

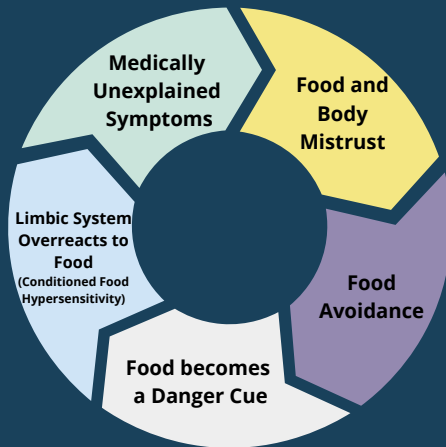
# COULD FEAR PLAY A ROLE IN YOUR FOOD SENSITIVITIES?

When you suffer from food sensitivities, it is natural to worry about your diet and wonder if something you are eating is making you sick.

Unfortunately, constant worry and food avoidance can pull you into the Food Avoidance & Sensitivity Trap, creating additional food sensitivities. This never-ending cycle can lead to a miserable, restricted diet.

## Simplified Food Avoidance & Sensitivity Trap

Wendy Busse 2020



For the complete FAST cycle and to take the Food Avoidance & Sensitivity Trap self-assessment visit:

[www.FASTFreedomProgram.com](http://www.FASTFreedomProgram.com)