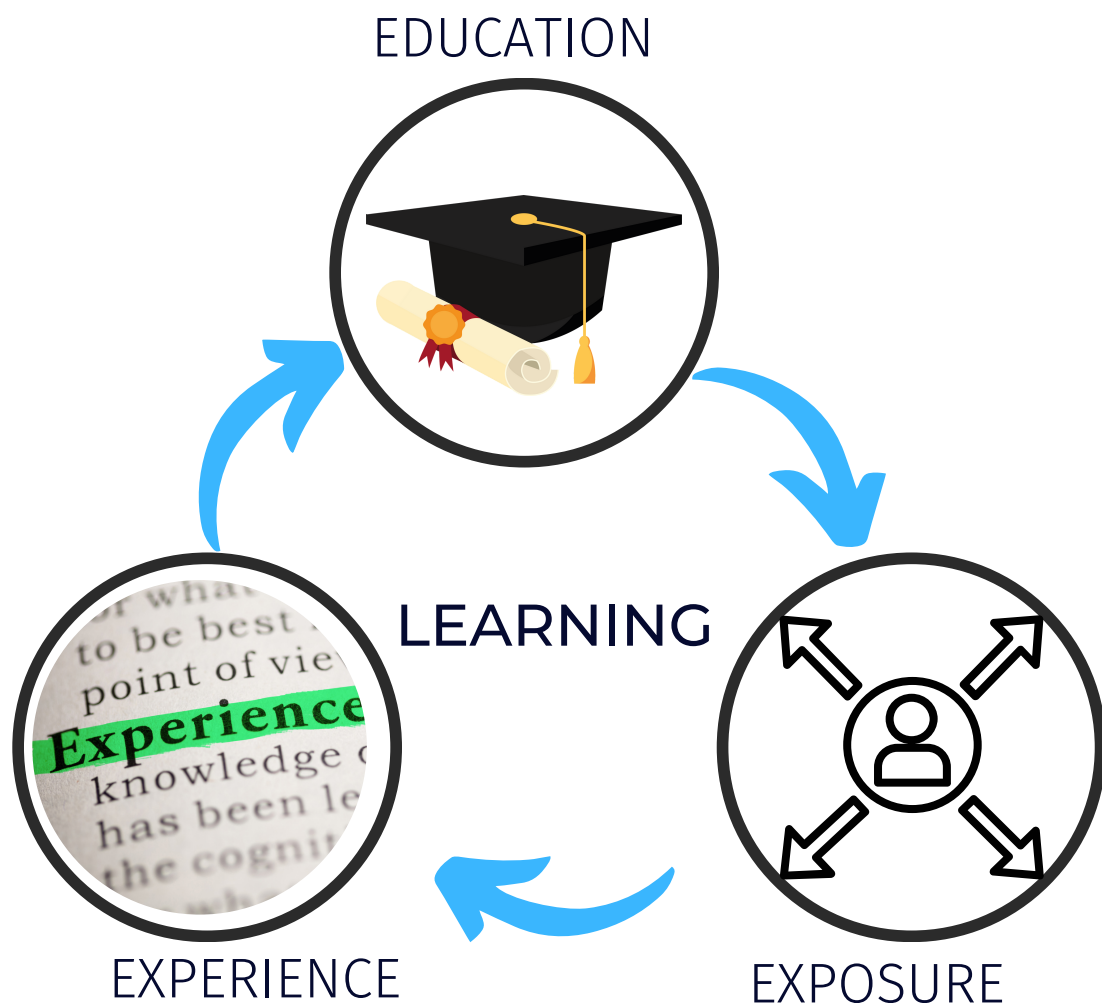


THE 3 E'S OF LEARNING

Well done on picking up this book 'Thrive Allergy Free - Journey to life unlimited by Allergies' to go on adventure with me to understand Food allergies.

Now there are 3 Es of learning: education, exposure and experience. I hope that by going through the chapters of this book, you can leverage on the lessons I have gained from experiencing all forms of learning in terms of understanding Allergy.



This illustration is a supporting document for 'Thrive Allergy free'. Copywrite 2023