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# The Salicylate Handbook: Your Guide To Understanding Salicylate Sensitivity

The  
Salicylate  
Handbook



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Your guide  
to understanding  
salicylate sensitivity



## Synopsis

This new, revised, edition of The Salicylate Handbook provides an excellent guide to understanding salicylate sensitivity. Based on the author's own experience and using all the currently available research, it is the most comprehensive guide to salicylate sensitivity you will find. It is supportive, full of common sense, well researched, and even has a touch of humour. If you need to know about all the ways in which a salicylate sensitivity can affect your health, and life, then you need this handbook.

## Book Information

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## Customer Reviews

This book provides an indepth insight into the insidious world of Salicylate intolerance. Finally being diagnosed after years of endless medical tests/appointments, the information in here will provide me and others much needed understanding. It covers a wealth of issues and is packaged in a format that is easy to read and comprehend. I am thinking of giving my GP a copy. It has taken 5 and a half

years for me to get any answers. Thank you so much for sharing your journey with others. It may save lives and change many!

I haven't finished this book yet but it explains this intolerance well. I would like something that lists products that I can use. I realize ingredients in products can change so that isn't feasible but this does list ingredients to look out for.

I have researched a lot about salicylate sensitivity since being diagnosed and this is the most disappointing resource so far. Very little fact, just a stream of consciousness of what may or may not affect you with a "who knows?" conclusion to most section. Quite a bit of unnecessary scaremongering too. I would avoid.

Informative. Based on scientific research studies as well as the experience of a salicylate intolerant survivor. To the point and filled with ideas that were extremely useful for myself and family members who also suffer from extreme salicylate intolerance. My physician wanted it's lists for her 'aspirin sensitive' patients who have other 'odd sensitivities'. Great information. Will purchase for my daughter and mother.

This book was a perfect read for me, being a recently diagnosed salicylate intolerant myself. The book gave me lots of insight and in many cases, reaffirmed what i already knew or suspected. Everyone should read it!

Found the book to be concise and to the point. Told me what I wanted to know about salicylate sensitivities and how to manage the condition. No fluff and no filler to pad the book. Just what I was looking for as a first look at what might be a potential problem.

A VERY informative, helpful book. The listing of safe foods to unsafe foods, on a scale of 0 to 7, is particularly helpful.

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The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-FODMAP Diet) Amputated Lives: Coping with Chemical Sensitivity Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally! Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Healing Severe Chemical and EMF Sensitivity: Our Breakthrough Cure for Multiple Chemical Sensitivities (MCS) and Electro-hypersensitivity (EHS) Chemical Sensitivity, Vol. 2: Sources of Total Body Load Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) Minecraft: Minecraft Creations Handbook: The Minecraft Construction Handbook Specially Made for The Best Minecraft Players (minecraft secrets, minecraft handbook, minecraft construction, minecraft) Understanding Colon Cancer (Understanding Health and Sickness Series) Understanding Migraine and Other Headaches (Understanding Health and Sickness Series) Understanding Cystic Fibrosis (Understanding Health and Sickness Series) Understanding Bankruptcy (2013) (Understanding (LexisNexis)) Understanding Bankruptcy (Understanding (LexisNexis))

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