

Allergies

Sherri Mabry Gordon

The 7-Day Allergy Makeover Susanne Bennett,2014-03-04 A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally. THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring. What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever. Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.

Understanding and Managing Your Child's Food Allergies Scott H. Sicherer,2006-11-17 For children with food allergies, eating—one of the basic functions of life—can be a nightmare. Children who suffer or become dangerously ill after eating peanuts, seafood, milk, eggs, wheat, or a host of other foods require constant vigilance from caring, concerned parents, teachers, and friends. In this empathetic and comprehensive guide, Dr. Scott H. Sicherer, a specialist in pediatric food allergies, gives parents the information they need to manage their children's health and quality of life. He describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities. Parents will learn how to recognize emergency situations, how to get the most out of a visit with an allergist, what allergy test results mean, and how to protect their children—at home, at school, at summer camp, and in restaurants. Informative, compassionate, and practical, this guide will be indispensable for parents, physicians, school nurses, teachers, and everyone else who cares for children with food allergies.

Dr. Psenka's Seasonal Allergy Solution Jonathan Psenka,2015-03-03 Recent studies show that the number of people suffering with seasonal allergies has been skyrocketing and is expected to continue increasing into the foreseeable future. And in the United States alone, 65 million people suffer with seasonal allergies on a regular basis. In Dr. Psenka's Seasonal Allergy Solution, author and naturopathic physician Dr. Jonathan Psenka tells readers they can—and should—aim for a cure. Readers will discover how people often attempt to manage the symptoms of their seasonal allergies with pills, sprays, drops, and even painful shots. But very few of these medications treat the cause, so symptoms are likely to return year after year. Dr. Psenka has developed a highly detailed, fourstep plan, so readers will finally target the root cause of their seasonal allergies and be free of allergy medication. By following Dr. Psenka's advice on how to use natural remedies before, during, and after allergy season, readers can finally wave good-bye to their pesky runny noses and scratchy throats.

Understanding Allergies Holly Duhig,2018-07-15 Peanuts, pets, pollen; people can be allergic to many different things. Allergies can cause different reactions, from runny noses to more serious symptoms, so it is important to understand how allergies can affect the body. This informative book introduces readers to different types of allergies, their symptoms, and treatment options. Full-color photographs and fact boxes illustrate important information. This straightforward text helps readers understand complex medical terms and processes. Accessible and thorough, this book is the perfect guide for readers who have allergies, or who have loved ones with allergies.

What You Can Do About Allergies Sara L. Latta,2015-07-15 Through real-life stories, learn about the many types of allergies and their effects, including asthma, hay fever, food allergies, latex allergies, and anaphylaxis. Understand how the immune system works and how different people react to allergens. Explore the history, symptoms, diagnosis, treatment, prevention, and future areas of

research for those with allergies.

Dealing with Food Allergies Janice Vickerstaff Joneja, 2003-04-01 Presenting up-to-date information on current diagnostic methods and treatment options, this guide describes the effects of food allergies on the skin, mucous membranes, and respiratory and digestive tracts; discusses treatment by allergists and other healthcare professionals; and empowers readers to manage their food allergies.

Are You at Risk for Food Allergies? Sherri Mabry Gordon, 2014-07-01 What is it like to have a food allergy? For a person with food allergies, the most common foods, such as milk, eggs, or peanut butter, can cause a life-threatening reaction. Readers find out what it is like to have a food allergy, ways to cope with food allergies, the causes of food allergies and what scientists are doing to combat them.

Understanding Your Food Allergies and Intolerances Wayne Shreffler, Qian Yuan, MD, PhD, Qian Yuan, Karen Asp, 2012-05-22 Discover the most up-to-date methods for recognizing and dealing with food sensitivities--and living a healthier life--safely, smartly, and effectively. Original.

