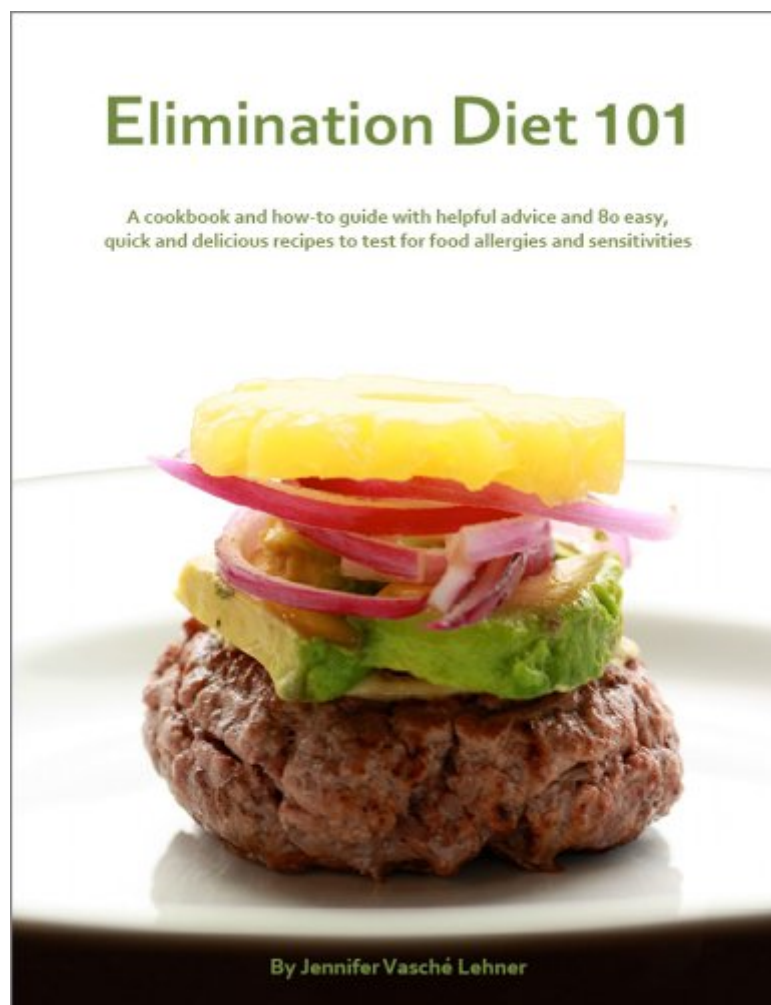


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# Elimination Diet 101: A Cookbook And How-to Guide With Helpful Advice And 80 Easy, Quick And Delicious Recipes To Test For Food Allergies And Sensitivities





## Synopsis

Learn how to test for food intolerances and sensitivities the easy and delicious way! ELIMINATION DIET 101 is a complete cookbook and how-to guide is filled with practical advice, resources, and wonderful recipes to lead you through the Elimination Diet. Its 113 pages of great recipes, encouragement, and colorful images, will inspire and support you as you test for food intolerances and sensitivities. You'll feel great while doing it! ELIMINATION DIET 101 also offers a comprehensive collection of 80 recipes that can feed a wide variety of dietary restrictions all at the same time! Over 60 of the recipes in this book are completely free of any gluten, dairy, eggs, soy, processed sugars, nightshade vegetables (tomato, potato, peppers), and caffeine so be able to confidently serve your dinner guests no matter how many of them have food sensitivities or what they are sensitive to. ELIMINATION DIET 101 Features: a complete "How-To" manual for doing the Elimination Diet, helpful hints for temporarily living without your favorite foods based on experience, "Include" and "Exclude" food charts to easily remind you which foods not to eat, a symptoms tracking chart to record your reactions and monitor your progress, and share with your health care provider when reintroducing foods, over 80 easy and delicious recipes that will delight your taste buds and satisfy even those who aren't doing the Elimination Diet, exclusive "+1" recipes specifically designed to maximize the effectiveness of the food reintroduction process, beautiful photographs and cooking tips for each and every recipe, and a thorough explanation of the physiology of food sensitivities and how the Elimination Diet works to identify them.

