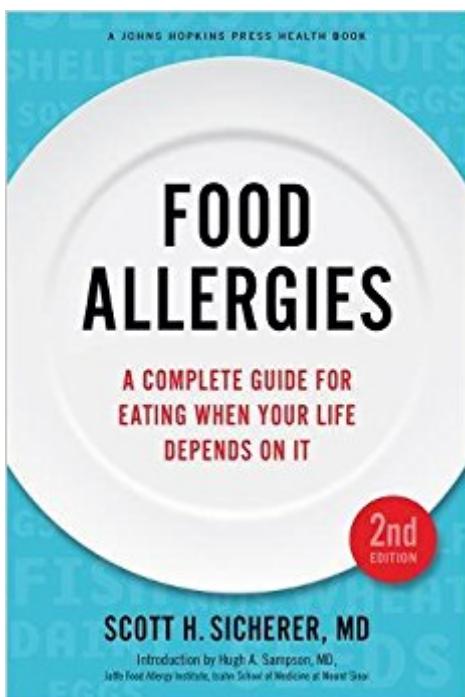


The book was found

# Food Allergies: A Complete Guide For Eating When Your Life Depends On It (A Johns Hopkins Press Health Book)



## Synopsis

Posing the urgent questions that anyone with food allergies will think to askâ •and then someâ • 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. Sichererâ ¢ describes new approaches to prevent food allergiesâ ¢ presents cutting-edge theories on risk factors for developing food allergiesâ ¢ describes innovative allergy tests to improve diagnosisâ ¢ explains how to administer emergency medications for severe reactionsâ ¢ focuses on new allergens of concern, such as pink peppercornsâ ¢ analyzes studies suggesting that resolution of an allergy might be predictableâ ¢ talks about the role of "healthy diet"â ¢ lists additional resources, including allergy-related appsâ ¢ provides revised school food allergy guidelinesâ ¢ offers insights into food allergy bullyingâ •and advice to reduce itDr. 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 doâ •and sometimes they return).

## Book Information

Series: A Johns Hopkins Press Health Book

Paperback: 320 pages

Publisher: Johns Hopkins University Press; second edition edition (August 11, 2017)

Language: English

ISBN-10: 1421423383

ISBN-13: 978-1421423388

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 15.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #36,405 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #11 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #16 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Immunology

## Customer Reviews

An indispensable book for anyone who has food allergies or any parent of a child with food allergies. As an allergist treating food-allergic patients every day, I keep this book within easy reach, on my bookshelf. It's a unique source of knowledge for those of us who treat such patients.--Phil Lieberman, MD, Division of Allergy and Immunology, University of Tennessee College of MedicineA must-read for teens and adults with food allergies, and for anyone living with or caring for someone with food allergies. Here they will find answers to many of their questions as well as interesting case histories and essential principles of diagnosis and treatment, including a realistic overview of future approaches.--F. Estelle R. Simons, MD, World Allergy Organization Special Committee on AnaphylaxisDr. Sicherer draws on his years of experience as a master clinician, researcher, author, and thought leader in this field to provide practical advice and countless insights that are sure to provide the reader with the knowledge needed to understand and manage food allergies. The question-and-answer format makes this comprehensive book highly accessible to people with food allergies and parents of children with food allergies, while the extensive insights and depth of detail make it an important resource for health care providers as well. Dr. Sicherer describes in detail how to integrate food allergies into a family lifestyle. A family's ability to anticipate a food reaction and then treat the symptoms if they happen--and not expect a reaction to happen all the time--helps a family cope thoughtfully with food allergies in a child.--A. Wesley Burks, MD, American Academy of Allergy, Asthma & ImmunologyIn this definitive guide to food allergies, Scott Sicherer offers his readers a complete food allergy education. He demystifies everything from science to symptoms to label reading, and offers encouragement for living life to its fullest--in spite of food allergies. Destined to be the go-to resource for patients and parents striving to live well with food allergies.--Gwen Smith, Editor, Allergic Living magazineDr. Sicherer answers all the questions parents and others have about food allergies. From practical considerations, to emotional issues, to the latest in the search for a cure--it's all here. The easy-to-read question-and-answer format will make this a reference book you reach for time and again. I wholeheartedly recommend it!--Anne Munoz-Furlong, The Food Allergy & Anaphylaxis Network Food Allergies is required reading for patients, parents, and physicians who want to help patients who have food allergies--young or old.

