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Charity Bratz, Judy Bratz

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This eBook is the first of its kind, addressing specifically nickel allergies and the foods that are safe to eat. The Nickel Allergy Cookbook eBook is a digital book that empowers nickel sufferers to feel confident when it comes to the kitchen in knowing they have food to eat like everyone else. It explains what nickel allergies are, how to identify a reaction to nickel, and provides a list of foods to avoid, to moderate, and, most importantly, to eat.

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