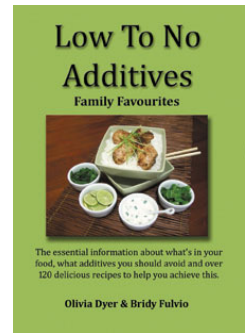


PRESS RELEASE - FOR IMMEDIATE RELEASE

## Mum's on a mission!

### Taking food additives off the menu



Olivia Dyer and Bridy Fulvio certainly are mums on a mission, both having had children affected dreadfully by **food additives**, this dynamic duo are now out to help other families with the release of their book *Low to No Additives – Family Favourites*. Their book is a kind of 'how to' guide for avoiding and removing food additives, nothing like it has even been on the market before, it's a busy parents dream come true.

The book *Low to No Additives* includes over 120 Family Favourite recipes, an easy to follow shopping guide, detailed lists of food additives and their potential effects. No more wandering around the supermarket confused by what all these names and numbers mean, the authors have taken the pain out of it for long suffering parents.

For Olivia and Bridy's children **growing pains**, **behavioural problems** and even **Autism** have all been eliminated by subtracting the additives and watching for food related allergies.

[Every Aussie parent should know about this book!](#)

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"Creating awareness of food additives and their potential adverse reactions"

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