Parents should keep a copy of this book next to Understanding and Managing Your Child's Food Allergies (also by Dr. Sicherer) so they can better understand food allergies, obtain better medical care, and ultimately enjoy a better quality of life. As a parent of children with life-threatening food allergies, these are my essential reference books.--Amie Rapoport McKenna, mother of children with severe food allergies"An indispensable book for anyone who has food allergies or any parent of a child with food allergies. As an allergist treating food-allergic patients every day, I keep this book within easy reach, on my bookshelf. It's a unique source of knowledge for those of us who treat such patients."--Phil Lieberman, MD, Division of Allergy and Immunology, University of Tennessee College of Medicine"A must-read for teens and adults with food allergies, and for anyone living with or caring for someone with food allergies. Here they will find answers to many of their questions as well as interesting case histories and essential principles of diagnosis and treatment, including a realistic overview of future approaches."--F. Estelle R. Simons, MD, World Allergy Organization Special Committee on Anaphylaxis"Dr. Sicherer draws on his years of experience as a master clinician, researcher, author, and thought leader in this field to provide practical advice and countless insights that are sure to provide the reader with the knowledge needed to understand and manage food allergies. The question-and-answer format makes this comprehensive book highly accessible to people with food allergies and parents of children with food allergies, while the extensive insights and depth of detail make it an important resource for health care providers as well. Dr. Sicherer describes in detail how to integrate food allergies into a family lifestyle. A family's ability to anticipate a food reaction and then treat the symptoms if they happen--and not expect a reaction to happen all the time--helps a family cope thoughtfully with food allergies in a child."--A. Wesley Burks, MD, American Academy of Allergy, Asthma & Immunology"In this definitive guide to food allergies, Scott Sicherer offers his readers a complete food allergy education. He demystifies everything from science to symptoms to label reading, and offers encouragement for living life to its fullest--in spite of food allergies. Destined to be the go-to resource for patients and parents striving to live well with food allergies."--Gwen Smith, Editor, Allergic Living magazine"Dr. Sicherer answers all the questions parents and others have about food allergies. From practical considerations, to emotional issues, to the latest in the search for a cure--it's all here. The easy-to-read question-and-answer format will make this a reference book you reach for time and again. I wholeheartedly recommend it!"--Anne Munoz-Furlong, The Food Allergy & Anaphylaxis Network"Food Allergies is required reading for patients, parents, and physicians who want to help patients who have food allergies--young or old. Parents should keep a copy of this book next to Understanding and Managing Your Child's Food Allergies (also by Dr. Sicherer) so they can better

understand food allergies, obtain better medical care, and ultimately enjoy a better quality of life. As a parent of children with life-threatening food allergies, these are my essential reference books."--Amie Rappoport McKenna, mother of children with severe food allergies

