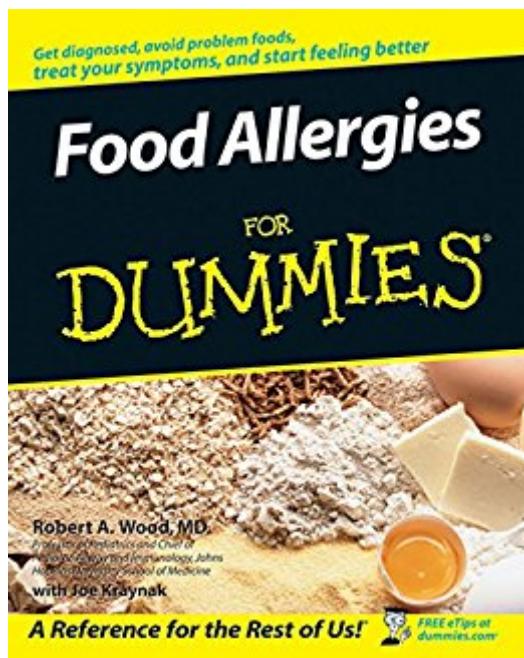


The book was found

Food Allergies For Dummies



Synopsis

Are you constantly worrying about what you or your loved ones eat? Is every dining experience an episode of anxiety for you? Being allergic to different types of food not only ruins the experience of eating, it can lead to dangerous, sometimes lethal, consequences. With *Food Allergies for Dummies*, you can feel safer about what you eat. This concise guide shows you how to identify and avoid food that triggers reactions. This guide covers how to care for a child with food allergies, such as getting involved with his/her school's allergy policies, packing safe lunches, and empowering him/her to take responsibility for his allergy. You will also discover: The signs and symptoms of food allergies How to determine the severity of your allergy Ways to eat out and travel with allergies How to create your own avoidance diet Ways to enjoy your meal without allergic symptoms How to prevent food allergies from affecting your child The latest research being done to treat food allergies *Food Allergies for Dummies* also provides an in-depth chapter on peanut allergy and how to spot traces of peanut in your food. With this book, you will feel safer and more comfortable while you eat. And, with plenty of helpful resources such as Web sites and allergy-friendly recipes, you'll hardly have to worry about your diet!

Book Information

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Customer Reviews

When my son was about a year old he was diagnosed with being allergic to milk, eggs and peanuts. If you're like me milk and eggs were in just about everything. This book has a lot of good ideas for parents that are new to food allergies. In all honesty though, the majority of my recipes and ideas have come from other parents that have children with food allergies and the web. The book it's self is great, but I only gave it 4 stars because it's not the end all be all....we found the idea to use 1tbs of each water, vinegar & baking powder to replace one egg (to help pancakes and cakes rise) on the web rather than in this "for dummies" book. I suggest finding alternatives on websites, blogs, groups and reading all the labels rather than in the book. However, if you are stuck and don't know where to start, this will give you a good start

Fantastic! This book is purely an amazing resource for everyone: parents, care givers, friends and families and most of all, the person with food allergies. As a parent of a food allergic child, I've spent the last 6 years learning everything on my own, via FAAN and other resources. This book sums it up in one fell swoop! The authors cover what issues and challenges exist, how to understand them and most of all...how to live successfully with food allergies. Information is clearly defined in lay terms and organized for quick review. Food Allergies, as a disease, is new to many physicians and this book helps explains details that doctors haven't dealt with yet, are unfamiliar with, or simply do not have the time to cover in a visit; such as various testing, managing school, reading labels, risk assessment, etc. The Food Label Crib Sheet is must for all beginners too! My local food allergy parent education group is in the process of purchasing this book for each school nurse within our school district (68,000 students) after they discovered that the head nurse felt this book would be a vital resource for her staff and parents, but didn't have the funding for the purchase. I have a feeling this book will soon become common recommendation for people beginning on the path of successful living with Food Allergies.

I really liked the book at the beginning of my research. It does a good job of summing up allergy basics. Our case is very complicated though and I needed to do further reading. If you have a straight fwd ige mediated allergy this book is a great resource.

Purchased this for a food allergy support group. It's very informative, especially for the newly

diagnosed. It's written by one of the top allergists in the USA.

I wish I would have read this before my first allergist appointment! Great starter book for anyone newly diagnosed with one or more allergies and especially for those with peanut allergy.

Ok for a reference book. Vendor delivered on time.

Amazing! This book is a must read for anyone with food-related allergies. My daughter has severe allergy problems and this really helped me to understand the "whys" and the "how-tos" in taking care of a toddler with allergies. The best allergy-related book I've read yet!

Practical, easy to understand & written by a doctor who actually has the fatal allergy.

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Allergies At School: Ways to increase the safety and awareness of life-threatening food allergies at school
Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Food Symptom Diary: Logbook for symptoms in IBS, food allergies, food intolerances, indigestion, Crohn's disease, ulcerative colitis and leaky gut (pocket size)
The Food Intolerance Bible: A Nutritionist's Plan to Beat Food Cravings, Fatigue, Mood Swings, Bloating, Headaches, IBS and Deal with Food Allergies
Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities
Food Allergies For Dummies
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Health Journal: Discover Food Intolerances and Allergies: (A Food Diary that Tracks your Triggers and Symptoms)
Anti-Inflammatory Elimination Diet Health Food Plan: Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy Anti-Inflammatory Diet For Life
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