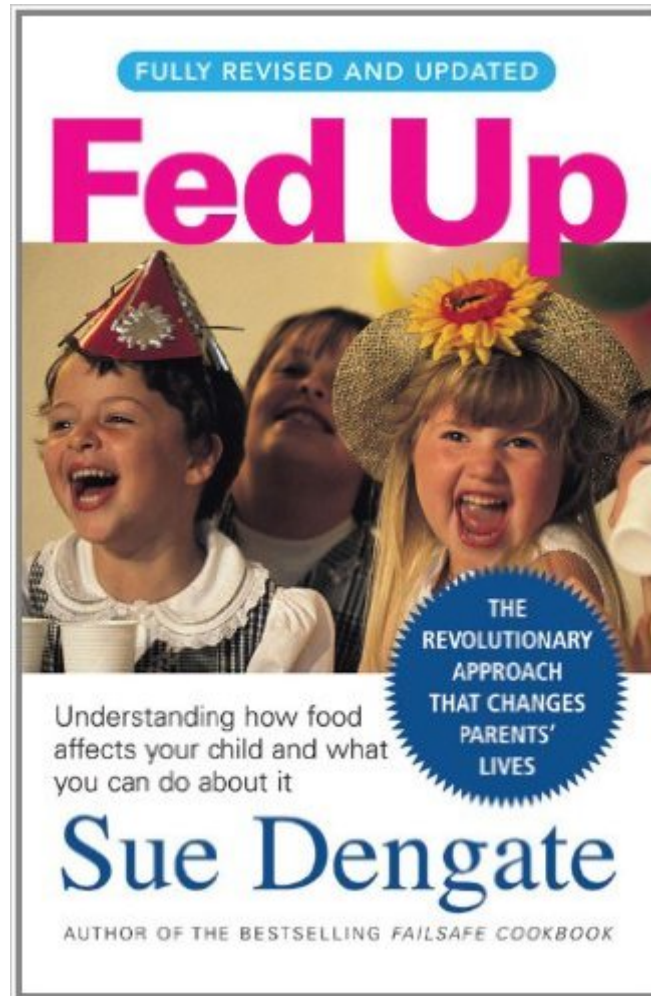


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# Fed Up



## Synopsis

In this long-awaited, fully updated volume, health specialist Sue Dengate provides sound information about food intolerance and the adverse affect of synthetic additives and natural chemicals in food. Inspiring stories of families overcoming their problems with dietary-based illness are provided along with dozens of recipes for all kinds of occasions. This is an essential tool for parents wanting a calmer, happier and healthier family.

## Book Information

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Average Customer Review: 4.3 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #188,774 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Children's Health > Allergies #3006 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

This is is the first review I have ever felt compelled to write in response to the first review which claims that this book is "rubbish". Let me just say that my father found out about food intolerance from the Royal Prince Alfred Hospital in Sydney a few years before Sue wrote the book.

Furthermore I have a sister who is studying neuroscience, another who studies medicine - we all support Sue Dengate and feel we are eating healthier food than we have ever done before. Food intolerance is a relatively new area being studied and we are far from completely understanding how chemicals (food and other) affect the body. Sue Dengates book was the first piece of literature which gave me an insight into food intolerance and how it affected me. Years later I still am re-reading it. EVERYONE SHOULD HAVE A COPY!!!! Growing up, though outside of the home I was thought to be an angel and was achieving exceptional grades (without studying mind you, which I have always regretted) - at home I was often a completely obnoxious, uncontrollable terror. The foods I was eating affected my health and mood (I often had a cold, had constant swings between adoring everyone and being depressed or angry - especially if I was asked to clean up etc). Rarely did a day go past where I did not get into trouble. We all thought it was normal behaviour - part of growing up.

Imagine everyone's relief when I started eating "friendly foods". In fact everyone noticed improvements - and mum's migranes are gone. I can't begin to describe the profound effect this book and finding out about food intolerance has had on my family's life. I am still learning how food affects me. This isn't a diet!!

I gave this 4 stars as I feel she could go further here but it is a good start, anyway. Now, the previous reviewer sounds like someone threatened from the pharmaceutical community. (oh goodness, can you imagine how much money they would lose when more figure out this is all diet related and no drugs are required?) It's obvious, too, that the previous reviewer lacks ANY degree of context or understanding what life is like with a child reacting/acting out a wide range of behaviors and health concerns. So, moving on to the book. Sue's book is very good. She goes in to detail about various types of foods that can cause reactions. My one complaint is she trashes Feingold. Frankly, we do the Feingold diet and have had great success. Sue says that Feingold doesn't go in to detail. (She obviously never ordered the materials as the binder educates what to do when the first level of the diet isn't enough.) So, if you're in Australia, I DO recommend her and the link to the hospital department that has safe food lists. If you're in the US, order the Feingold materials (feingold.org OR ADHDdiet.com) - it's tax deductible as Feingold is a non-profit organization. The foodlist is worth its weight in gold. There's a sister organization in the UK, sorry - can't remember it's name at moment. Lastly, Sue doesn't explore what can be a major key for many families who need to go this route: use of Enzymes. There's a forum over at Yahoogroups called EnzymesAndAutism that has nearly 3,000 members and frank discussions about enzymes, which company(s) [I'll not mention the company here as I don't want to appear that I work for them - I don't, of course but believe in them!!!] and also other potential (non-medical) treatments. Btw, the group is not just for autism...

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