



FED UP WITH ASTHMA

How food affects asthma and what you can do about it:

By the author of the bestselling books *Different Kids*, *Fed Up* and *The Failsafe Cookbook*, ***Fed Up with Asthma*** tackles one of the most dangerous and insidious health issues to be associated with the Western lifestyle: asthma. Sue Dengate examines the scientific research to show links between a whole range of synthetic and natural food chemicals such as sulphites, MSG and salicylates and the steadily increasing numbers of children and adults diagnosed with asthma; and also shows how to avoid them using the failsafe diet. If you are interested in good health and being free of asthma, you can't afford not to read this book.

Breathe easy - this revolutionary and proven dietary approach to asthma prevention and management is an essential tool for anyone suffering from asthma. See Success stories on www.fedup.com.au.

NOTE THAT THIS BOOK IS OUT OF PRINT BUT A GREAT SUMMARY OF THE INFORMATION CAN BE SEEN IN THE REVISED EDITION OF FED UP.

Limited copies may be available from some bookstores or try your local library in Australia and New Zealand. Second-hand copies may be available through ebay and Amazon.

You might think that...

➡ **Your asthma isn't related to food**

Foods are most likely to contribute to *irritable airways* that will then overreact to environmental triggers such as viruses or pollens.

➡ **Food additives would be banned if they were harmful**

Wrong. The impact of food additives on asthma has been seriously underestimated because of confusion about how to measure their effects.

➡ **Fruit and vegetables are the healthiest foods**

Wrong. Some fruit and vegetables are just as bad as additives for some asthmatics.

➡ **The effects of food would be obvious**

Wrong. Sue Dengate shows you, step by step, how to work out which foods affect your asthma.

Check out the extensive support on the website and its regular newsletters and on-line support groups.

Sue Dengate's new blockbuster about food intolerance and asthma will really open your eyes. ***Fed Up with Asthma*** tackles one of the most dangerous and insidious health issues to confront the western world.

ISBN 9781740510561 **SUBJECT** Asthma; food intolerance; diet; food additives **PAGES** 305
PUBLISHER Random House Australia **PUBDATE** 2003
