



The Asthma and Allergy Action Plan for *KIDS*

**A COMPLETE PROGRAM TO HELP YOUR CHILD
LIVE A FULL AND ACTIVE LIFE**

- Work with your doctor for the best results
- Find solutions without side effects
- Manage seasonal variations
- Teach your child to manage his or her own condition
- Get a handle on food allergies
- Learn the truth about cats and dogs

ALLEN J. DOZOR, M.D., and KATE KELLY

Dr. Allen Dozor and

The Asthma and Allergy Action Plan for Kids: A Complete Program to Help Your Child Live a Full and Active Life



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Statistics display that up to 40 percent of kids in the usa have problems with allergies and in least 10 percent have problems with asthma. There is the continuous protectiveness from caregivers, complicated limits and rules, headaches, obesity, shortness of breath, and rest deprivation. His warmhearted but reality-based strategy includes How to give the right quantity of medication for best effects no side results Empowering your children to manage their own condition so that they can feel safe and secure Prevention and management in college Handling emergencies And much more! Dozor's program, developed during the last twenty years, is designed to empower both parents and kids. Dozor, head of one of the largest pediatric pulmonary procedures in the United States, has noticed among his patients, some of the most upsetting effects of allergy symptoms and asthma will be the psychological wounds inflicted on a child's self-image. That translates into almost five million American kids affected by both allergy symptoms and asthma. In some instances these side results, such as for example stress and obesity, cycle back to make the original condition even worse. Dr. Allen J. And as Dr.



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Awesome Great book to have when everyone has asthma and allergies in my own house. I don't usually purchase books approximately health issues, but we've been fighting my daughter. Best Book on Asthma and Allergies! Very helpful Glad I purchased this book msnchz I purchased this book cause I've a daughter with very awful allergies, they are similar to seasonal allergies, this book is quite informative haven't finished it however but does help me understand and give me tips to help her cope with this. She has allergies and asthma and I am therefore afraid of the medications and my doctors by no means appear to have enough time for me personally. This book is a godsend! Great practical advice for parents looking for guidance. When you have children with allergy symptoms or asthma, you need to buy this reserve. After reading this reserve I have an excellent understanding of what queries to inquire, which doctors to find and the items I can perform to greatly help control my child's allergies. Dozor really seems to know what he's talking about. Amazing Resource for Parents Simply put this publication is amazing. Dr. I wish he was near me. Fantastic resource Wish I'd have found this book 3 years ago when my child was diagnosed. A practical guide to childhood asthma!



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