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SOS my child is always sick: Discover if your child has food allergies.

Maria Alejandra Gonzalez

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SOS my child is always sick: Discover if your child has food allergies. Maria Alejandra Gonzalez
In ¡S.O.S! My Child is Always Sick!', you will find out whether your child's symptoms are related to a food allergy. Does your child have flu-like symptoms throughout the year? Do they cough constantly? Is your child often constipated? Do they have problems sleeping? Do they suffer from unexplained diarrhea? Is your child below the average height and weight for children their age? Have you visited different doctors and, even though you follow the treatment, your child is still sick? You will meet families who have lived through their own difficult situations in order to find the correct diagnosis as well as what they did to overcome them. "I have always believed that we are what we eat and that our bodies react, either for better or for worse, based on the quality of the food that we consume. I enjoyed Alejandra's book a lot because of the practical way she used to find a solution to a problem that affects millions of people around the world: she analyzed what her daughter was eating and removed certain foods from her diet until she found the definitive cure. Her discovery will surprise you! This is a practical book that above all contains great content that asks us to test whether dairy or other products may truly be the cause of certain allergic processes." Dr. César Lozano Author of "Por el Placer de Vivir" (For the Pleasure of Living)

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