



Elimination Diet: How to Identify a Food Allergy, Intolerance, or Sensitivity through the Elimination Diet Process

Lance Murdock

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When you find that you are intolerant or allergic to a certain food – but you're just not sure which one – the Elimination Diet comes to the rescue. Let's be clear, this is not a diet to lose weight. As the name suggests, it involves eliminating certain foods that you suspect of potentially causing your health issues for a period of time until all the symptoms are gone, and then reintroducing them back in a scientific way in order to identify the culprit. In this book, we will examine the Elimination Diet process in greater detail, and also take a look at common food allergies, sensitivities, and intolerances, so that you can build your own plan to identify exactly which food your body isn't getting along with.



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