

## How This Book Can Help You

**The Super Allergy Cookbook™** by Lisa A. Lundy contains both recipes and information for beginners to advanced cooks. If you are brand new to the gluten-free, dairy-free, tree-nut and peanut-free and egg-free cooking and baking, you are most likely overwhelmed. To be overwhelmed and even frightened by the myriad of complexities is normal. The more you read and the more you practice in the kitchen; the easier it will become.

One way that this cookbook can help you is to give you new and valuable information. I would guess that most readers are not familiar with the history of food allergies even if you have been dealing with food allergies for decades. As a person with anaphylactic tree nut and coconut allergies, I have lived a life of food allergies personally, but I did not have a clue about the history of food allergies until I found references in our local medical library. A Brief History of Food Allergies, which is included in this book, gives most people room for pause and exploration depending upon their individual state of health.

The topics covered in Part One of this book include:

- The Role of Nutrition in Food Allergies
- Food Allergies in Infants and Children
- A Brief History of Food Allergies
- Special Diets & Celiac Disease
- Avoiding Common Food Allergens
- Special Ingredients & Products
- Technical Know-How for Special Cooking
- Saving Time & Money
- Where to Purchase Pasta, Flours & Other Ingredients
- Rotation Diets & Food Families
- Meal Ideas

Many people with Celiac disease develop additional food issues due to the fact that they are eating rice every single day. Many parents of children with autism who use the gluten-free, casein-free diet as a dietary intervention have also noticed additional food allergies with their children. The section on rotation diets and food families can be informative and helpful to these individuals. Because we as a family use a rotation diet, you will find recipes that are rice-free since we only eat rice every fourth day.

Saving time and money is of interest to many people and I have included ideas on how to do both. If you are new to allergies or have developed new food allergies since your initial diagnosis, you may find value in the chapter on Avoiding Common Food Allergens, as well as the chapters on Special Ingredients & Products and Technical Know-How for Special Cooking.

The number of gluten-free and dairy-free commercially available products has expanded enormously over the past eight years. This is a big bonus for those of us managing food allergies. Add to that the new food labeling law that went into effect in 2006 and life is really much easier than it was years ago.

Whatever your level of expertise, from beginner to advanced, I am sure you will find value in the information and recipes contained within these pages. One question that comes up frequently is what is my background relative to food allergies and cooking and baking.