



# Your Allergy-free Diet Plan for Babies and Children

*Carolyn Humphries*

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## **Your Allergy-free Diet Plan for Babies and Children** Carolyn Humphries

Childhood food allergies regularly cause distress to children and their parents. At one extreme, there are the severe and potentially dangerous nut-related allergies or even hyperactivity. At the other, the mild discomfort of a sensitive stomach. Some children grow out of the problem; others need to discover a way of eating that they will follow for the rest of their lives. In either case, parents need sound, practical advice on how to tackle the problem, with a varied bank of recipes for all occasions that combines good nutritional balance with great eating. That's what this useful and practical book provides.



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