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Although food allergies are still rare (affecting about five percent of the population), food intolerances are quite common. I see patients for food intolerances

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etc) is to not only make sure to eat a LOW CARB DIET, your diet will make you or break prove that almost all really sick people have food

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### **The surprising foods making you sick - shape**

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### **Headaches, hives, and heartburn: could histamine**

Still having strange symptoms on a real food diet? You could from the book Is Food Making You Sick?: The Strictly Low Histamine Diet or as Gibb described

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You Season With Love is entitled Is Food Making You Sick? The Strictly Low Histamine Diet. The Strictly Low Histamine Diet.

**Histamine intolerance - is food making you sick?**

If your health problems have no obvious cause, you could be suffering from histamine intolerance. Many common foods contain high levels of histamine.

**Lyme disease alert! (please take time to read)**

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