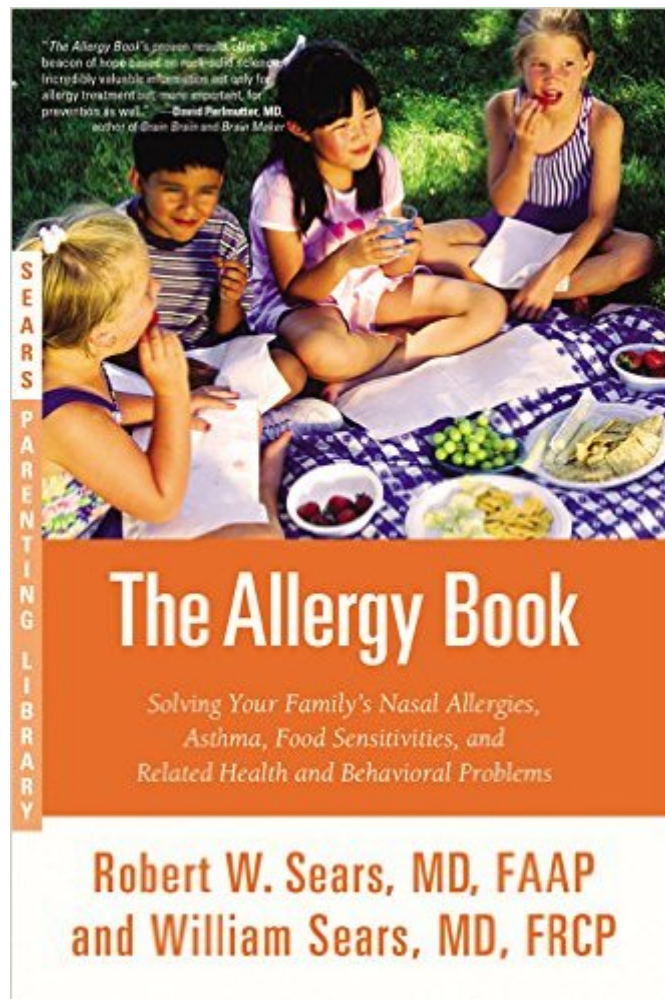


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# The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, And Related Health And Behavioral Problems



## Synopsis

From America's most trusted name in pediatrics, a comprehensive guide to treating and preventing nasal allergies, asthma, food allergies and intolerances, and more. Allergies are one of the most common ailments, causing children to miss school and parents to miss work. Left untreated or unresolved, stuffy noses, itchy skin, and irritated bellies can lead to chronic asthma, eczema, inflammatory bowel disease, and neurological disorders. Today's parents don't just want to treat their family's allergy symptoms — they want to eliminate allergies and prevent chronic and long-term health complications. The Sears show them how. Drs. Robert and William Sears present a science-based approach that has helped alleviate allergies in many of their patients, providing a plan not only for treatment, but also for prevention. A family-friendly resource, **THE ALLERGY BOOK** offers all the reassurance and accessible, practical advice that parents need to resolve their children's allergies, now and throughout their lives.

## Book Information

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Average Customer Review: 4.6 out of 5 stars — See all reviews (14 customer reviews)

Best Sellers Rank: #433,678 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Children's Health > Allergies #95 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #189 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

Who knew that there was so much to learn about allergies? For readers who are plagued with allergies of any kind — whether to pollen, dust, mold, pets, food, or even insects — "The Allergy Book" by Dr. Robert Sears and Dr. William Sears is an absolute must-read. Start off by learning what actually happens in the body during an allergic reaction, and then learn more specifically about allergy testing, common medications used to treat allergies, nasal and eye allergies, asthma, and more. Don't just treat your eczema topically; use the advice in this book to hunt down the

causes, and then make changes in your life to make it better for real. Food allergies got you down? Learn the ways to pinpoint a food allergy, whether through straight testing or through elimination diets, and then get advice on how to effectively keep those foods out of your life. Read about how an allergy to cow's milk is much more common than most people realize, and how gluten sensitivity is more than just a fad. There is an entire chapter devoted to anaphylaxis, which points out just how rare it is, while still providing all of the necessary information for anyone who is at risk. Learn more about how allergy shots may eventually help someone with an allergy leave that issue behind forever. What's great about this book is that the Sears doctors cover each type of allergy in depth, and they focus on more than just medication to help keep things under control.

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