Food Allergies Scott H. Sicherer, 2017-09-29 The essential guide for anyone who suffers from food allergies. Posing the urgent questions that anyone with food allergies will think to ask—and then some—Food Allergies provides practical, sensitive, 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 and from single foods to food families, clearing up misconceptions along the way. He explores how exposure to foods can bring about an allergic response, describes the symptoms of food allergy, and illuminates how food allergies develop. Organized in an accessible Q&A format and illustrated with case studies, the book thoroughly explains how to prevent exposure to a known allergen at home, at school, in restaurants, and elsewhere. Dr. Sicherer also gives valuable advice about what to do if exposure occurs, including how to handle an anaphylactic emergency. Finally, he describes tests for diagnosing food allergies and chronic health problems caused by food allergies, such as eczema, hives, and respiratory and gastrointestinal symptoms. In this thoroughly updated new edition, Dr. Sicherer • describes new approaches to prevent food allergies • presents cutting-edge theories on risk factors for developing food allergies • describes innovative allergy tests to improve diagnosis • explains how to administer emergency medications for severe reactions • focuses on new allergens of concern, such as pink peppercorns • analyzes studies suggesting that resolution of an allergy might be predictable • talks about the role of healthy diet • lists additional resources, including allergy-related apps • provides revised school food allergy guidelines • offers insights into food allergy bullying—and advice to reduce it Dr. Sicherer also reviews food reactions that are not allergic (such as lactose intolerance and celiac disease), advises how to get adequate nutrition when you must avoid dietary staples, and discusses whether allergies ever go away (they do—and sometimes they return).

AARP Allergic Girl Sloane Miller, 2012-05-09 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. AARP Allergic Girl is an indispensable guide for living a full life with food allergies--from an Allergic Girl who lives it. Millions of Americans concerned about adverse reactions to food are seeking the advice of medical professionals and receiving a diagnosis of food allergies. Allergic Girl Sloane Miller, a leading authority on food allergies, has been allergic since childhood. She now lives a full, enjoyable life full of dining out, dating, attending work functions, and traveling. With tested strategies and practical solutions to everyday food allergy concerns, Allergic Girl shows how readers can enjoy their lives too. Informed by personal narratives laced with humor and valuable insights, Allergic Girl is a breakthrough lifestyle guide for food-allergic adults, their families, and loved ones. In Allergic Girl, you will discover: How to find the best allergist and get a correct diagnosis How to create positive relationships with family, friends, and food How to build a safe environment wherever you are Real-world scenarios scripted from the author's life as well her work with clients and other leaders in the field Enjoy your food-allergic life to the fullest. Let Allergic Girl show you how.

My Physician Guide to Food Allergies Timothy Shybird, 2011-02-03 The My Physician association is

composed of top medical professionals who have come together with the goal of educating the public on critical health issues. Drawing on expert knowledge and decades of experience, we have created the My Physician guides to bring you only the most relevant information on the conditions that affect you. Inside the My Physician Guide to Food Allergies, you will learn exactly what food sensitivity is, symptoms of the most common food allergies, how certain medical conditions are linked to food sensitivity, the most common causes of food allergy, risk factors that predispose someone to developing an allergy, ways to dine-out if you suffer from an allergy, how an allergy emergency kit could save your life (and what to include in one), links to support groups for people with similar conditions, how to find a medical allergist with a specialty in food sensitivity, essential supplements and vitamins you need, alternative treatment options to help with the stress of a modified diet, and much more!

Food Allergies Kevin Hillstrom, 2012-06-12 Some food allergies are deadly, making this health topic a must-know. The most common food allergies are discussed in detail, as are the physical effects of food allergies, including mild and severe reactions. Readers will learn how people with food allergies stay safe and avoid ingredients they are allergic to, and how food allergies are treated. Doctors, researchers, and people living with food allergies are quoted throughout the text and full source citations are provided. Lists of sources for further research, including organizations to contact, are also included, along with a glossary and detailed subject index.

Allergies Disease in Disguise Carolee Bateson-Koch, 2003-06-02 Allergy is generally misunderstood. Left untreated it can lead to serious degenerative disease. Asthma, migraines, arthritis, ulcers and obesity have all been linked to allergy. Fatigue, irritability, body aching, digestive problems, and other vague ailments are typical of allergy. Dr. Bateson-Koch provides insight into why allergy is becoming more common, how it relates to environmental factors, food additives, diet, digestion, body chemistry, addiction, yeast, molds, parasites and childhood illnesses - and why enzymes are the key to healing. Following her program, you won't have to give up your pet, get allergy shots, rotate foods, keep diet diaries or cook allergy-free recipes for the rest of your life. You will not only recover and enjoy an allergy-free life, you will gain invaluable understanding of health and well-being.

