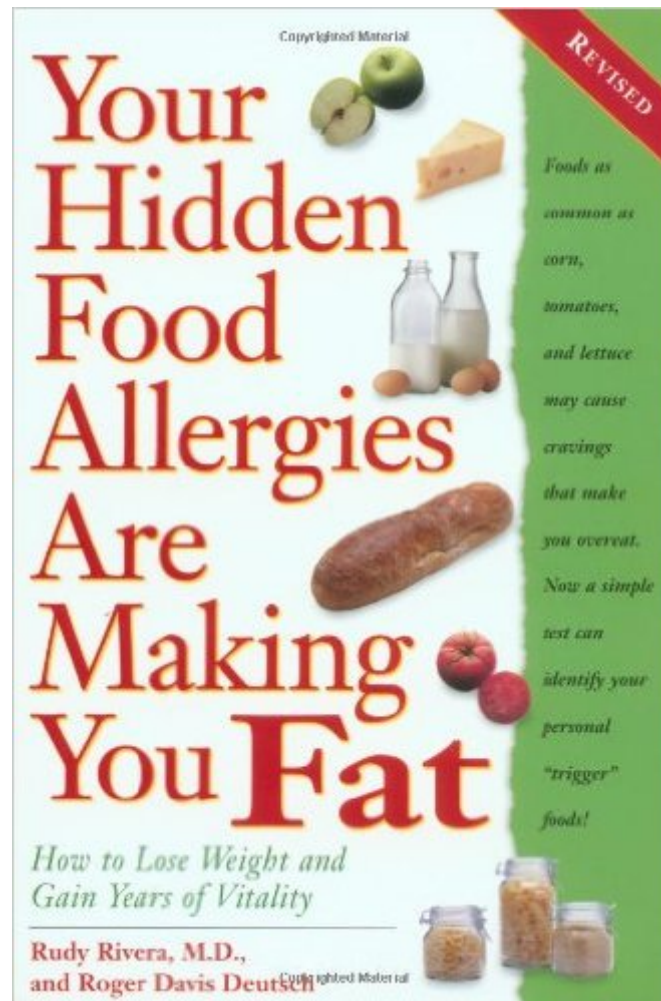


The book was found

# Your Hidden Food Allergies Are Making You Fat



## Synopsis

Now You Can Lose Weight and Feel Great! Do you know that there is a scientifically verified test and eating program that can change your life? It's simple: Discover your food allergies and intolerances, eliminate these trigger foods from your diet, and shed pounds effortlessly! Inside is everything you need to know about the ALCAT test, a revolutionary approach to weight loss and well-being that will help you regain control over your weight, your health, and your life. The ALCAT test works: 98 percent of the participants in a Baylor Institute study who eliminated their trigger foods lost weight, reduced their percentage of body fat, and gained muscle tissue. "For five years I have used the ALCAT test in my practice—no other test is as accurate or useful."—Fred Pescatore, M.D., author, *Thin for Good and Feed Your Kids Well* "This book offers a clear program for helping you discover which foods are unhealthy for you."—Elson M. Haas, M.D., author, *The False Fat Diet and Staying Healthy with Nutrition*

## Book Information

Paperback: 368 pages

Publisher: Prima Lifestyles; 1st edition (July 15, 2002)

Language: English

ISBN-10: 0761537600

ISBN-13: 978-0761537601

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.0 out of 5 stars— See all reviews (28 customer reviews)

Best Sellers Rank: #179,567 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #87 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #1453 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I have been having mysterious health problems for over 3 years. My symptoms included debilitating fatigue, low body temperature, the inability to concentrate, brain fog, heart palpitations, cluster headaches, mood swings, and unexplained weight gain. I even gained weight while dieting. To make an incredibly long story short, this book changed my life. By reading this book, I discovered my problems were due to IgG food allergies. I was so grateful to find that I wasn't alone and that there was a name for my condition. With further testing by ALCAT Labs, I avoided the foods I had

intolerances to. In a short time I began feeling better and the weight began to drop off. Since then I have taken this a step further and have had NAET treatments,,, and have permanently eliminated my food sensitivities. I recommend this book to anyone with the inability to lose weight, abdominal bloating, and any unexplained illness. The small cost is certainly worth the chance that this book will do for you what it has for me. In my case this knowledge was the beginning of a second chance at life.

