



Was it Something You Ate?: Food Intolerance - What Causes it and How to Avoid it

By John Emsley, Peter Fell

Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW, Was it Something You Ate?: Food Intolerance - What Causes it and How to Avoid it, John Emsley, Peter Fell, From reviews of the hardback edition: 'explains the difference between food intolerance (which we can all suffer from) and food allergy (which is very rare). Throughout, there are case studies of people who have been badly affected by their diet, until the cause was identified. All the advice given in this book has been medically or scientifically substantiated.' Greenock Telegraph 'an excellent and well-written guide .beautifully argued and solidly evidence-based .illustrated throughout with case reports that add the spice of human interest .a worthy addition to the kitchen cookbook shelf.' Times Higher Very few people are allergic to food, but most of us suffer adverse effects when we eat certain things. The reason is that our body is intolerant of particular chemicals, and it reacts to them as if we were being poisoned. We then experience a variety of symptoms such as stomach ache, headache, sweating, skin rashes, diarrhoea, palpitations, and vomiting. When several of these affect us at one time they are likely to indicate that we are suffering...



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