## Book Information

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## Customer Reviews

I've had eczema and hives off and on for years but I didn't take them seriously until I started waking up in the middle of the night scratching. Over the counter remedies only brought temporary relief and didn't address the root cause. Some web research led me to the concept of an elimination diet. There are various ways to approach the diet; I chose the one outlined in Elimination Diet 101 because the elimination phase also serves as a detoxification period. The author's approach is to completely stop consuming a list of common foods that humans react to in varying degrees: gluten containing grains (wheat, rye, etc), soy, citrus fruits, nightshade vegetables, corn, eggs, dairy plus caffeine and processed sugar and artificial sweeteners. After a couple weeks the items are reintroduced in order from least troublesome to highly suspect. For me, I tested citrus and nightshade vegetables as soon as I could just to increase the variety of foods I could eat. I've worked my way through and now have soy, gluten and dairy left to test. This diet will challenge you. You'll have to come up with substitutes for some of your favorite foods and wait for a couple of weeks for all your cravings to subside. It was three weeks before I stopped feeling peckish all the time. Fortunately Mrs. Lehner provided a variety of delicious recipes for both the elimination phase and for reintroducing items to your diet. I loved the use of fresh ingredients in her recipes. I was also led to try some gluten free and vegan recipes that I otherwise would not have tried. I'm not suffering at all! In five weeks I've learned a lot about my relationship with food and how dependent I was upon items prepared outside the home. The regular bouts of hives and intense itching dissipated after 10 days or so. I've had a few instances since that I've associated with eating something full of sugar. I've also noticed that my legs are no longer restless in the evenings. A welcome "side effect" of avoiding the foods on the list has been weight loss. I recommend this book highly. You could journal your experience as I did, or use the handy printable charts provided.

I think this book is great for starting the elimination diet. I started reading articles online and was

very confused by all the different diets out there and all the rocket scientist talk that did not make sense to me. I just wanted something to ease me into this new adventure keeping it simple. This book did just that. The recipes are pretty easy so far. I am one week into it and my skin has gotten better, I feel better overall and I lost 5lbs :D!!! Withdrawal symptoms were pretty bad and I am really glad she pointed this out in the book, so I was prepared and knew why I was having headaches and joint/muscle pain. I was not hungry at any point, nor did I miss anything to the point where I just HAD TO CHEAT!!! My favorites are the chicken packets and the Hulk Smoothie! YUM!!! I had to order a few ingredients online since I live in a very small town. But looking forward to making the chocolate mousse tonight! ;) I recommend this book for starters, but I also recommend reading up on the whole food sensitivity issue more. Knowing what is good for you and what your body can process will definitely improve your life, and cutting out certain foods is not really as bad as it sounds, there are many alternatives. I wish I would have known what I know now 20 years ago. :)

I bought your book Elimination Diet 101 because I wanted to find out which foods I might be sensitive or intolerant to...and wow, have I been surprised to discover how much I LOVE cooking and eating this way, using your recipes!! I've done some experiments in the past with eliminating wheat and dairy, etc., and found that it really helped how I felt. But the problem was that I just didn't know how to make delicious, EASY food...so I ended up getting bored and started adding the wheat and dairy back in just so I could enjoy food again. But your recipes are truly amazing! And I really love your philosophy of easy meals, delicious, food you'd be happy to serve to guests, and using ingredients that are readily available (and more than likely already in my pantry). Thank you so much for writing this book! I've already made half a dozen recipes, and have loved every single one of them. Pumpkin Pie Quinoa Bake? I've made it three times already! Plus, you make the Elimination Diet easy. You have taken the hard work out of it (figuring out what meals to make). I'm a week into Phase 1, definitely noticed an immediate upswing in how I felt, and it's been easy, easy, easy. And where can I get more of your recipes? Do you have another cookbook I can buy? Seriously...I LOVE them!

The Elimination Diet 101 saved my sanity!! I had been struggling with IBS my whole life. Jennifer sets out a systematic way of eliminating foods from our diet and reintroducing them with delicious, exciting recipes. I learned so many new and wonderful recipes in this book. I have made these recipes for many people who love the foods cooked in new ways. I recommend this diet to everyone I know who suffers from digestive problems and even those who would just like some new recipes.

Kudos to you, Jennifer for taking the time to create a plan with delicious straightforward recipes I can eat and enjoy with no after tummy ache! This diet changed my life! Thank you.

A naturopath recommended this book, but it didn't solve my particular problem. I followed the elimination diet precisely, but still had digestive problems throughout the trial. Something else was going on. For me the FODMAP diet worked better. Still, it was worth a try, even though it took weeks. The only thing I really didn't like was the authors choice of seasonings. Her tastes are very different than mine.

The dishes are delicious and the recipes are easy to prepare. This book made it easy to complete the elimination diet.

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