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(Natural foods). Diet

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Other Authors/Cont
ributors: Soutter, V.

L. (Velencia Lee),
Loblay, R. H.

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Friendlier Food

is a recipe book and a complete guide to avoiding allergies, additives and problem chemicals.

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1. The Diagnostic

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This handbook is
intended to be used
for the investigation
and management of
people with
suspected food
intolerance.

Resources and

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Ordering - Allergy

Unit - Royal Prince

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These are four main groups of food chemicals: 1.

Salicylates.

Salicylates are present in a number of plants, salicylic acid is also found in high amounts in aspirin. While there is evidence to ... 2.

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Additives –
Colorants and
Preservatives.

Food Chemicals and
the FAILSAFE Diet
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low salicylate and
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Allergy Down
Under

I've had it about a week and agree - its excellent. I've got the RPAH cook book and photocopied brochures (and some of Sue Dengate's books)

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and this is my Diet
favourite, by far.

New book from
RPA- RPAH
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Currently, a life-
long gluten-free
diet is the only
known treatment.
Good nutrition on a
low chemical diet. If
you are on a long-

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Elimination Diet

because of food
intolerances, you ' ll

need to pay careful

attention to

maintaining good

nutrition. Protein,

fat and

carbohydrates come

from staple foods.

Proteins provide

the building blocks

for ...

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assisting in the

management of

COVID-19 in

Australia and taking

measures to

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spread of the virus
within our Hospital
and in the
community.

Home - Allergy
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The RPAH
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Handbook (with
Food and Shopping
Guide) is intended

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to be used for the investigation and management of patients with food intolerance. Dietary elimination and challenge testing is a complex process which should be done under medical and dietetic supervision.

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A very useful resource is the “ RPAH Elimination Diet Handbook with food and shopping guide ” , written by the dietitians in the Allergy Unit at Sydney ’ s Royal Prince Alfred Hospital. See back

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resources. Record
keeping It can be
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the gold standard Diet

approach for
identifying and
managing suspected

food chemical

intolerance. The

process has 3

steps: STEP 1:

Elimination. Clean

your diet from the

food chemicals to

see if this can

eliminate or

significantly reduce

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symptoms. Elimination Diet
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diet | Melbourne
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Intolerance ...

An elimination diet is NOT a permanent diet; but used together with food challenges, it is used to find out which foods or food components are

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triggering your
symptoms. Once
found, your diet will
be gradually
liberalised to
manage symptoms
and achieve
optimum nutritional
intake so that you
can enjoy life
without
unnecessary
restrictions.

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Handbook
and the elimination
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Allergy
Dermatology

An experienced and supportive dietitian can supervise a three week trial of the RPAH (Royal Prince Alfred Hospital) elimination diet which is free of additives and low in salicylates and

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practice, I can
assure you that it
does work
brilliantly in the
majority of cases,
in infants (via
mother's
breastmilk), in
children and in
adults as well.

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to be done properly.

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