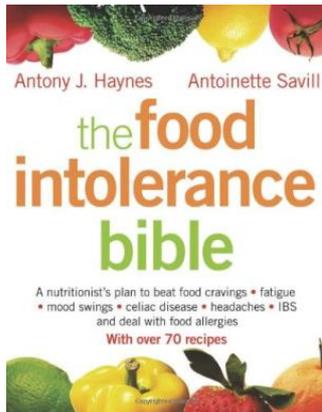


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THE FOOD INTOLERANCE BIBLE: A NUTRITIONISTS PLAN TO BEAT FOOD CRAVINGS, FATIGUE, MOOD SWINGS, CELIAC DISEASE, HEADACHES, IBS, AND DEAL WITH FOOD ALLERGIES



Conari Press. Paperback. Book Condition: New. Paperback. 332 pages. Dimensions: 9.2in. x 7.3in. x 1.1in. Food intolerance occurs when the digestive system cannot break down a certain food or group of foods. Nearly everyone has an intolerance to some food. Food intolerances can range from fairly mild bloating and energy dips after eating to cramping or nausea, skin problems, or mood swings. Antony J. Haynes, a top nutritionist, has devised a unique nutritional plan to help readers identify and avoid food...

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