



Fantastically Free: The Savvy Mom s Guide to Living a Safe, Happy, and Healthy Life with Food Allergies

By Tiffany Desilva Msw

Brightfire Living, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you stressed out and overwhelmed with managing your child s food allergies? Are you struggling to figure out what s best for your child s safety, health, and overall well-being? Do you feel like food allergies restrict so much more than your child s diet? Food allergies may restrict your diet but they don t have to restrict your life. Fantastically Free goes beyond the need to carry epinephrine and read labels. It shows you how to use a holistic approach to manage food allergies, support your child s health and well-being, and live life to the fullest. Fantastically Free is for you whether your child is newly-diagnosed with a food allergy or if you have been managing food allergies for a while but want practical strategies to help you live a safe, happy, and healthy life with food allergies. In Fantastically Free, you will discover how to: Become an empowered advocate for you or your child Eat well and live well despite having diet restrictions Confidently navigate the social and relationship issues that come...

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