



Gesund essen & trotzdem krank: Gluten-, Laktose-, Fruktose-, Histamin-Intoleranz (German Edition)

Michael Wolzt, Silvia Feffer-Holik

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Weltweit gibt es eine Zunahme von Nahrungsmittelallergien und vor allem -intoleranzen. Allergien: 1 bis 5% aller Erwachsenen und 5 bis 10% aller Kinder weltweit. Intoleranzen: Derzeit bereits deutlich über 30% aller Menschen.

Dieser Ratgeber definiert alle wesentlichen Nahrungsmittelallergien und -intoleranzen und bietet damit eine wichtige Erstorientierung bei auftretenden Problemen. Die jeweiligen Symptome und Unterschiede, die Diagnosemethoden, mögliche Therapieansätze sowie alle sinnvollen Vermeidungsstrategien werden genau und übersichtlich beschrieben.

Das Buch bietet damit einen fundierten Überblick zur Thematik und ist somit eine perfekte Orientierung für Betroffene, die genau wissen wollen, mit welchen Beschwerden sie zu tun haben, um die passende Therapie zu finden.

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