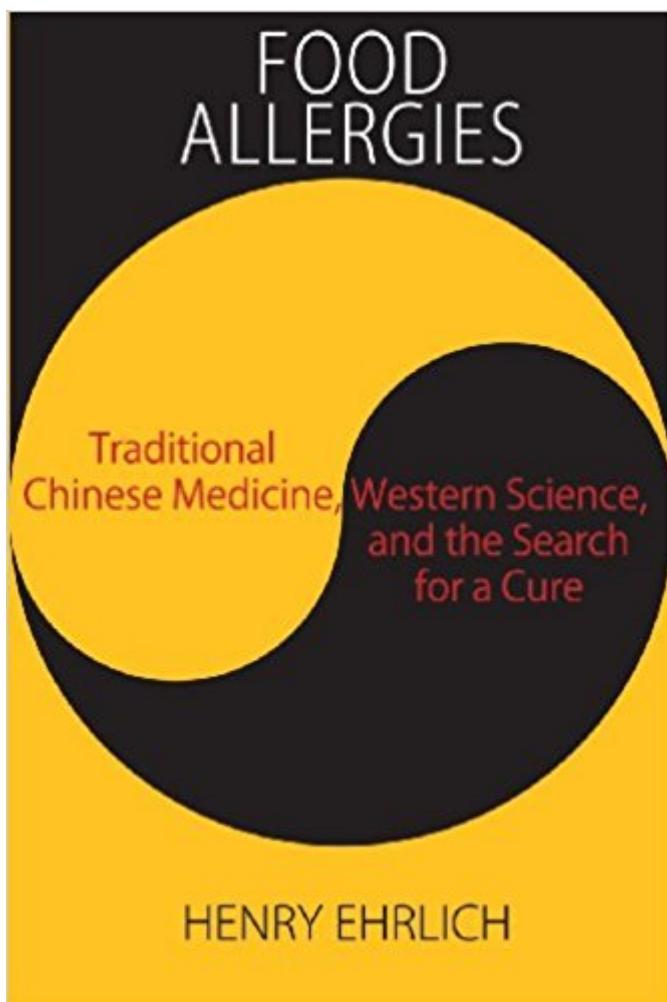


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# Food Allergies: Traditional Chinese Medicine, Western Science, And The Search For A Cure



## Synopsis

Food Allergies: Traditional Chinese Medicine, Western Science, and the Search for a Cure is the first book-length account of the work of Dr. Xiu-Min Li on her work to adapt ancient herbal medicines to cure "modern" diseases, and to prove their efficacy using the best that science has to offer. Born in China, Dr. Li was simultaneously trained in traditional Chinese medicine (TCM) and Western medicine in Henan and Beijing, followed by fellowships at Stanford and Johns Hopkins. Author Henry Ehrlich calls her a Rosetta stone because she can think simultaneously in both systems and recognize the potential of thousands of TCM remedies for treating diseases of the immune system that defy conventional remedies, not just food allergies but also eczema and asthma, and, potentially, autoimmune disorders. Now a full professor at Mt. Sinai in New York, her research has produced a bonanza of insight into the functioning of the immune system. The book begins with an introduction to Dr. Li's fascinating personal story and the moment when she decided to devote herself to the problem of food allergies, as well as a comprehensive and absorbing explanation to the allergy epidemic. This is followed by detailed but readable accounts of the laboratory science that has shown convincingly in mice that food allergies can be treated, up through the current phase-2 trials in humans. The author calls it a kind of "love letter to science." The book concludes with a visionary look at the future of this therapy, from the points of view of both science and clinical medical practice. Dr. Arnold Levinson calls Food Allergies "A masterful job of distilling a lot of complex material into verbiage that can be understood by the nonscientist, albeit a sharp nonscientist, and accomplished in an entertaining style."

