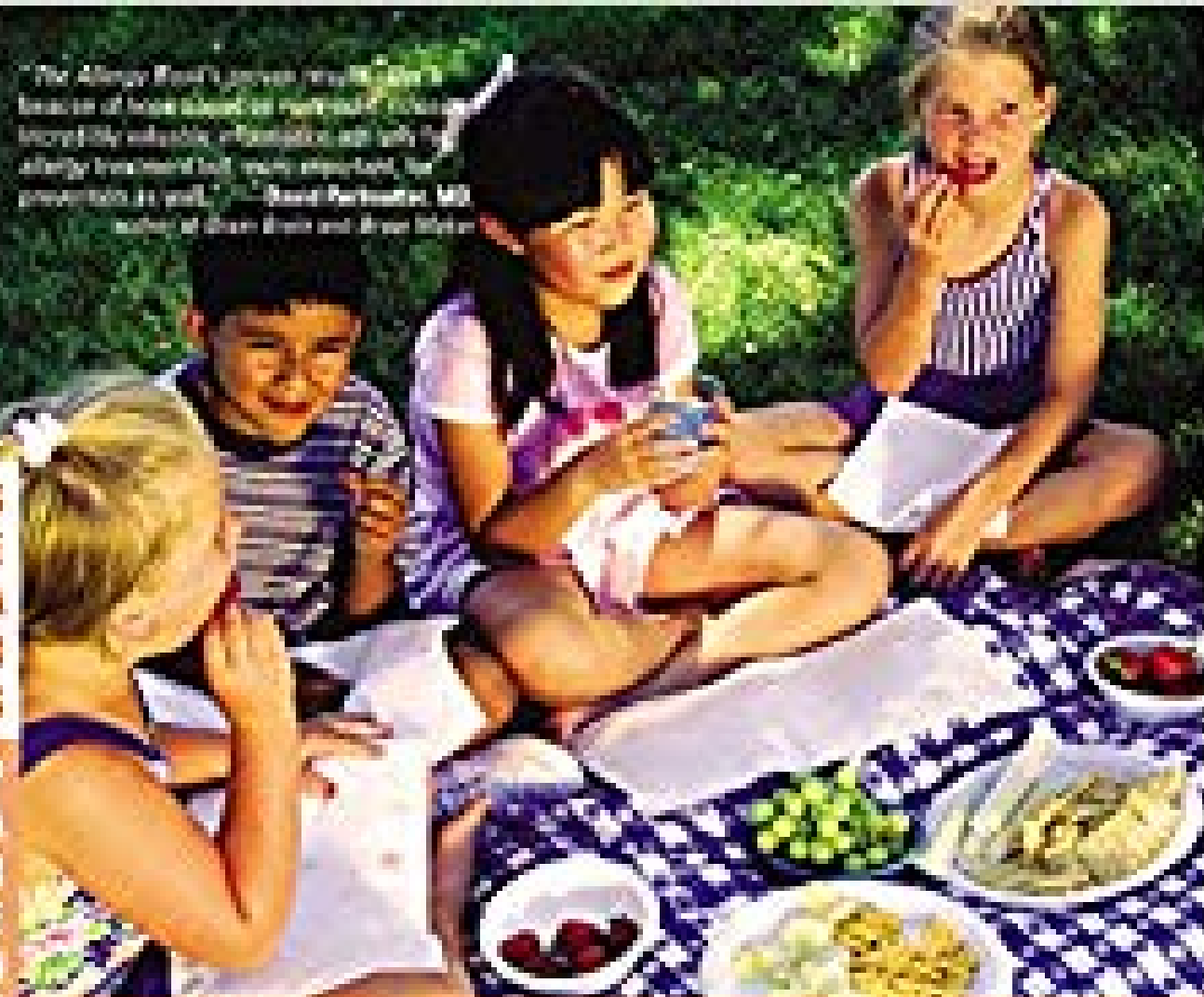


"The Allergy Book's proven strategies for
treatment of food allergies, asthma, eczema,
incredibly valuable information and why the
allergy treatment book is so important for
prevention at all." —David Permut, MD,
author of *Brain Storm* and *Brain Matters*

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The Allergy Book

*Solving Your Family's Nasal Allergies,
Asthma, Food Sensitivities, and
Related Health and Behavioral Problems*

**Robert W. Sears, MD, FAAP
and William Sears, MD, FRCP**

Robert W. Sears and

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



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From America's most trusted name in pediatrics, a thorough guide to treating and preventing nasal allergies, asthma, food allergies and intolerances, and more. Allergy symptoms are probably the most common ailments, causing kids to miss school and parents to miss work. Today's parents don't simply want to take care of their family's allergy symptoms ; they would like to eliminate allergies and prevent chronic and long-term health complications. Remaining untreated or unresolved, stuffy noses, itchy pores and skin, and irritated bellies can result in chronic asthma, eczema, inflammatory bowel disease, and neurological disorders. Drs. The Sears show them how. Robert and William Sears present a science-based approach which has helped alleviate allergy symptoms in many of their patients, providing a plan not only for treatment, but also for prevention. A family-friendly source, THE ALLERGY BOOK offers all the reassurance and available, practical guidance that parents have to resolve their children's allergy symptoms, now and throughout their lives.



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I learned a lot, and We knew a lot about allergies before also reading this book. Where will be the sources?.this is a great find. Chapters on eczema and asthma. Great for those who have any allergy symptoms or intolerance in the family. I've only gotten component way through . It is so filled with current research I am following, but finally helps me really understand my children's full immune systems from a holistic perspective. It is so easy to read as well. We've worked with allergist, peditricians, naturopaths, which book is an incredible foundation in allergy world from a parents perspective. I was thrilled with the last chapter's holistic approach and recommendations. I spend hours a day researching and cooking food from scratch.. Great info. Info about environment allergies and food allergies. As a mother familiar with paleo and low fodmap, I was so happy to see these shown as recommended moves for big allergy family members. This book is so informative and helpful..it makes a notable difference and I am glad to see such well respect authors support this. Buy this publication, don't hesitate!! Great info!!.. Five Stars Thanks Waste of money and time Not helpful for my children. I've been able to more efficiently fight my child's eczema and my own seasonal allergies with the guidance of this book. Lots of info about allergies. Although I really like the Searses, And think they certainly are to be trusted, I can't find this book a good one without a list of references. They make reference to studies, but what research? This is the kindle version, probably the paperback is way better..The Allergy Option: Unlock the Surprising, Hidden Truth about Why You Are Sick and Ways to get Well . Some points in the medical globe will . Some items in the medical world will never end up being studied by the AMA but it was great to listen to anecdotal evidence in what works. A must-go through!! Well done. Very informative about the allergy process as the fixes are . A must have for allergy families This book is completely amazing for allergy families. I learned a lot, and I knew quite a bit about allergies before actually reading this book. Very informative on the allergy process while the fixes are limited to a few pages. Good explanation about the different testing such as blood vs epidermis testing..and have read many more ideas for improvement. Five Stars Everything was good. The incredibly detailed explanations of how allergins develop in the body were sometimes a little bit over my head, but still interesting to understand. Also too specialized and difficult to understand.



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