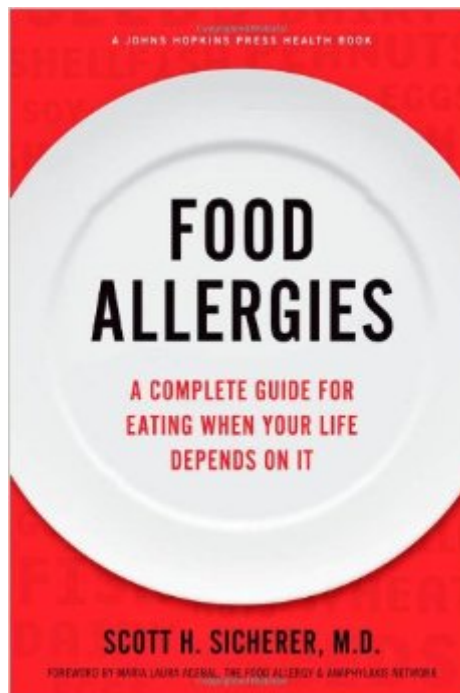


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# Food Allergies: A Complete Guide For Eating When Your Life Depends On It (A Johns Hopkins Press Health Book)



## Synopsis

Posing the questions that anyone with food allergies will think to ask •and then some• Food Allergies provides practical, emotional, and scientific guidance on the topics that affect your life. Allergy expert Scott H. Sicherer addresses the full spectrum of food allergies, from mild to life threatening, from single foods to food families, clearing up misconceptions along the way. He explains how exposure to foods can bring about an allergic response, describes the symptoms of food allergy, and illuminates how food allergies develop. He also recommends tests for diagnosing both food allergies and chronic health problems caused by food allergies •such as eczema, hives, and respiratory and gastrointestinal symptoms. Food Allergies thoroughly explains how to prevent exposure to a known allergen at home, at school, in restaurants, and elsewhere and what to do if exposure occurs, including how to handle an anaphylactic emergency. Dr. Sicherer also reviews food reactions that are not allergic (such as lactose intolerance), advises how to get adequate nutrition when you must avoid dietary staples, and discusses whether allergies ever go away (they do •and then sometimes they return).

## Book Information

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## Customer Reviews

I checked this book out from my library and decided to buy it so I had my own copy to highlight important facts and tips. This is PERFECT to show to family members to help answer any questions they may have about how to deal with food allergies. This should be in every allergist office.

I like the format a lot. It makes it easy to look up a topic and get a straight answer quick. It is helpful in knowing that "you are not crazy." I am a holistic health coach who works with clients that have autoimmune & inflammatory diseases/ disorders, celiac disease, food allergies and intolerance, chemical sensitivities and related disorders. I myself have had to work through all of the above, and now I mainly just have the food allergies & intolerance, chemical sensitivities and celiac disease to handle. I love having this book as a quick reference to look up things that others suffer from that I might not have had to deal with. I love having this book to give to clients. It is a great resource and I am grateful that it has been written. I have yet to have the time to read this book from cover to cover; but look forward to having that time. It certainly is easy enough to find what you need without having to do that.

Just finished this very helpful book about food allergies - it was presented as a series of cases and then discussion about the issues raised by each case. Well organized and easy to understand - a good read for the non-medical person interested in learning about food allergies. It was published in 2008 and things have changed a bit since with new information from recent studies, but this book is mostly still up to date. I'd be interested in seeing a new edition by the same author.

Excellent book-guidance was similar to what I had used for the past 20 years with my daughter. Great information-parents and families new to an allergy issue shouldn't be afraid to use this for guidance.

I really enjoyed the question and answer format of the book. I could easily skim through the book, focusing on issues that are relevant to my family. This book is a great resource for families, teachers and others who know or work with people with food allergies.

This book was recommended by my daughter's allergist as I have a ton of questions for him every time I bring her in. As someone with a child who has very severe food allergies, this offers some answers while also acknowledging what is still unknown.

Superb book. Well written, objective, will be recommending to any family dealing with food allergies. I have been looking for a book like this.

This book is very informative and comprehensive covering many aspects concerning food allergies. It is also well written in a style that is easy for the layperson to understand. It will be a great resource for me as a school nurse

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