



What's Left to Eat?

Micki Ring

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Food allergies, intolerances, sensitivities..... regardless of the label we use, this is becoming a growing health issue across the globe. Today, it's now reached an epidemic! Many things have been cited to distinguish food intolerances from food allergies. Food intolerances used to be disregarded by the medical field for years. Now, however, we are starting to see some concerns. Evidently, the fact that more and more patients are complaining about the same issues can no longer be explained away as collective hearsay. What do you do when everything you've been consuming cannot be eaten anymore? That is why I gathered together a panel of experts willing to share some of their recipes so they could show you that hope is not gone, that you too can enjoy a terrific meal with taste and colour despite the limitations. Read them, modify them according to your needs or taste, but do try them. They are delicious!

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