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Sue Dengate

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Fed Up

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Fed Up Sue Dengate
In this long-awaited, fully updated volume, health specialist Sue Dengate provides sound information about food intolerance and the adverse affect of synthetic additives and natural chemicals in food. Inspiring stories of families overcoming their problems with dietary-based illness are provided along with dozens of recipes for all kinds of occasions. This is an essential tool for parents wanting a calmer, happier—and healthier—family.

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