



# **Beyond the Bite: Understanding and Overcoming Food Allergies and Intolerance**



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**Author: Chris Collin**

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Here is the translation to English:

# **Allergies and Food Intolerance. Dr. Sakina Shika**

## **Part I: Fundamentals of Food Allergies and Intolerance**

- **1.1. Definition of Food Allergies and Intolerance**
  - 1.1.1. Introduction to Food Allergies and Intolerance
  - 1.1.2. Difference between Allergy and Food Intolerance
- **1.2. Mechanisms of Food Allergies and Intolerance**
  - 1.2.1. The Immune System and Allergic Reactions
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  - 1.3.1. Laboratory Tests in Diagnosing Food Allergies and Intolerance
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  - 2.1.1. Characteristics of IgE Allergy
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  - 3.1.1. Symptomatic Treatment of IgE Allergy

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- **4.3. Fish and Nut Allergies**

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- **5.1. Research on New Medications**

- 5.1.1. New Medications for Food Allergies and Intolerance
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- **6.1. Conclusion**

- 6.1.1. Summary of the Most Important Information from the Book

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The book can be purchased at

<https://readolla.com/beyond-the-bite-understanding-and-overcoming-food-allergies-and-intolerance>



