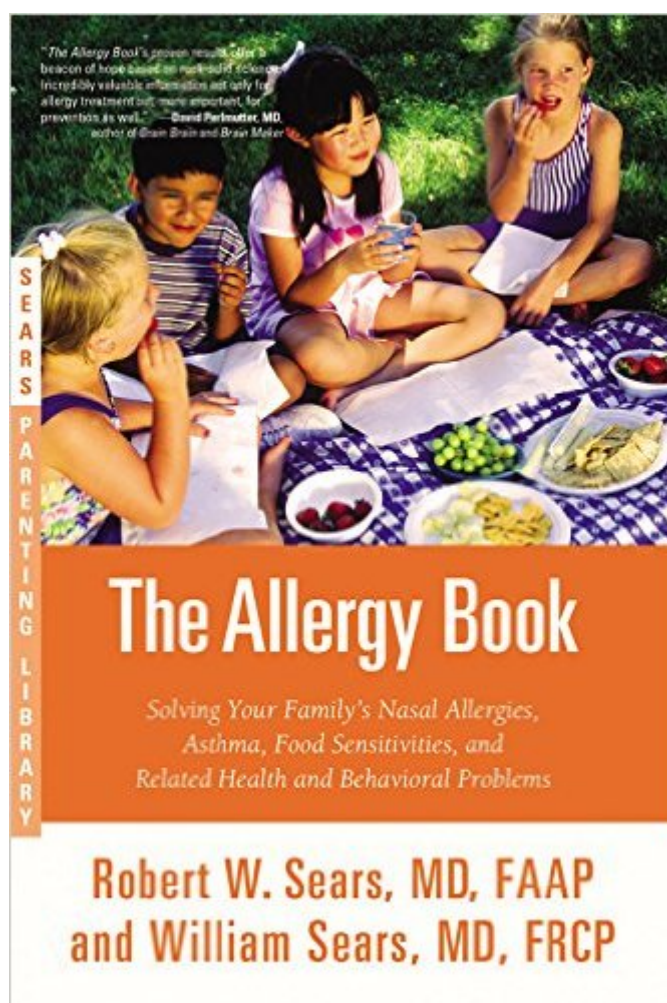


The book was found

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

Paperback: 352 pages

Publisher: Little, Brown and Company; 1 edition (April 7, 2015)

Language: English

ISBN-10: 0316324809

ISBN-13: 978-0316324809

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 11 ounces (View shipping rates and policies)

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.

[Download to continue reading...](#)

The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems
Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1)
The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages
Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions
Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities
Cooking Free : 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities
Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies)
The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten
The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health
The Whole Family Guide to Natural Asthma Relief: comprehensive Drug Free solutions for Treatment Prevention
Asthma Allergies Why Can't I Have a Cupcake?: A Book for Children with Allergies and Food Sensitivities
ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1)
Elimination Diet 101: A Cookbook and How-to Guide with Helpful Advice and 80 Easy, Quick and Delicious Recipes to Test for Food Allergies and Sensitivities
The Allergy-Fighting Garden: Stop Asthma and Allergies with Smart Landscaping
All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise)
Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type

Health Library) How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions) NO Allergy with Acupressure: Instant Allergy Self-Treatment, Picture Guide (Volume 1) Cat Training Books: The Ultimate Learning Guide for Training Cats, Solving Behavioral Problems and Raising the Perfect Feline Companion

[Dmca](#)