

THE ROCKY ROAD TO HEALTH

{ A SWEET TREAT MADE FOR KIDS WITH ALLERGIES }

Words Michelle Dryburgh



Making a birthday cake for a child with 26 allergies forced Danielle Proctor to think outside the square.

The result was a gluten, peanut and egg-free rocky road 'cake' which was a hit with her children, as well as their teachers, friends and before long, the whole neighbourhood.

Now everyone can enjoy allergy-free rocky road bars from The Rocky Road House, which has just launched a new online shop and fundraising program.

Danielle always had a love of baking, and still remembers the family-famous jam drops she made as a 12-year-old. But her cooking methods had to change when her daughter Lauren was diagnosed with her first allergies - to dairy and rice - at just six months old.

"She started to break out with eczema on her face and body and then her dermatologist had her tested to find out what other allergies she had."

The tests revealed Lauren was also allergic to eggs and anaphylactic to peanuts. It was found she suffered from autoimmune problems.

Over the next 10 years her autoimmune illness worsened, being diagnosed with 26 allergies including gluten intolerance and anaphylaxis to penicillin. Lauren was hospitalised 11 times in those 10 years with severe eczema, chickenpox and shingles, and developed Sjogren's Syndrome and Lupus.

Today, Lauren is a picture of health. At 14, the only allergies that remain are to egg, peanut and penicillin, but she is no longer on medication and her skin conditions have healed.

"When Lauren was 10 I decided to wean her off all her medications and replace this with natural treatments and therapies. After a long 12 months and a lot of persistence she had shed all her dry skin and a layer of healthy skin started to develop."

The Rocky Road House range comes in 100g and 200g bars in eight different varieties, including the more traditional Milk Choc Lane and White Cranberry Close, as well as colourful new combinations like Popping Candy Drive and Salted Caramel Corner.

"When it comes to favourites it's really hard to pick," says Danielle. "I'm just so happy we are able to share with the world what we have been enjoying for some time now."

www.therockyroadhouse.com.au

