

What can I eat at shot time?

People with food allergies are normally used to limited diets, but when they hear the restricted list of foods they are allowed to eat at the time of low dose immunotherapy shots, the question above still arises.

The Low Dose Immunotherapy Handbook gives answers with:

- Over 95 recipes including baked goods, main dishes, and side dishes for the basic shot-time (EPD) diet and the Very Mixed Diet (VMD)
- Allowed snacks, desserts, and treats which make these diets easier to live with, especially for children
- An explanation of the principles of the VMD, which allows you to personalize your very mixed diet
- Help with getting organized to take your shots
- Sources of special foods and products you need at shot time

Here's what THE EXPERT says about this book:

Nickie's ability to "do what needs to be done" with the food-related aspects of low dose immunotherapy makes a great deal of difference. If we have a patient on low dose immunotherapy who happens to go through a period of increased problems with foods, Nickie's book, *The Low Dose Immunotherapy Handbook*, is what I recommend. This book contains the only American version of the British Very Mixed Diet, an essential part of the program for our patients on low dose immunotherapy who "unmask" to foods.

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Nicolette Dumke has been cooking for food allergy diets for over 40 years. She began low dose immunotherapy in 1993 and her son began in 1994. Both still take shots once or twice a year, so she has done plenty of shot-time cooking. She holds B.S. degrees in medical technology and microbiology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy Cooking with Ease*, *Gluten-Free Without Rice*, *Easy Bread-making for Special Diets*, and *Food Allergy and Gluten-Free Weight Loss*.