



Living With Nut Allergies (Overcoming Common Problems Series)

Karen Evennett

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Anaphylactic seizures, caused by severe allergies, have been in the news, with several tragic cases of children and young people dying after exposure to nuts. At last, here is a clear source of information and advice, which will take the anxiety out of eating. Learn how to avoid your allergy triggers, spot the foods which contain hidden traces of nuts and build an emergency plan in the case of an attack. You will also find a selection of recipes to fire your imagination.

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Karen Evennett

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