

Allergy Sense

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Allergy Sense

Allergy Sense is brought to you by a passionate team: an allergy specialist, a paediatric dietitian and an occupational therapist. Here, they collaborate to develop a practical way to guide you through your children's allergies, sorting the noise from the science and helping your family thrive. Helping you how to prevent the development of allergies during pregnancy, how to identify allergies at all ages, and how to cook delicious meals that are free of various ingredients, this comprehensive guide and cookbook advocates a sensory-based way to treat allergies that is scientific but also responsive to the individual needs of your baby.

This book includes over 70 delicious foolproof recipes accommodating all types of allergies using a key system. Using simple and inspiring ingredient combinations with minimal equipment and quick preparation times.

Price: \$9.99 (Top Price is \$29.99)
Stock: Plenty Of Stock
Item Code: ALLESEN

ISBN: 9781911163862
Book Format: Paperback
Pages: 264
Dimensions: H 230mm x W 170mm x D 20mm
Weight: 776g

