

Common foods can cause a wide range of health problems, from migraine and fatigue to diarrhoea and joint pains. This guide aims to help the reader back to the best of health by going, step by step, through the complexities of an elimination diet. Material for this new edition has been updated to reflect current thinking and new discoveries and includes: evidence of a link between Multiple Sclerosis and chocolate; how diet affects behaviour - with emphasis on hyperactive children; a rewritten section on candida and giardia, now covering new thinking on gut flora imbalances; a no-sugar/no-yeast diet which has been found to be particularly beneficial; and updated addresses and many new case histories.

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