



Living with Food Intolerance (Overcoming Common Problems)

Alex Gazzola

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Food intolerance is far more common than food allergy, with which it is often confused. It is also surrounded in controversy -- with limited research in the area, estimates for the number of sufferers in the UK differ wildly -- from 2% to 60% of the adult population -- and so it can be confusing for those seeking relief from their ill-health. Intolerance, which can stem from staples in the Western diet such as wheat and dairy products, provokes various adverse reactions ranging from upset stomachs and rashes to tiredness and migraine. Unlike food allergies, however, food intolerance can often be managed by cutting down on foods or avoiding them for a while, rather than excluding them permanently. This book covers symptoms, causes, common culprit foods and diagnosis as well as providing practical help for living with and recovering from your intolerance.

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