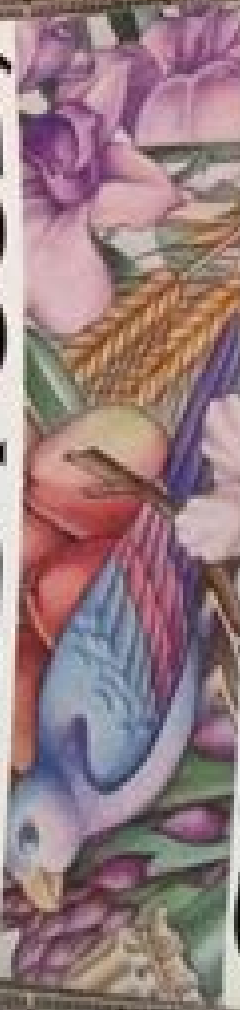


GOOD FOOD,



GOOD MOOD



**A Nutritional Guide to
an Allergy-Free,
Happier, Healthier Life**



GARY NULL

WITH DR. MARTIN FELDMAN, M.D.

Good Food Good Mood Treating Your Hidden Allergies Paperback By Null Gary

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Good Food, Good Mood Gary Null, Martin Feldman, 2003-12-31 Renowned nutrition expert Gary Null reveals groundbreaking information that the food we eat may be linked with many common ailments and shows that allergic responses are easily identifiable and treatable. Offering 95 recipes, Null outlines a workable diet regimen that offers tangible results.

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Good Food, Good Mood Gary Null, Ph.D., 1988-03-01 Renowned nutrition expert Gary Null reveals groundbreaking information linking the food we eat with many common ailments seldom before associated with allergies. Includes 95 delicious high protein recipes.

Contemporary Authors New Revision Series, 2003 A biographical and bibliographical guide to current writers in all fields including poetry, fiction and nonfiction, journalism, drama, television and movies. Information is provided by the authors themselves or drawn from published interviews, feature stories, book reviews and other materials provided by the authors/publishers.

Library Journal, 1988 **American Book Publishing Record**, 1988

No More Allergies Gary Null, 2014-03-04 More than 40 million Americans suffer from allergies that range from wheat to dogs to dust. Some allergies cause a mild hay fever reaction, some cause anaphylactic shock and some lead to long-term reactions such as chronic fatigue syndrome, Alzheimer's disease and even HIV infection. Gary Null offers an alternative solution to the drugs that most western doctors are quick to prescribe. Gary Null writes: "An allergy is due to an immune system that is in hypervigilant mode. The more challenge there is to an immune system, the greater your response will be. If you have a really strong immune system, your lymphocytes and phagocytes are able to engulf and digest antigens. Therefore, to eliminate allergic responses, we must strengthen our immune systems." He then proceeds to offer advice on exactly which foods will help build up your immune system and which to avoid, which supplements to take and what other steps you can do to fight back against allergies naturally. Complete with dozens of allergy-fighting recipes and inspiring testimonials, this is a must-have book for anyone suffering from any kind of allergy.

No More Allergies Gary Null, 1992 Identifying and eliminating allergies and sensitivity reactions to everything in your environment.

Tracking Down Hidden Food Allergy William Grant Crook, 1978 Treating Food Allergies with Modern Medicine Elizabeth Muller (A.), 2022

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