

# Dairy Free Lactose-Free Diet Plan for Children & Adults

Carolyn Humphries



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### Dairy Free Lactose-Free Diet Plan for Children & Adults

Carolyn Humphries

#### Dairy Free Lactose-Free Diet Plan for Children & Adults Carolyn Humphries

This practical book makes managing milk allergies easy. You won't just eat well, you'll feel well too. It contains advice on what to avoid, how to find "hidden hazards" in food and what alternatives are safe.



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