



# **It Was Probably Something You Ate: A Practical Guide to Avoiding and Surviving Food-borne Illness**

*Nicols Fox*

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## **It Was Probably Something You Ate: A Practical Guide to Avoiding and Surviving Food-borne Illness**

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From the preeminent journalist and authority on contaminated food, a one-of-a-kind guide for safeguarding against food hazards.

Slight fever. Nausea. A rumbling in the stomach. Diarrhea. What you might think is the flu was probably something you ate. Food-borne illness afflicts 81,000,000 Americans each year, killing 9,000 annually, and yet too many people ignore the fatal hazards lurking in our markets, restaurants, and kitchens.

Now food-pathogen expert Nicols Fox offers a useful, informative guide to preventing, diagnosing, and surviving a food-borne illness. Far more serious than a slight discomfort in the abdomen, food-based pathogens can have long-term physical consequences, leaving victims with lifelong impairment of the digestive system and damage to the lungs, ears, kidneys, brain, and heart. Fox surveys the complicated terrain of food-borne disease, profiling common and uncommon pathogens such as *Salmonella*, *hepatitis A*, *E. coli*, *Campylobacter*, and *Cyclospora*. She also outlines practical advice for dealing with common symptoms and illness-prevention techniques for the home and restaurants. Combining the real stories of victims of food-borne illness with the most up-to-date information about emerging food-borne pathogens, *It Was Probably Something You Ate* is a sourcebook you may not be able to live without.

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