Doctors told me that I did not have a "disease" and so they could not help me. I had IBS (Irritable Bowel Syndrome) everyday. Before I could leave for work, I took over the counter help-3 times the normal dose. That did not include what I needed throughout the rest of the day. I did not even mention to the doctors about the acid reflux EVERY night. I thought it was mild compared to the agony and embarrassment that I suffered of the irritable bowel syndrome. There was nothing regular physicians could or would do. The Al-Cat test (and Dr. Rivera) saved my life. When the digestive system breaks down so will the immune system eventually. Since the day I began avoiding the foods I am allergic to and following the prescribed new way of eating, I have had NO acid reflux. I have been free of IBS for nearly 10 months straight. (Only occasional bouts of it before that.) I have lost 60 pounds total. I feel great. I am in the best shape of my life at age 52. I feel 30. (My husband enjoys the change.) Reading the book won't change anything. But following its suggestions and recommendations could save your life!

The name of the book is somewhat misleading. Although I am always interested in weight control I was curious about food intolerances due to some of my symptoms. I was fortunate to meet Dr. Rivera at a book signing and have since taken the ALCAT test. My results showed that I had an intolerance to 42 of 100 foods tested. Removing these foods from my diet is not easy but I know that I feel much better and have more energy. I have experimented and found that one food that was a favorite was actually causing back pain. I have 50 lbs to lose and I am well on my way!

As a middle-aged allergy patient, my allergist recommended this book to me because I'm always getting sick with colds and other infections. The book, *Your Hidden Allergies Are Making You Fat*, is not just about dieting, but contains a wealth of information about how food sensitivities can negatively affect your whole body and your life. My allergist, with over thirty years of experience with patients, said, "This is the best book I've read about hidden food allergies." I agree. It explains, in easy to understand terms, the science of allergic reactions to foods, how to deal with symptoms,

and best of all, it thoroughly describes a simple blood test, the ALCAT test. This test identifies your food intolerances, so that you can develop an individualized eating plan to help lose weight or feel better/get well from illnesses. I'm grateful for this book and have just had the ALCAT test. I'm now ready to have a diet plan prepared for me by a dietician using the results of the ALCAT test. I highly recommend this amazing book.

I haven't read this cover-to-cover yet, however I have to say that anyone who has tried multiple diets or lifestyle plans faithfully yet still struggles with their weight should go see an allergist for a complete battery of tests. Getting tested revealed some insidious allergies for me. I am a 10 year veteran of unexplained elevated liver function tests which completely normalized when I eliminated gluten from my diet. My positive ANA for lupus has also normalized. In addition, I have lost 65 pounds in 9 months without exercise or restricting my intake amounts. In other words, I still eat real food and drink soda, I just use products that do not contain my allergens.

This is a book that helps you understand the process by which the body processes foods. After understanding the theory I had the Alcat test and lost 15lb. by eliminating my intolerant foods. I had tried every diet out there and had never lost anything. I'm am a big believer now in each person's individual bodies needs. Dr. Rivera has also been very helpful and my daughter is a patient of his. He is a dedicated and caring man.

I got this book like everyone else to determine what can be causing me to feel so tired, bloated, upset tummy, headaches etc. I do eat healthy and I do exercise regularly but do not see the results in terms of my weight. I am going to take the test through my MD and see what my results will show. At the same time I will do a thyroid test and diabetic test. I would say its worth reading to make a decision on whether you want to do this test or not. Yes the book does feel more like its a marketing tool to sell their product as it doesn't unveil any facts we do not already know about. I would recommend speaking to your doctor first or a dietitian on whether a food sensitivity test is worth it for you. Perhaps your MD might have a copy of the book that you can take and read. I am originally from Africa(born/raised) and of asian decent. I do know that coming to the west as an adult certain foods never agreed with me. Mainly Wheat products and milk which I have been able to omit from my diet and be fine. However the past two years I haven't been feeling that well. Hence why I am having tests done.

[Download to continue reading...](#)

Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Your Hidden Food Allergies Are Making You Fat ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) One's Food is Another's Poison: Find Hidden Allergies 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Health Journal: Discover Food Intolerances and Allergies: (A Food Diary that Tracks your Triggers and Symptoms) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) KETOGENIC DIET: FAT BOMB RECIPES: Low Carb, High Fat, Vegan and Gluten Free Fat Bombs (FATBOMB COOKBOOK 1) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Food Allergies and Food Intolerance: The Complete Guide to Their Identification and Treatment