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The Failsafe Cookbook (Updated Edition)

By Sue Dengate



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The long-awaited new edition - fully updated and expanded!

Since the publication of her bestselling books *Different Kids* and *Fed Up*, Sue Dengate has opened the eyes of thousands of desperate parents to the adverse affects of synthetic additives and natural chemicals in foods. Based on groundbreaking research, Sue's work has proved that learning difficulties, behavioural problems and minor chronic illness in children and adults can all be the result of intolerance to food chemicals.

In this long-awaited, fully revised and expanded edition of *The Failsafe Cookbook*, Sue has compiled hundreds of new and improved recipes for all kinds of occasions, as well as up-to-the-minute information about food intolerance and elimination diets. With the help of these tasty, healthy and easy-to-follow recipes for breakfasts, lunches, main meals and desserts, through to food for special occasions, vegetarian cooking and gluten-free food, you and your family can be free of a wide range of health and behavioural problems.



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The Failsafe Cookbook (Updated Edition) By Sue Dengate Bibliography

- Sales Rank: #287876 in eBooks
- Published on: 2011-09-28
- Released on: 2011-08-01
- Format: Kindle eBook

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Editorial Review

About the Author

Sue Dengate is the founder of the Food Intolerance Network and the author of *Fed Up*.

Users Review

From reader reviews:

Charles Stephens:

Exactly why? Because this The Failsafe Cookbook (Updated Edition) is an unordinary book that the inside of the book waiting for you to snap this but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such wonderful way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

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