

Recommended by  
leading experts:

■ This book offers a nuts and bolts approach to overcoming food allergies. Ms. Dumke speaks with the authority of one who has been there - and back. She explains how to personalize a rotation diet so it's more flexible, maybe even fun! Her grasp of intestinal health is outstanding. If you are serious about turning your health around, this book belongs in your health library - or more accurately, at your fingertips in daily use.

— Marjorie H. Jones, R.N., author of  
*The Allergy Self-Help Cookbook*

■ *The Ultimate Food Allergy Cookbook and Survival Guide* is the next episode of what I hope will be a continuing series of easily readable guides for patients with food allergy and intolerance. The concepts of intestinal dysbiosis are paramount in this whole scheme, and food rotation is certainly the best tool many patients have to keep themselves stable enough to function on a daily basis. I highly recommend Nickie's latest book to readers who wish to add to their armamentarium of tools to deal with food problems of all kinds. Don't leave home without it!

— W. A. Shrader, Jr., M.D.

■ If you are ready to commit to the concept of self-help health strategies, you will love this book. Those who have walked the path to healing become the greatest teachers; you can count on them to have done their homework well. You will find the practical information in this book invaluable.

— Elena McHerron, editor of the  
"Organic Living" newsletter

# Wonder how you can live with food allergies?

Food allergies can make you think you are going to starve! If you have food allergies, you need to know what to do, what to eat, where to get needed special foods, and how to cook them in order to survive.

With this book you will be able to:

- Understand your food allergies – better than some doctors do – and learn what you need to know so you can recover your health.
- Discover new foods to improve your nutrition and thus improve your body's ability to heal.
- Organize the best possible diet for your individual needs.
- Cook the foods you need in simple, time-saving ways.
- Obtain commercially prepared foods for allergy diets.
- Get to the root of your problem and discover the factors that may be causing or contributing to your food allergies.
- Eliminate these contributing factors.
- Explore your options in treatment for food allergies.

With *The Ultimate Food Allergy Cookbook and Survival Guide*, you can avoid starving, overcome your food allergies, and recover good health.

Nicolette Dumke has been cooking for food allergy and other special diets for over 30 years. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *Allergy Cooking with Ease*, *Easy Breadmaking for Special Diets*, and *Easy Cooking for Special Diets*.

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