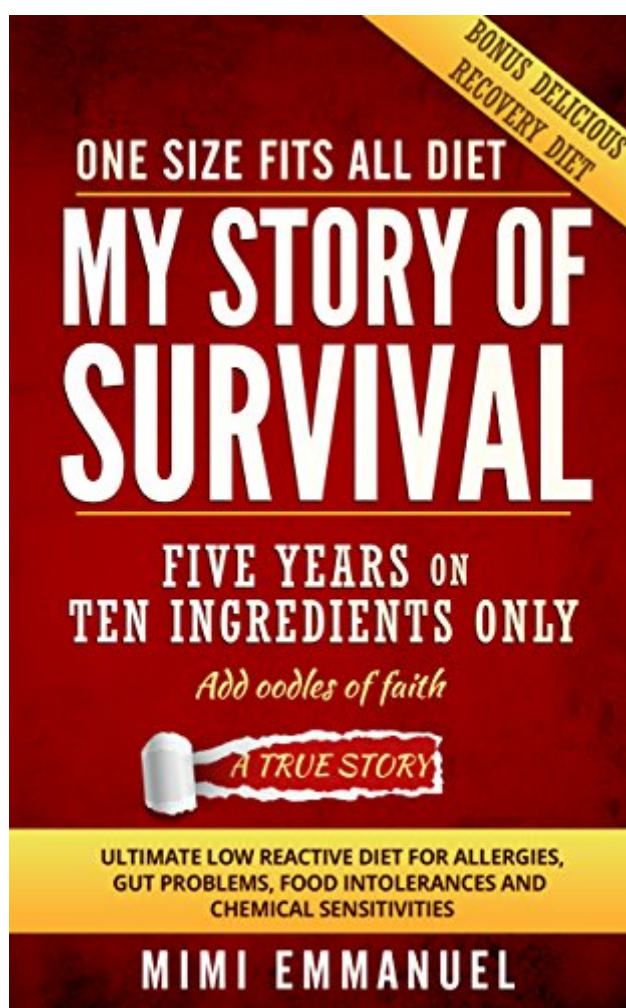


The book was found

My Story Of Survival: The Ultimate Low-reactive Diet For Allergies, Gut Problems, Food Intolerances And Chemical Sensitivities.



Synopsis

Ten ingredients only for breakfast, lunch and dinner. Mimi lived on ten ingredients in total for a period of five years; for breakfast, lunch and dinner, every single day. Her diet contains no gluten, eggs, sugar, fructose, grains, flours, nuts, seeds, meat, beans, soy, and no legumes. Initially, her diet contained no dairy either. Mimi's diet may benefit anyone who suffers from gut problems, allergies, food intolerances, sensitive gut or chemical sensitivities. This includes people who have been diagnosed with autoimmune conditions, Lyme, Lupus, chronic fatigue, irritable bowel and fibromyalgia. The author's One Size Fits All diet has a lot in common with the FODMAP diet plan which was developed by Sue Shepherd PhD and Peter Gibson MD, and is considered a revolutionary plan for managing IBS and other digestive disorders. But even this so called 'must-have-survival-guide' would not have worked for Mimi after she ruptured her appendix and developed septicaemia whilst suffering from antibiotic intolerance. The surprising ten ingredients in Mimi's diet can quickly set people back on a path to achieve optimum health. Her healthy diet is an easy short read and a great beginners guide to healthy living. By repairing her gut, Mimi's health improved exponentially and many of the symptoms either disappeared or were greatly reduced. The author reckons that the secret ingredient of 'oodles of faith' worked miracles. Read Mimi's fascinating true story to find out what happened.

Book Information

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Customer Reviews

Mimi Emmanuel wrote this book from her desperate attempt at survival from life-threatening food chemical sensitivity. Even though she is married to a doctor, there didn't appear to be answers for her inoperable ruptured appendix and septicemia; she also had an intolerance to antibiotics, allergies, and was chemically sensitive to a lot of standard fare. She shares her story along with other helpful information. She gives you her simple menu and variations and where you can purchase the items. She provides the reader with a wealth of resources for different ailments. If you are struggling with health issues, and your doctors are at a loss in how to help, check out the info in this book to see if it might resonate with you.

