



My Story of Survival: The ultimate low-reactive diet for allergies, gut problems, food intolerances and chemical sensitivities.

Mimi Emmanuel

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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.

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