## Book Information

Paperback: 148 pages

Publisher: Third Avenue Books (January 31, 2014)

Language: English

ISBN-10: 0984383220

ISBN-13: 978-0984383221

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 50 customer reviews

Best Sellers Rank: #162,513 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #56 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

"In this thoroughly researched volume, Ehrlich approachably analyzes a new method: a lovely and perhaps inevitable coupling of traditional Chinese medicine (TCM) and Western science. Ehrlich's strength... is his cogent analysis of the synthesis of alternative and mainstream methods and treatments, and his focus on the balance between quality patient care and robust scientific principles. Anyone seeking to better understand food allergies will benefit from the depth of Ehrlich's examination." -- Kirkus Reviews"

[W]ritten by gifted writer Henry Ehrlich of [AsthmaAllergiesChildren.com](http://AsthmaAllergiesChildren.com). This book also provides hope for patients/families coping with food allergies and has already been widely acclaimed by many in the food allergy community." -- Anne F. Russell, BSN, RN, AE-C, **FOOD ALLERGY AND ANAPHYLAXIS NEWS (MARCH 2014)**"A remarkable book on Li's research and the quest to not just desensitize the millions today who must manage food allergies, but to change their immune systems for good... The book has riveting sections, including one on Li's early work with eczema patients. While using herbal treatments to clear the skin of those covered 'head-to-toe' with eczema, mothers began to ask Li about herbs and food allergy. She's then off and running." -- Gwen Smith, editor-in-chief, **Allergic Living**"I was in awe of Henry Ehrlich's tenacious abilities as writer. He distills complex scientific processes, translating each and every detail into language and constructs for patients, parents and doctors. After reading **Food Allergies: Traditional Chinese Medicine, Western Science, and the Search for a Cure** I felt I had been given the gift of the possibilities that lie ahead for my own child - an homage of respect from an author who understood that his readers had been waiting for this story of science to unfold." -- Susan Weissman, author of **Feeding Eden**"Food Allergies: Traditional Chinese Medicine, Western Science, and the Search for a Cure...is going to be food allergy bookshelf staple in homes and medical offices nationwide...Peering into the lives of families suffering through the trauma of allergies and anaphylaxis and reading of their changes almost brought me to tears." -- Caroline Moassessi, [gratefulfoodie.com](http://gratefulfoodie.com)

"Reads like a medical thriller..." from the foreword by John Lehr, CEO of FARE"Henry Ehrlich has given parents like me a great gift: a book that explains the science, reasoning and progress of a potentially life-changing treatment. His painstaking research and devotion to detail honor our kids." -- Susan Weissman, author of **Feeding Eden: the Trials and Triumphs of a Food Allergy Family**"A masterful job of distilling a lot of complex material into verbiage that can be understood by the non-scientist, albeit a sharp non-scientist, and accomplished in an entertaining style." Dr. Arnold

I. Levinson Emeritus Professor of Medicine, Perelman School of Medicine at The University of Pennsylvania

"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon." - Franklin D. Roosevelt

Before marriage and children, I lived that mantra. I always knew that there was something better beyond the current challenges. I just had to get through it. Fast forward to the life of a wife and mother. I struggle with that same steadfast view of life. So Henry Ehrlich's book? I read it the first time while in the hospital with my son. And then read it again after another allergy scare. I suspect I'll read it again the next time I feel overwhelmed by the life that my family lives having a member of the family with life threatening food allergies and chronic eczema. There is an 'acceptance cycle' for the parents of children diagnosed with a life threatening condition. Sadly, food allergy parents revisit that cycle many times because unlike other chronic conditions, this one is related to something essential to life: Food. Try telling someone that they are allergic to air or water. Coming into contact with it can kill them. Yeah. The parents (and guardians) of someone suffering with food allergies feel that their child's life is threatened almost every moment. We are constantly balancing hovering with freedom. Always asking a million questions of anyone with food around your child. Always contacting manufacturers. Always preparing and cooking our own safe alternatives. Always cleaning that 3rd and 4th time just to be safe. Always assessing which events are safer for your child to attend and which are not. Always worrying that the epi pen won't be at hand at all times. (We carry 2-3 all the time.) Always worrying that child won't get enough to eat because so many things are dangerous. Always something. We grieve. We stabilize. We step up and take on the challenge. We feel success. And then something happens - another reaction or some other health issue - and we grieve all over again. Sure. We try to avoid the things my son is allergic to whereas you can't do that with air and water. BUT, what most people don't realize is that it isn't always just eating the offending food. It can also be touching the surface of a table where that food was resting. It can be cross contamination: Something eaten that came into contact with the offending food. Some kids walk into a room with the wrong conditions and get hit with an airborne particle. And there is nothing we can do to prevent any of those scenarios aside from living a bubble. We can do our best to remove as many risks as possible but there are no guarantees. Ever. Period. We cycle in and out and more often than not, we feel completely overwhelmed and devoid of hope. And that is where someone like Dr. Xiu-Min Li comes in. Dr. Xiu-Min Li is the brilliant, compassionate and dedicated woman behind B-FAHF-2 which (imo) looks to be one of the greatest breakthroughs for Food Allergy treatment ever. Her research into the