Allergies Steve Parker, 2004 How do you know if you are allergic to something? What kinds of things are people allergic to? What happens when a person has an allergic reaction? This book examines a broad range of allergies, including hay fever, rhinitis, food allergies, skin allergies, and allergies to chemicals or insect stings. Read about the causes of allergies and the current medications available. Get the facts about what it is like to live with allergies every day.

Allergies, and Awesome You Atul N. Shah, 2012 Can you imagine your life allergy-free? Yes, yes, and yes. It is possible. Now, it's your turn. The AmazingAllergist will show you how. This book is a part of the AmazingAllergist's Awesome Series that empowers allergic children to live great lives. It is a by-product of the author's extensive knowledge, vast experiences, and desire to make a difference, one allergic child at a time. This book, through a life story of an allergic child, will empower you and your children. What to expect: Definition of allergy and myth busted Early allergy recognition information A helping hand Facts about how you can get better Help to overcome fear of allergy tests Guidance on controlling allergies at home Fun way for a child to learn Instructions on overcoming allergen exposure Drug-free treatment options Information on the proper use of allergy medications Allergy vaccination relief information Checklist for a great and healthy life Wonderful free resources and links Reliable science based information A portion of the proceeds from this book will help fund the research and education in the field of allergy, asthma, and immunology. Learn more @ www.AmazingAllergist.com

Complete Guide to Allergies Catherine Quéquet, 2023-07-04 How do allergies work? How have they changed in the last ten or twenty years? Why do so many people suffer from and live with them? In *The Complete Guide to Allergies*, author and allergist Dr. Catherine Quéquet explores the world of the most common allergies and introduces readers to the strangest and newest allergies that have impacted large numbers of the population in recent years. Pollen, dust mites, seafood, nut, dairy, and

gluten are only the tip of the allergy iceberg. If the world of allergies were simple, it would be easy to get rid of them, but the growing number of people suffering from allergies (40% of the population) know that it is far from being that straightforward. An allergy appears when a person with a sensitivity meets an allergen. However, in the polluted and hyper-consuming world in which we live, cocktail effects and risk situations multiply at any moment of the day: when we get dressed, when we sleep, when we eat, and even when we make love! The diagnoses of ear, nose, throat, dermatological, pneumopathic, or ophthalmological manifestations can turn into a real long-term enquiry in which many surprising factors intervene! Dr. Quéquet helps us understand the mechanics of many allergies and brings us the latest knowledge on the subject, making us think about the health issues of our way of life, while also entertaining the reader with her amusing anecdotes, games, and allergy-free recipes. We emerge from this read with more knowledge, fewer preconceptions, and agreeably entertained.

Allergy Free with Dr. Z John F. Zwetchkenbaum, 2017-08-15 An allergist reveals why patients have a hard time finding relief—and offers three steps to ease your symptoms. Allergy sufferers around the world—rejoice! For decades, allergies have been misunderstood and misdiagnosed; as a result, millions of people with allergies (whether they know it or not) have been mistreated. Finally, here is a no-nonsense resource that will educate the reader on what allergies are, what allergies are not, and what we can all do to have a sneeze-free day—every day!

Food Allergy Survival Guide Vesanto Melina, Joanne Stepaniak, Dina L. Aronson, 2004 A guide to food allergies that provides information on creating and maintaining a healthy intestinal boundary, related conditions, label reading, celiac disease, nutrition planning, and other related topics; and includes recipes.

Living with Food Allergies Carol Hand, 2012-01-01 Living with Food Allergies features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with food allergies. Topics include causes, risk factors and complications, testing and diagnosis, treatment, coping strategies, lifestyle changes, and getting help. Throughout the book, Ask Yourself This questions encourage discussion. Features include a selected bibliography, further readings, Just the Facts summary of medical facts about addiction, Where to Turn summary of key advice that includes contact information for helpful organizations, a glossary, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

Allergies Adams Media, 2012-04-01 For parents, few experiences provoke more anxiety than the thought of a sick child. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to understand your child's ailments and provide the best possible care. Childhood illnesses are inevitable; the way you approach treatment is not. Here you'll find the tools in determining what is, or is not, an allergic reaction, when to seek allergy testing from your child's pediatrician, and how to minimize your child's triggers.

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Allergies**. This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Allergies Introduction

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