



# Allergic Girl: Adventures in Living Well with Food Allergies

*Sloane Miller*

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# Allergic Girl: Adventures in Living Well with Food Allergies

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**Allergic Girl: Adventures in Living Well with Food Allergies** Sloane Miller

**An indispensable guide for living a full life with food allergies--from an Allergic Girl who lives it**

Millions of Americans concerned about adverse reactions to food are seeking the advice of medical professionals and receiving a diagnosis of food allergies. Allergic Girl Sloane Miller, a leading authority on food allergies, has been allergic since childhood. She now lives a full, enjoyable life full of dining out, dating, attending work functions, and traveling. With tested strategies and practical solutions to everyday food allergy concerns, *Allergic Girl* shows how readers can enjoy their lives too. Informed by personal narratives laced with humor and valuable insights, *Allergic Girl* is a breakthrough lifestyle guide for food-allergic adults, their families, and loved ones. In *Allergic Girl*, you will discover:

- How to find the best allergist and get a correct diagnosis
- How to create positive relationships with family, friends, and food
- How to build a safe environment wherever you are
- Real-world scenarios scripted from the author's life as well her work with clients and other leaders in the field

Enjoy your food-allergic life to the fullest. Let *Allergic Girl* show you how.

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