use of TCM as a potential treatment for Food Allergies, Asthma and Eczema are described in detail in Henry's book. And his book makes time stand still for just a moment. It gifts the food allergy parent with a pause in our acceptance cycle. And at the center of that pause it bestows the gift of hope. For that, I thank not only Dr. Xiu-Min Li but also Henry Ehrlich for sharing the story in a way that I could understand and enjoy.

I never believe in just treating the symptoms when it comes to illnesses. When my son was diagnosed with his food allergies, I did a lot of research and found the Facebook group that discussed Dr. Li's treatment. The group led me to this book - a must read for everyone who is affected by food allergies, directly or indirectly. I learned a lot about how the different cells in our body react to allergens. It's fascinating - something than an allergist would never have time to explain to you during an office visit. I became very ill during and after my second pregnancy - increasing food sensitivities and chronic eczema. After seeking treatments from homeopathic, functional medicine, herbal treatment, mainstream doctors and dermatologists and not getting better, we decided that it's time for me and my son to see Dr. Li. At our first appointment, I asked Dr. Li how the pregnancy triggered my symptoms. Instead of the usual "hormones" I get from the other doctors, Dr. Li said that unborn babies produced all Th2 cells and didn't have any Th1 until they are born. I was able to go back to this book and referenced Th1 and Th2 cells to understand what she was referring to. If you are considering Dr. Li's treatment or are skeptical about Traditional Chinese Medicine can cure food allergies, you must read this book. Henry Ehrlich laid out the details of her decade research in a somewhat easy to understand terms. Thank you Henry for educating us!

Like many food allergy parents, I have spent countless hours at the computer reading every bit of research I can find on treatments for my child's life threatening food allergy. Henry Ehrlich's book does a brilliant job of explaining Dr. Xiu-Min Li's research in a way that is understandable and fascinating to those with or without a medical degree. Can a treatment rooted in Chinese Medicine be the cure the world has been waiting, praying, wishing for? Read and find out.

What a riveting account of the prodigious work of Dr. Xiu-Min Li in marrying Chinese Herbal Medicine with the treatment of the full spectrum of allergy diseases! Mr. Ehrlich writes, "As far as I know, no one other than Dr. Li has had the precise scientific background and interest to delve into the mysteries of the immune system in this way and no one else has had the combination of family and life circumstances that prepare them to take advantage of the geopolitical opportunities that has

opened up in the past several decades". I was fascinated reading about Dr. Li's decades of research involving the revolutionary approach to change the lives of those suffering with debilitating, life threatening allergic diseases. Mr. Ehrlich's writing is clear and has an entertaining style. His book read like a fast paced novel to me, each page begging to be turned. The solid science discussed by Mr. Ehrlich is further supported by multiple stunning case studies of patients treated by Dr. Li. The book concludes with a sunny forecast of Traditional Chinese Medicine's application in other diseases. This is a book that I will place in the hands of those in support of our daughter's involvement in TCM for her allergic diseases and I will also give a copy to those who have been skeptical. As for the latter, I will include an inscription, "Told you so".

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