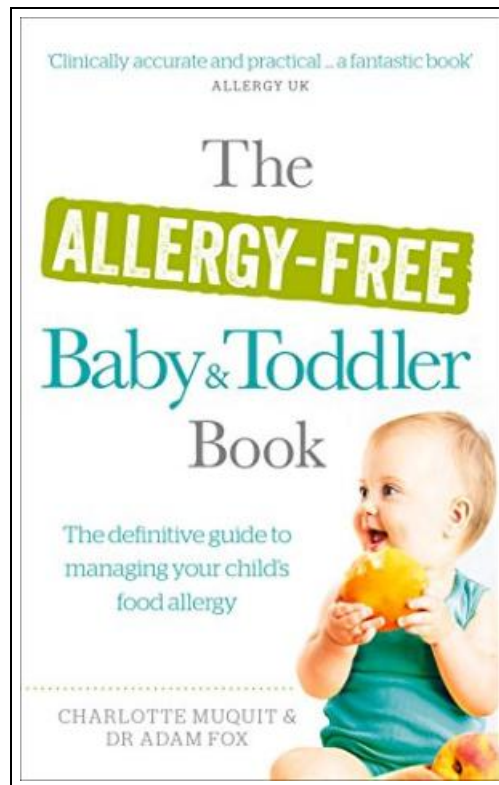


## The Allergy-free Baby and Toddler Book: The Definitive Guide to Managing Your Child's Food Allergy



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Allergy-free Baby and Toddler Book: The Definitive Guide to Managing Your Child's Food Allergy, Charlotte Muquit, Adam Fox, The Allergy-Free Baby and Toddler Book is the guide that all worried parents have been waiting for. Written by Charlotte Muquit, a mum whose own son has severe food allergies, and Dr Adam Fox, one of the country's top allergy specialists, this book explains everything you need to know about allergies, from navigating the diagnosis process to the practical steps you can take to manage allergies in the longterm. You can find out how to: identify the source of an allergy; treat reactions; communicate with GPs, nurseries and playgroups; enjoy social events without worrying; and, adapt weaning and diet to avoid reactions. You'll also find 30 delicious allergy-free recipes for everyday and special occasions. Comprehensive, accessible and informative, The Allergy-Free Baby and Toddler Book gives parents the knowledge and reassurance they need to stop allergies getting in the way of a fun, full and active childhood.



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