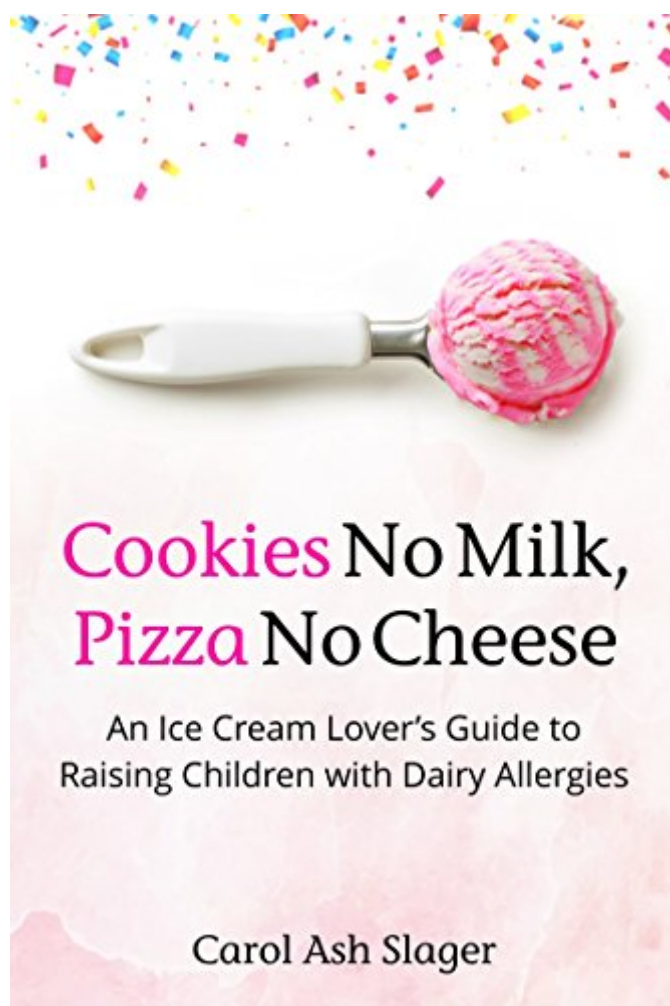


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# Cookies No Milk, Pizza No Cheese: An Ice Cream Lover's Guide To Raising Children With Dairy Allergies



## Synopsis

If you're trying to live a life without dairy, learn from a mom who raised two sons with dairy allergies--who love to eat! Whether you are allergic to dairy, lactose intolerant, or simply feel better avoiding dairy products, this book offers real solutions and alternatives to make it EASY. Do you currently have anxiety or fear about how to enjoy a dairy free lifestyle? Do you wish that someone who truly understands would take you by the hand and lead the way? Carol Ash Slager, mom, pharmacist, health coach, and ice cream lover, has been exactly where you are. In "Cookies No Milk, Pizza No Cheese," she gives you the confidence you need to overcome this challenge. In her typical light-hearted and humorous style, Carol shares how she and her husband survived over twenty years of raising sons without dairy. After reading this book, you will:

- \*Be familiar with hidden names for dairy
- \*Learn about alternative ingredients that taste delicious
- \*Have some family favorite, dairy free recipes to try
- \*Exchange feelings of deprivation for renewed HOPE

Follow the advice in this book to lessen your dairy allergy symptoms today! What's stopping you from eating delicious, dairy free foods and feeling great? Scroll to the top and click the "Buy Now" button.

## Book Information

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## Customer Reviews

So many people have allergies and all are different, my own children had different intolerances as young children. Ice cream and yoghurt induced vomiting usually, but not all the time, cheese was ok, but not too much but thankfully my children grew out of it, but for some it's a battle to work out a path forward without having to miss out on some of life's pleasures, like the food we like. The author, a pharmacist, health coach and a lovely little surprise revealed inside the pages of this book, also a poet, has written a wonderful, easy to read and relatable book to help others with food intolerances.

When you read Carol's book, you will feel like she is there with you, coaching you with humor and kindness. She relates her personal family experiences authentically, conveying information in a simple way that is easy to understand, yet educational. Whether new to dairy allergies and adapting to life without milk and cheese and ice cream for the first time, or experienced, *Cookies No Milk, Pizza No Cheese* has something for everyone. It is particularly inspirational to hear from the author's sons, around whom the book centers. Carol, Ryan and Colin will surely inspire and motivate others to adopt a dairy free lifestyle and thrive.

Blessed to have not had dairy allergies for myself or my children, my heart goes out to those families in which this allergy is prevalent. Carol Ash Slager has taken a solid look at what could be a nightmare, and by sharing her personal experiences has shown there is a way to make it through. Her credentials validate what she learned through the years and shares with us today. Her son's perspectives, now as grown men, are enlightening and a valuable addition to the story.

The humor in this book alone is inspiring, this is such a weighty issue and can be overwhelming starting out learning to eat and avoid allergies. Carol keeps it simple and invites us into her life teaching the reader this is possible! If she and her family can do this, so can you! Kudos to her sons for sharing their thoughts on this subject as well. Carol's passion for wellness and the betterment of your life is so contagious. I believe "owning health" no matter what it takes is key and Carol shows us just how to do that! Be sure to get yourself and a friend who may have food allergies a copy of *Cookies No Milk, Pizza No Cheese*.

I've never had food allergies (knock on wood), but I have family members who have. It can be quite daunting. Carol Ash Slager has written a very easy to read guide to how to live with dairy allergies. She points out the very wide spectrum of symptoms that can be encountered and explains what you can expect. I particularly liked her suggested recipes, which were simple to make and can provide a

lot more variety to the diet of someone suffering from dairy allergies.

Thank you so much this book is so helpful my daughter has had problems with dairy since she was little and i just tried other non dairy products for her but with your book it has shown me how to cook better for my daughter so thank you and i recommend this to everyone to read it.â™;j

I found Carol's book to be a refreshing take on raising kids with food allergies. As a mom of two daughters with food sensitivities, I love the way Carol takes me on her family's journey, one recipe at a time. Her humor is refreshing and much needed relief for this mom who sometimes gets stressed with the many diet modifications my kids need! I especially enjoyed the inclusion of her sons' perspectives.

Carol has a way of expressing herself through candid humor and is easy-to-follow for her readers. This book shows Carol's love of writing in her expression of poetry, stories, and recipes. In our world today there are so many food allergies and this book can be a helpful guide to those who experience a dairy allergy. Through her family's stories and candid humor, you will relate and feel as if you are a part of her family experiencing their challenges - they can do this, so can you!

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