"An indispensable book for anyone who has food allergies or any parent of a child with food allergies. As an allergist treating food-allergic patients every day, I keep this book within easy reach, on my bookshelf. It's a unique source of knowledge for those of us who treat such patients." (Phil Lieberman, MD, Division of Allergy and Immunology, University of Tennessee College of Medicine)"A must-read for teens and adults with food allergies, and for anyone living with or caring for someone with food allergies. Here they will find answers to many of their questions as well as interesting case histories and essential principles of diagnosis and treatment, including a realistic overview of future approaches." (F. Estelle R. Simons, MD, World Allergy Organization Special Committee on Anaphylaxis)"Dr. Sicherer draws on his years of experience as a master clinician, researcher, author, and thought leader in this field to provide practical advice and countless insights that are sure to provide the reader with the knowledge needed to understand and manage food allergies. The question-and-answer format makes this comprehensive book highly accessible to people with food allergies and parents of children with food allergies, while the extensive insights and depth of detail make it an important resource for health care providers as well. Dr. Sicherer describes in detail how to integrate food allergies into a family lifestyle. A family's ability to anticipate a food reaction and then treat the symptoms if they happen--and not expect a reaction to happen all the time--helps a family cope thoughtfully with food allergies in a child." (A. Wesley Burks, MD, American Academy of Allergy, Asthma & Immunology)"In this definitive guide to food allergies, Scott Sicherer offers his readers a complete food allergy education. He demystifies everything from science to symptoms to label reading, and offers encouragement for living life to its fullest--in spite of food allergies. Destined to be the go-to resource for patients and parents striving to live well with food allergies." (Gwen Smith, Editor, Allergic Living magazine)"Dr. Sicherer answers all the questions parents and others have about food allergies. From practical considerations, to emotional issues, to the latest in the search for a cure--it's all here. The easy-to-read question-and-answer format will make this a reference book you reach for time and again. I wholeheartedly recommend it!" (Anne Muñoz-Furlong, The Food Allergy & Anaphylaxis Network)"Food Allergies is required reading for patients, parents, and physicians who want to help patients who have food allergies--young or old. Parents should keep a copy of this book next to Understanding and Managing Your Child's Food Allergies (also by Dr. Sicherer) so they can better

understand food allergies, obtain better medical care, and ultimately enjoy a better quality of life. As a parent of children with life-threatening food allergies, these are my essential reference books." (Amie Rappoport McKenna, mother of children with severe food allergies)"Wouldn't it be nice to have a resource written by someone who has heard it all before, and can give the best medical information in clear language? Your prayers have been answered. Here in 279 well-organized pages are almost all the 'qâ™s' you might want to ask, and the clear, concise, and wise 'aâ™s' you need." (AsthmaAllergiesChildren.com)"Readers seeking a quick and easy guide to food allergies to keep on hand should look no further. This book is practical and informative without being overwhelming." (Library Journal)

[Download to continue reading...](#)

Food Allergies: A Complete Guide for Eating When Your Life Depends on It (A Johns Hopkins Press Health Book) The Guide to Living with HIV Infection: Developed at the Johns Hopkins AIDS Clinic (A Johns Hopkins Press Health Book) Understanding and Managing Your Child's Food Allergies (A Johns Hopkins Press Health Book) Johns Hopkins Patient Guide To Colon And Rectal Cancer (Johns Hopkins Patients' Guide) Johns Hopkins Patients' Guide To Brain Cancer (Johns Hopkins Medicine) Johns Hopkins Patients' Guide To Leukemia (Johns Hopkins Medicine) Johns Hopkins Patients' Guide To Lymphoma (Johns Hopkins Medicine) Johns Hopkins Medical Guide to Health After 50 (John Hopkins Medical Guide to Health After 50) Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke (A Johns Hopkins Press Health Book) The Eye Book: A Complete Guide to Eye Disorders and Health (A Johns Hopkins Press Health Book) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book When Your Spouse Has a Stroke: Caring for Your Partner, Yourself, and Your Relationship (A Johns Hopkins Press Health Book) Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies Menopause Matters: Your Guide to a Long and Healthy Life (A Johns Hopkins Press Health Book) The Foot Book: A Complete Guide to Healthy Feet (A Johns Hopkins Press Health Book) A Woman's Guide to Pelvic Health: Expert Advice for Women of All Ages (A Johns Hopkins Press Health Book) Hepatitis C: A Complete Guide for Patients and Families (A Johns Hopkins Press Health Book) Cerebral Palsy: A Complete Guide for Caregiving (A Johns Hopkins Press Health Book) Parkinson's Disease: A Complete Guide for Patients and Families (A Johns Hopkins Press Health Book) Parkinson's Disease: A Complete Guide for Patients and Families, Second Edition (A Johns Hopkins Press Health Book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)