

The Super Allergy Girl™

Gluten-Free, Casein-Free, Nut-Free

Allergy & Celiac Cookbook

From A Mother Who Knows™

By Lisa A. Lundy

www.thesuperallergycookbook.com

Easy, delicious recipes you can make that are
FREE of most common food allergens

A Complete Cookbook designed especially for:

- Allergy Consumers** avoiding several of the top 8 allergens
- Celiac Consumers** with Lactose Intolerance
- Children with Autism** on the Gluten-free & Casein-free diet
- Other Health Issues** — Food sensitivities, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, irritable bowel, Crohn's disease, depression, anxiety, gastrointestinal issues and fibromyalgia.

Over 225 Delicious Recipes that are ALL

Wheat-free, Gluten-free, Milk-free, Casein-free, Lactose-free, Egg-free, Peanut-free, Tree nut-free, & Coconut-free

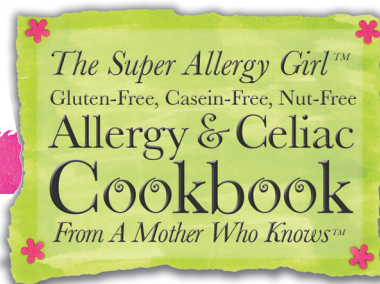
- Over 75% of the recipes are Corn and Soy FREE.
- Over 95% of the recipes are Free of fish & shellfish line

Over 100 Pages of Essential Information including:

- How to save time & money with Special Diets
- Where to purchase food ingredients & supplies
- Special diets overview
- Effects of food additives and preservatives
- The role of nutrition in special diets
- Rotation diets
- Food family charts
- Symptoms of food allergies in infants & children
- Kitchen tools worth having
- Abbreviated history of food allergies
- Tips for success
- Avoiding common food allergens
- Celiac disease information
- Resources and support sources

Watch our moving FOX 5 NYC News story on-line at:
www.thesuperallergycookbook.com
(Aired May 2006)

Go to: www.thesuperallergycookbook.com to order Or See Reverse Side for more Ordering Information.



Are the Recipes Any Good?

Internationally known physician and NY Times best selling author, Doris Rapp, M.D. – Author of “*Is This Your Child?*” has this to say about Lisa’s cookbook: “Sometimes you know exactly which foods are making your child sick or unable to behave or learn. That, however, is only the first step. When it is their favorite food, as a parent, you have an immense challenge. How can you possibly keep your child growing normally and feeling happy when you have to take away the very foods that give your child so much joy and nutrition? Many will find *The Super Allergy Girl™ Allergy & Celiac Cookbook* written by a mother who has “been there and done that” the answer to your desperate prayers. Lisa Lundy was forced to figure it out on her own and she has generously and graciously decided to share all she has had to learn. You will find this book is the answer to your child’s special food needs. Her book will empower you to keep your child happy while limiting exactly what can be ingested safely. We need to clone mothers like Lisa whose lives are predicated on sharing and caring.”

From A Mother Who Knows™: Author Lisa A. Lundy has solid knowledge & experience:

Decades of her own personal struggle with food allergies and the extreme allergies of her three children. Lisa is active in the Western New York celiac and autism communities, teaching baking classes and providing education and training to organizations and restaurants..

Here is their story...

Due to her premature birth, severe allergies and other factors, the predictable and heartbreaking future of Lisa’s daughter was to become unable to walk or talk, to become brain damaged, to have numerous seizures and need a feeding tube, and to have frequent hospitalizations. Lisa's daughter has avoided all of these health issues and is the picture of a normal looking, chatty little girl due to the interventions Lisa and her husband used. Watch the moving **FOX 5 NYC News story about Lisa and her daughter** on-line at www.thesuperallergycookbook.com under the “videos” link on the homepage.

Public Speaker

Credentialed by Toastmasters International, **Lisa A. Lundy is a dynamic and inspiring motivational public speaker.** To enlist her as a speaker for large and medium sized groups visit...

www.thesuperallergycookbook.com

Ordering Information for Cookbook:

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Soft Cover, Perfect Bound
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Price: \$28.95

Where to purchase: www.thesuperallergycookbook.com

where shipping is FREE for U.S. Orders. If you don’t wish to order on-line, then send a check or money order in the amount of \$28.95 (*NY State Residents must add sales tax of \$2.53 for a total of \$31.48*) made payable to **The Rooster Crows™**.

Send payment with your name and address to:

The Rooster Crows™, 3842 Harlem Road, Suite 400-257, Buffalo, NY 14215

Or you may call: (716) 835-6392

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