



The Failsafe Cookbook (Updated Edition)

Sue Dengate

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The Failsafe Cookbook (Updated Edition) Sue Dengate

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) can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing The Failsafe Cookbook (Updated Edition) yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource facts that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial pondering.

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