



Food Allergy Survivors Together Handbook

Melissa Taylor

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Geared toward teenagers and adults newly diagnosed, Food Allergy Survivors Together Handbook takes the reader on a journey through learning to make food fun again, read labels, shop, deal with others, and much more. Not a recipe book or cookbook, this upbeat guide offers practical tips for living with food allergies. Even if diagnosed years ago or handling a child's allergies, you will nevertheless likely benefit from many of the topics covered.

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