

# The Parent's Guide to Food Allergies

**CLEAR AND COMPLETE ADVICE  
FROM THE EXPERTS ON RAISING  
YOUR FOOD-ALLERGIC CHILD**



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## The Parent's Guide to Food Allergies: Clear and Complete Advice from the Experts on Raising Your Food-Allergic Child



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The most comprehensive book on dealing with childhood food allergies, a problem that affects more than four million children in the United States. As families have a problem with a severe condition that can at any time become life-threatening, the stress is often mind-boggling. For them -- and their parents and caregivers -- the ordinary patterns of lifestyle are profoundly disrupted. Each year thousands of children in this country are identified as having one or more food allergies. Now this invaluable reference supplies the practical help and reassurance parents have already been waiting for. The Parent's Guidebook to Food Allergy symptoms addresses at length the useful, physical, and emotional problems kids and their families face, including vital information on:--managing emergencies --stocking a kitchen with secure, appealing foods--helping a kid adjust easily in school --dealing with the stress that having a food-allergic child puts on family members relationships--eating in restaurants and traveling. Comprehensive and authoritative, this book is certain to be the bible for anybody with a food-allergic child. To write this reserve, Marianne Barber, whose son has serious food allergies, teamed up with a pediatric allergy expert and a psychologist who treats many people with severe allergies.



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An Excellent Source of Information I bought the book immediately after finding out that my child was allergic to milk. This book has offered a great deal of information regarding meals allergy symptoms and how to deal with them when your child has a number of. It has also supplied me some comfort, partly by educating me on the topic and partly by allowing me understand that others deal with the same fears and emotions that I'm going through. Having a kid with a lifestyle threatening condition like this is so scary and nerve-racking, but this book allows you to deal with that giving you useful info and tips which have been utilized by the author in her personal struggles with meals allergic children. This book really helped! I can't say enough good stuff about this publication! The doctor said he couldn't eat wheat, egg, peanuts, milk, and many other foods, but never gave me practical information on how best to cope with this new lifestyle. This book really helped us work out how to start introducing brand-new foods, and how to shop for suitable foods in the grocery store.! Each chapter starts with a summary of all items you could find on a food label that would be dangerous when you have that allergy. Parents of meals allergic children have to educate themselves! If you have a kid with Food Allergies YOU NEED this Book This book is crucial have for parents who have children with food allergies. The book is very well written explaining all food allergy symptoms, how to cope, life situations, everything you need to understand and it also has some food recipes in it. When given the analysis we felt somewhat vindicated because like many parents with food allergic children "we simply knew what the problem was" but then what do you do? And thanks to this publication, I understood the process the doctors got my son to come to the conclusion. Parent's Guide to Food Allergies This is a good book which offers a whole lot of information on many regions of food allergies in children. Soothing Support in Basic English What is it possible to say about a book that is endorsed by the leading authority in the field and is however written in a manner that even a nonscience type like me found 100 percent accessible? The author's child has a serious peanut allergy so the tips given are primarily for a serious peanut allergy. Thank you so much for helping me (and our whole family) control this large learning curve. When I found out my 9 month old son had severe food allergies, I was overwhelmed. Being truly a mother or father of two meals allergic children, I really needed education and assistance in handling their allergy symptoms.! For instance, the chapter on milk lists things like casein, ghee, hydrolysates along with about two dozen other things milk-allergic people should prevent. Knowing what you are talking about and dealing with, you can help the doctors, teachers, and caregivers who care for your children. I've refered to this book many times for help!! I have already been to several allergists (and am still looking for an ideal one) and none of them has been as very much help to me however as this book. It is my Allergy Bible ! I've purchased and suggested this reserve for friends and universities.! Since both my husband and I possess an intolerance to dairy we were told that my son's excessive vomiting was because of an intolerance to dairy. I am extremely appreciative to Marianne Barber and organization for writing this reserve. I went into meals allergies knowing something however, not enough, as I quickly and clearly learned from the publication. I could share my kitchen, pack my diaper handbag, and feel ready when ordering out due to the help I got here.. A good place to start. It helped me undertake this challenge I have as a mom of a child with such a existence altering condition. If anybody I knew was reading this, I'd suggest they consider it with a grain of salt and get several other viewpoints aswell. This book is an excellent guide; The very best feature is that there is a separate chapter on all the common food allergies.! Recommend this reserve as a starting place and launching pad for just about any mom who suspects or knows food allergies might be a issue for thier child. Glad to have it as reference. That is a book that should be directed at every school district and to every allergic

