

# Foodallergy.org Action Plan

foodallergy.org action plan

[www.foodallergy.org/training-programs](http://www.foodallergy.org/training-programs)

[www.foodallergy.org how to read a food label](http://www.foodallergy.org/how-to-read-a-food-label)

bach made personal observations of the personality type and behavior patterns matching each remedy

[www.foodallergy.org/actionplan.pdf](http://www.foodallergy.org/actionplan.pdf)