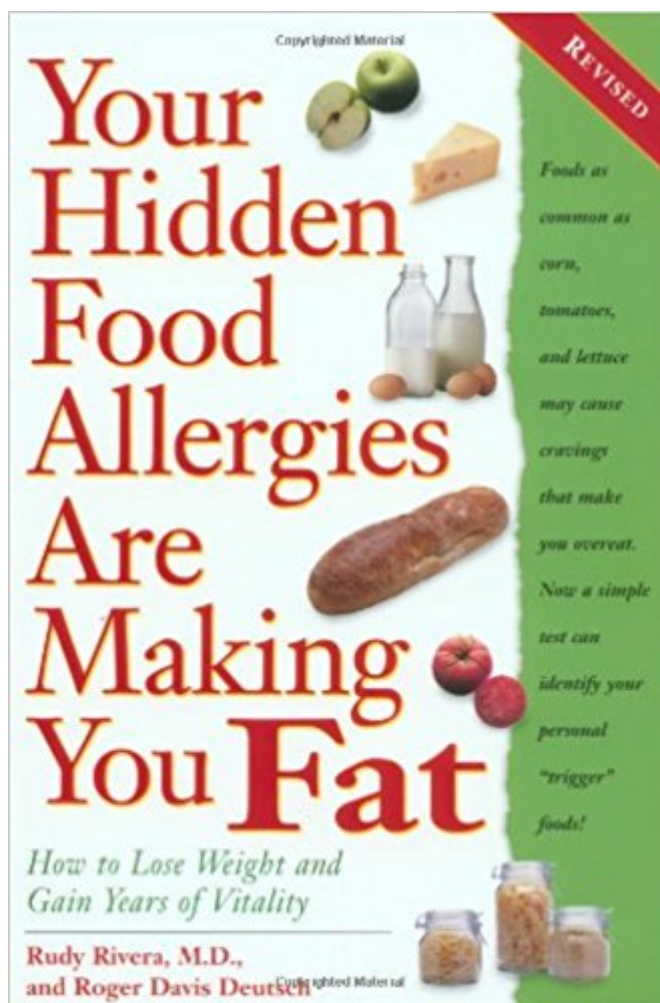


The book was found

# Your Hidden Food Allergies Are Making You Fat



## Synopsis

Now You Can Lose Weight and Feel Great! Do you know that there is a scientifically verified test and eating program that can change your life? It's simple: Discover your food allergies and intolerances, eliminate these trigger foods from your diet, and shed pounds effortlessly! Inside is everything you need to know about the ALCAT test, a revolutionary approach to weight loss and well-being that will help you regain control over your weight, your health, and your life. The ALCAT test works: 98 percent of the participants in a Baylor Institute study who eliminated their trigger foods lost weight, reduced their percentage of body fat, and gained muscle tissue. "For five years I have used the ALCAT test in my practice—no other test is as accurate or useful."—Fred Pescatore, M.D., author, *Thin for Good and Feed Your Kids Well* "This book offers a clear program for helping you discover which foods are unhealthy for you."—Elson M. Haas, M.D., author, *The False Fat Diet and Staying Healthy with Nutrition*

## Book Information

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## Customer Reviews

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and eating program that can change your life? It's simple: Discover your food allergies and intolerances, eliminate these trigger foods from your diet, and shed pounds effortlessly! Inside is everything you need to know about the ALCAT test, a revolutionary approach to weight loss and well-being that will help you regain control over your weight, your health, and your life. The ALCAT test works: 98 percent of the participants in a Baylor Institute study who eliminated their trigger foods lost weight, reduced their percentage of body fat, and gained muscle tissue. "For five years I have used the ALCAT test in my practice?no other test is as accurate or useful."?Fred Pescatore, M.D., author, *Thin for Good and Feed Your Kids Well*"This book offers a clear program for helping you discover which foods are unhealthy for you."?Elson M. Haas, M.D., author, *The False Fat Diet and Staying Healthy with Nutrition*

This book has so much information about food allergies and food intolerances that it takes a while to read the book and absorb all the information. The complex topics in the book are written in a readable easy-to-understand format that makes this important topic much less intimidating. As a result of the information in this book, I will be speaking with my doctor about food sensitivity testing. I highly recommend this book if you have a long history of being unable to control your weight or chronic digestive issues.

This is a GREAT book to learn about food allergies and sensitivities. I couldn't recommend it any more if I tried. Had trouble with several ailments of which I am hoping to decrease the effects of since I am avoiding certain foods.

Interesting read about how our bodies are reacting to foods or chemicals we ingest.

I got this book like everyone else to determine what can be causing me to feel so tired, bloated, upset tummy, headaches etc. I do eat healthy and I do exercise regularly but do not see the results in terms of my weight. I am going to take the test through my MD and see what my results will show. At the same time I will do a thyroid test and diabetic test. I would say its worth reading to make a decision on whether you want to do this test or not. Yes the book does feel more like its a marketing tool to sell their product as it doesn't unveil any facts we do not already know about. I would recommend speaking to your doctor first or a dietitian on whether a food sensitivity test is worth it for you. Perhaps your MD might have a copy of the book that you can take and read. I am originally from Africa(born/raised) and of asian decent. I do know that coming to the west as an adult certain

foods never agreed with me. Mainly Wheat products and milk which I have been able to omit from my diet and be fine. However the past two years I haven't been feeling that well. Hence why I am having tests done.

Loved this book. Very very interesting. The only downfall is the ALCAT test is very expensive.

This book really helps you deal with you hidden food allergies. It will give you an expanded view of what you doctor has informed you and help you succeed.

Really great service and essential product! Newly diagnosed with mutiple food allergies. This book a great help in understanding and developing new eating habits!

In great condition and a book I would recommend.

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