

Foods That Trigger Reactions in Alpha Gals

Source: Alpha-Gal Information



Mammalian Meat (Beef, Pork, Lamb, Etc.)



Mammalian Casings (Even On Poultry Sausage)



Lard (Often Used to Fry Foods and in Refried Beans)



Dairy Products (Milk, Cheese, Yogurt, Ice Cream, Etc.)



Gelatin (Gummy Candy, Marshmallows, Gel Capsules, Etc.)



Cross-Contamination During Food Prep/Cooking



Mammalian Organs (Liver, Kidney, Etc.)



Mammalian Broth and Gravy (Beef Broth, Bone Broth, Etc.)



Collagen (Typically Made from Bovine and Porcine Sources)



Fumes from Cooking Mammalian Meat



Carrageenan (Often Found in Dairy-Free Products)



Mammalian By-Products (e.g. Lactin, Vitamin D, Etc.)

Highest Risk: Everyone with alpha-gal syndrome should avoid



Lower Risk: Know your tolerance level and be cautious when consuming

Alpha Therapytargeting

Tod W. Speer



Alpha Therapytargeting:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Alpha Therapytargeting**

In a world inundated with displays and the cacophony of instantaneous connection, the profound power and psychological resonance of verbal art often fade into obscurity, eclipsed by the constant assault of sound and distractions. Yet, nestled within the musical pages of **Alpha Therapytargeting**, a interesting perform of literary splendor that pulses with raw feelings, lies an memorable trip waiting to be embarked upon. Published by a virtuoso wordsmith, that exciting opus courses readers on a psychological odyssey, softly revealing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect their fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://gandalf.roeckerfam.com/public/detail/default.aspx/Cool%20Restaurants%20Berlin.pdf>

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