

Writer, Allergic Girl

Allergic Girl has both food allergies and intolerances but that doesn't stop her from living life to the fullest. Her website, Please Don't Pass the Nuts features product reviews, restaurant reviews, hotel and travel information as well as the occasional cultural review, all allergy-free!

“I've been allergic to tree-nuts and fish for as long as I can remember. Throw in some of the nightshade family of veggies and some types of melons, most tropical fruits and lemongrass and you have one Allergic Girl. Additionally, I've had allergic asthma since I was four years old. Since 2005, I've maintained a wheat/gluten-free, soy-free and processed sugar-free lifestyle (organic/local/sustainable whenever possible) and it seems to have helped my overall allergies.”