child's teachers!! This reserve gave us the information we required, in beautifully written, ordinary English, to both get our son the procedure he needed also to live with the allergy symptoms it had been finally determined he previously. I have a boy who has chronic eczema and meals allergies. After reading The Parent's Guideline, I discovered that his symptoms were in keeping with those of an allergic reaction. It's a great starting place, but not the best book in the marketplace. This is the first book I read when my son was identified as having multiple food allergies. I felt more educated after reading this publication and am trying to learn more about food allergy symptoms to safeguard my child. This book can be an easy read that will make any parent a little much less tense about coping with their child's meals allergies. Thanks to The Parent's Guidebook we knew what questions to ask the dietician and how to survive in a global where dairy foods seem to be everywhere!! Isn't it about time someone filled this gap! I also believe this book would be useful to other psychologists like myself, who work with adolescents and families. We are giving a copy to our pediatrician so that she'll learn how to help additional parents like us also to our parents who've even less understanding about allergies than we do and are not even sure they want to learn.! reading The Parent's Guide to Food Allergies is like sharing with a far more knowledgeable friend. Better resources are available. I wasn't happy with this publication. I found a few helpful tips, but overall the views were sort of extreme, and some of the tips was very unlike what physicians have told us. Make sure you read this and do not get scared, get prepared ! Best Reserve, My allergy bible This is the first book I bought after learning my son experienced severe food allergies. In the event that you or your child have multiple food allergy symptoms, get this book. This book has been so helpful! It is an abundance of information, with useful tips, valuable specifics, and written with a good sense of humor ... in one Mom to another. What A Lifesaver! I just wish she would write a follow-up reserve . It helped me to mentally and emotionally educate and prepare myself, re-organize my pantry and shopping, and figure out how to live w/ this major adjustment and philosophy in cooking, shopping, reading, and consuming. The author is both clear and down-to-earth, skipping the "over medical" lingo and speaking real, clear vocabulary to moms (and fathers) who've children with food allergies.. and with an increase of recipes. I want help with the cooking food part ... It's so difficult to bake without eggs. Thank you! I realized after dealing with many doctors that diagnosis is their work but educating and informing parents isn't important. She empathizes with the situation you are in, and also addresses the severe nature food allergy symptoms have and can help you take the right precaution when eating dinner out... The allergist we saw discovered that our son is indeed allergic to dairy along with several other foods. Armed with this knowledge, we were prepared to do battle with the managed treatment gatekeepers and demand that he see a specialist. Five Stars Great product! For all those of us who have severe allergies and are avoiding the top 8 allergens plus extra foods - the help this publication offers is limited. Great info! It is extremely well written with just enough detail but easy to browse/understand. It gives plenty of great information regarding meals, but also eating out, the pharmacy, and other areas that you may not think about food allergies being a problem! This reserve also does an excellent job dealing with the emotional elements that allergic families cope with. Helpful guide to people that have multiple food allergies I found out my two-year-old son had a serious allergy to peanuts, but also lesser food allergies to milk, soy, eggs and wheat. After pulling my locks out wondering what to feed my child, I started searching for books and cookbooks on the topic. This is usually both, and it's really great. Of the many books I've bought, I love that one best. It gets the most real-life quality recipes, using useful substitutes. This reserve was and still can be a godsend! You won't regret it!



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