At the end of your digestive rope? Hang on, you are not alone and have a friend who can help! This is an honest-to-goodness real story of one woman's grit and self-determination when faced with an over-whelming medical conundrum as to why her body was on revolt. You can't be the master of a sinking ship without becoming a master builder; becoming a student on how to patch and re-build. Mimi Emmanuel learned how to craft her own survival diet out of just a very few ingredients. While she hopes that none of her readers would ever have to follow her diet, she shares this journey to show that there are answers to be found. There are times when the standard elimination diet is far too broad for those suffering from a fried immune and digestive system. She shares the spartan but nourishing diet she had to follow for FIVE years as well as how she has tippy-toed into a more varied Phase 2. I especially like her "useful facts" that she places throughout the book to not only make her case as to nutritional needs, but they also spark a deeper interest for further study and personal application. I will most definitely recommend this book to those I teach about diet and nutrition.

Having suffered food sensitivities for a number of years, I found Mimi's story inspirational. It shows the resilience of the human body and the courageousness of a woman's willingness to survive at all costs. For those who have tried all and still aren't sure where to start, this book will be of great help.

I thoroughly enjoyed reading "My Story of Survival" by Mimi Emmanuel as I also struggle with some food intolerance but nothing like Mimi! She was once a very healthy, active, busy person who eventually burned out from chronic stress and became increasingly intolerant of various foods and chemicals. She ended up with a number of pancreatic attacks, inoperable ruptured appendix with septicemia plus an intolerance to antibiotics. It is amazing to read about her struggles, trials, errors, and triumphs as she pushed forward to find a solution to her adverse food reactions and many sensitivities. Mimi's character, strength and faith shine through by the fact that she was able to live on only 10 food ingredients or less for five years. Her daughters are also to be commended for the care they give to their mother. She provides great advice and nutritional facts plus the reasons her diet has worked for her. Mimi does not encourage this diet for most, as it is very restrictive, but does want to share her knowledge and experience for those coming to a dead end trying to figure out their dietary challenges and chemical sensitivities. I highly recommend this book for anyone wanting to read an amazing and inspiring survival story based on nutrition, perseverance and faith, and/or for others needing encouragement and dietary options while struggling with food and chemical intolerance.

An Interesting and compelling true story of how one person was able to find a workable diet despite many food intolerances. This book is encouraging for people who are trying to find the foods that work for them. It offers practical information for coming up with a food elimination diet.

Excellent TRUE story of someone taking control of their life to affect positive change. I couldn't believe that she would radically change her diet this way but she really did for Five Years! The book is not only a great story but it is well written and easy to follow. Highly recommend

I picked this book because it had the word 'Survival'. I believe that people who have fought through their crises are inspired or 'In Spirit' as Dr Wayne Dyer would say. But the book is beyond that. 1. First, the book has her own story. Every time I try to fathom what she went through when her body started to react to everything including water, I feel really uneasy and scared. God bless the author and her family for their faith and courage. 2. Second, though I started feeling uneasy at the very first chapter reading what she went through, I couldn't leave it. The book is a compelling read because of all the fun facts (which I also love to read) and the easy going voice of the author. 3. Third, if you are food intolerant then this book is obviously going to make a lot of sense to you. But if you are like

me who can eat anything in the world including Rhinoceros' skin, read the book for the information on food in general for understanding the health benefits.⁴ Fourth, the structure of the book is great and it is so easy to read I am very happy to have found this book. Thanks Mimi for sharing your story to the world.

After suffering for many years with illnesses, some too difficult to cure, Mimi took her life into her own hands and discovered by eating only ten foods she was able to allow her body to rid itself of many of the problems it endured. Mimi's story is compelling and drives you to follow her as she experiments and researches which foods will help cure her body. It also teaches which 10 foods to eat and what order to eat them in, if you decide to try it out. If you have allergies, intestinal problems or food intolerances you should check this book out. It is a fantastic read as you discover foods that are healthy and beneficial to your body.

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