



# The Failsafe Cookbook (Updated Edition)

By Sue Dengate

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## The Failsafe Cookbook (Updated Edition) By Sue Dengate

The long-awaited new edition - fully updated and expanded!

Since the publication of her bestselling books *Different Kids* and *Fed Up*, Sue Dengate has opened the eyes of thousands of desperate parents to the adverse affects of synthetic additives and natural chemicals in foods. Based on groundbreaking research, Sue's work has proved that learning difficulties, behavioural problems and minor chronic illness in children and adults can all be the result of intolerance to food chemicals.

In this long-awaited, fully revised and expanded edition of *The Failsafe Cookbook*, Sue has compiled hundreds of new and improved recipes for all kinds of occasions, as well as up-to-the-minute information about food intolerance and elimination diets. With the help of these tasty, healthy and easy-to-follow recipes for breakfasts, lunches, main meals and desserts, through to food for special occasions, vegetarian cooking and gluten-free food, you and your family can be free of a wide range of health and behavioural problems.

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## **Editorial Review**

### About the Author

Sue Dengate is the founder of the Food Intolerance Network and the author of *Fed Up*.

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