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# Anti-Inflammatory Elimination Diet Health Food Plan (The O Diet): Your Guide To 3 Allergy-Free Steps For Discovering Food Allergies And Developing A Healthy ... Diet: Your Diet Plan Book 1)

Your Guide to 3 Allergy-Free Steps For Discovering  
Food Allergies and Developing a Healthy  
Anti-Inflammatory Diet For Life

## ANTI-INFLAMMATORY ELIMINATION DIET HEALTH FOOD PLAN



Featuring  
O Diet Meal Plans and a  
"Forbidden" Foods Reintroduction Plan!

**VERONICA BOND**  
RDN, LDN



| Know Your Food Allergies With 3 Simple Elimination Diet Steps! | This Nifty eBooklet is Your Comprehensive Guide to the O Diet Complete with tasty and helpful meal plans you can follow to take the guesswork out of what you can eat while on the diet plan! If you've never heard of the process of elimination O Diet, don't worry, you will soon. It's quickly gaining attention as the most effective way to identify the every day foods in your diet that may be causing trouble for your immune system, resulting in allergy symptoms like chronic migraines, breathing problems, attention deficit disorder (ADHD), sinus congestion, fatigue, stuffy nose, watery eyes, coughing, irritable bowel syndrome, arthritis, and many more. The O Diet seeks to heal inflammatory responses in the gut, which can lead to decreasing the amount of over-the-counter or prescription drugs needed to relieve the symptoms of allergies that may be a nuisance in your life! | Preview of What's Inside! | Delicious meal plans! Great tips for success and getting the most out of the plan Easiest ways to avoid allergenic or "trigger" foods Suggested plan for reintroducing the forbidden foods Why your immune system may be allergic to some foods but not others Tips for managing your food allergy symptoms naturally Best way to maintain an anti-inflammatory diet and manage food allergies long term And much more! |

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## Customer Reviews

Have you ever wondered how much of what is wrong in your day might be a reaction to what you are consuming? Irritability after breakfast as a possible allergic reaction to coffee or eggs? A pounding headache after a lunch meeting might be something more than the people you spent lunch with? While most medical authorities on allergies tend to marginalize this view Nutritionist Veronica Bond brings something very different to the table. She brings a diet that was developed in the UK for identifying childhood food allergies. What she shows you is how to apply it to your own life and some of the surprising discoveries might make. This is not an expensive, "Buy lots of special stuff" diet. Instead it's a way of eating that can be satisfying, affordable but will take time to fully implement. It isn't the answer to everything. But it does offer a new way of thinking about food allergies and how to identify and manage them.

Throughout all of these years, it never mattered to me what a "histamine" was. I saw the word "anti-histamine" on the front of countless medicine bottles growing up, and didn't give it a second thought. This book starts off with what it is, why it's bad, and what to do about it, right from the beginning. The book is about the adverse effect of food allergies on our bodies. This book goes into great detail about how to avoid certain foods that have common trigger elements in them. The idea put forth to the reader is to buckle down and try the diet, which is laid out plainly and can be easily followed, for a period of 2 weeks. During that time, you need to journal about your eating plan, record your food entries, and stay away from the forbidden foods. The goal is to be able to narrow down your allergies later on, after you've successfully removed those foods causing the allergies from your

daily routine. It's a sound premise and a great idea. The information presented was fascinating, to be honest. This isn't something that the average person thinks about when making food choices, trying to lose weight, etc. I would be tempted to try it myself, if it didn't call for eliminating coffee. I'm not sure I mind the headache bad enough to do that. Great book though. Give it to a friend who has migraines.

Wow, is all I can say. Until I read this book, I had no idea, no clue how normal foods could be triggering problems in my digestive system. I learned so much from reading it, and I will pay more attention to what I eat even if I don't follow the diet or plan. The book provides suggested menus for the period you are to remain on the diet to detox your digestive system. I was amazed that you can have white rice and potatoes, two things I love, but there are many favorite items you must deny yourself temporarily. Bananas are okay. I highly recommend that anyone having digestive issues read this inexpensive book because it just may be worth its weight and price in gold. I'm glad I read it and plan to watch for target triggers.

Thank you, Veronica! This is a great book - straight to the point with no filler! Seems everyone wants to fill up their diet or health books with biology, chemistry, endocrinology and anything else to sell a bigger book. This book is easy to understand and it simply, yet thoroughly, explains how to implement this diet. It's not an easy diet, and not one that many people will try for kicks. But for those of us who suffer from a myriad of aches and pains and even debilitating symptoms, we are willing to do what it takes to find out not only what is causing the symptoms, but what we can do or change to get rid of them. We can try different diets, and try eliminating one or two things at a time, but that will be of little help in the long run. This book lays out the plan to clean and clear out the body, what foods to eliminate initially, and how and when to re-introduce them. If more people would take responsibility for their bodies, we could eliminate a huge amount of medical treatments that only mask symptoms without removing the cause, create havoc in other areas of our bodies, and line the pockets of the drug companies. It's time to reclaim our own power to be healthy and this book lays out in a step-by-step plan exactly how to do that.

I'm not overweight, but interested in a healthy lifestyle. The book is useful not only for those who want to lose weight, but in general to all, regardless of age. In particular, I would advise her youngest, who is still quite large reserves of strength in terms of health. It was written based on the scientific achievements in various fields: medicine, psychology, physical education, but it is very

easy to read, because the material is presented not only competently, but is designed for people who have no special education.

Oh, Oh, Oh now there is an new O diet that we all have to pay attention to, to rid ourselves of the things that cause us allergy problems like headaches, problems breathing, skin disorders, etc. I found the book extremely useful and will follow its directives to eliminate some of the annoyances that have long plagued me. I like that there are diet plans included and helpful hints about trigger foods that can start the whole allergic reaction going. This book gives hope to those, like myself, who have often wished to handle any allergy problems naturally. Well done. Good book!

Inflammation often occur when we eat the food that we never even knew can cause such and this book brings a good learning to us all who've read it. Like me, I have allergies on certain type of foods and a lot others that I didn't knew it would. This book gives us a concrete guide in avoiding such inflammations by following the introduced diet plans to counter it's effect. I will surely keep this as my reference. Hi highly recommend this to other readers as well.

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