

What has Dr. Shook Been Reading?

*The Allergy Self-Help Cookbook*

By Marjorie Hurt Jones, R.N.

Rodale 2001

There is much more to allergies than the sneezy-wheezy-hay-feverish experience commonly know as seasonal allergies. Perfume, gasoline fumes or cleaning products give some folks a nasty headache. For others, a tiny mote of cat dander can make their eyes blister. Maybe, having undergone extensive allergy testing, you have in your hand the list of things to avoid ... Cat dander, feathers, dust, and quite possibly many of the foods you are accustomed to eating. For these people a trip to the grocery store or a restaurant is frustrating, uncomfortable and possibly dangerous. For people with food sensitivities many of the commonly available foods (Example: eggs, milk and wheat) leave them wheezing, itching from hives and suffering unspeakable digestive distress.

So, what are these people supposed to do? Stop eating? No, but they might need to change the way they eat, become more food wise and adventurous. They might need to read this book.

Marjorie Hurt Jones, R.N. uses her 20+ years of experience in health and nutrition as well as her own struggles with allergies to help others cope with food allergies. The term "allergy" is used broadly to cover three different reactions to food: allergies, sensitivities and intolerances. The allergic/sensitive/intolerant are encouraged to seek out a physician specializing in allergies. And for those who seem to be allergic to everything ... it's time to make changes.

*The Allergy Self-Help Cookbook* is about making changes in the way you eat and cook.

Alternative sweeteners such as honey, maple syrup, or stevia are recommended over cane sugar (Cane: a grass related to wheat). Gluten is found in wheat, rye, oat, barley, kamut and spelt flours. Have you been instructed to avoid gluten? Try amaranth, arrowroot, brown rice, buckwheat, chickpea, legume, nut, seed, potato, quinoa or soy flour. Each of these essentially gluten free alternatives are described with regards to taste and their ability to brown, bake or thicken a sauce. This book has page after page of food alternatives and related food families allowing the sensitive eater to understand and prepare a variety of new and hopefully allergy free foods.

The Rotary Diversified Diet is discussed at length. This is a diet where each food family is rotated into the diet every four or more days. This allows the body to process the food, deal with any irritant and regain a level of tolerance before subjecting the body to that food family again. For example, are you sensitive to milk? Include milk (cheese, butter, ice-cream) in your diet no more than once every four days.

The cookbook itself is delightful. The 350 recipes include breakfasts, breads, soups, pastas, meat, fish, dips, snack, drinks, desserts and more. All of the recipes are free of common allergy producing ingredient and many alternate ingredients are offered allowing you to switch the ingredients to fit your dietary needs.

Try the Coconut-Carob Pancakes or the Oat and Barley Scones. How about a supper of Mix and Match Stir-Fry and a dessert of Peach Streusel Pie made with spelt-kamut pie crust.

Living in a world that is poisonous can be a daunting task. Conquering food allergies can take years. But this book along with the counsel of a good and trusted physician can give you the knowledge and tools to live a vivacious and well-fed life.

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