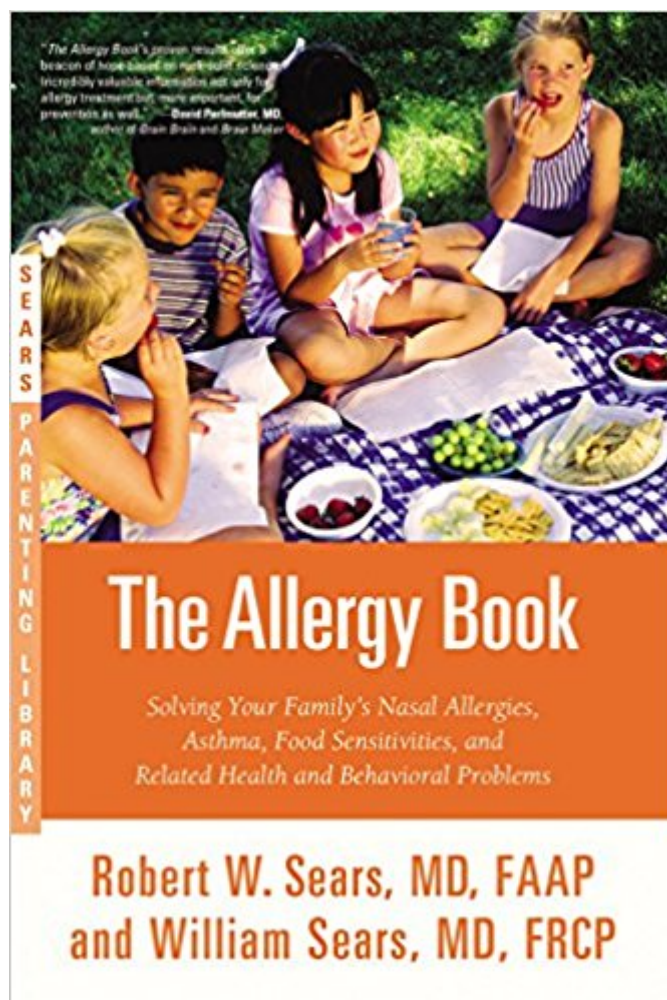


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# The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, And Related Health And Behavioral Problems



## Synopsis

From America's most trusted name in pediatrics, a comprehensive guide to treating and preventing nasal allergies, asthma, food allergies and intolerances, and more. Allergies are one of the most common ailments, causing children to miss school and parents to miss work. Left untreated or unresolved, stuffy noses, itchy skin, and irritated bellies can lead to chronic asthma, eczema, inflammatory bowel disease, and neurological disorders. Today's parents don't just want to treat their family's allergy symptoms – they want to eliminate allergies and prevent chronic and long-term health complications. The Sears show them how. Drs. Robert and William Sears present a science-based approach that has helped alleviate allergies in many of their patients, providing a plan not only for treatment, but also for prevention. A family-friendly resource, THE ALLERGY BOOK offers all the reassurance and accessible, practical advice that parents need to resolve their children's allergies, now and throughout their lives.

## Book Information

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## Customer Reviews

"The Allergy Book's proven results offer a beacon of hope based on rock-solid science. Incredibly valuable information not only for allergy treatment, but, more importantly, for prevention as well." – David Perlmutter, MD, author of Grain Brain and Brain Maker

Robert W. Sears, MD, FAAP, a board-certified pediatrician, is the author of The Vaccine Book and The Autism Book, and co-author of The Baby Book and The Portable Pediatrician. William Sears,

MD, FRCP, has practiced pediatrics for more than 40 years. He and his wife Martha, a registered nurse and health consultant, are the parents of eight children and the authors of more than 40 books.

Lots of info about allergies. I learned a lot, and I knew quite a bit about allergies before even reading this book. Info about environment allergies and food allergies. Chapters on eczema and asthma. Great if you have any allergies or intolerance in the family. Good explanation about the different testing such as blood vs skin testing.

This book is absolutely amazing for allergy families. It is so full of current research I've been following, but finally helps me really understand my children's full immune systems from a holistic perspective. We've worked with allergist, pediatricians, naturopaths, and this book is an incredible foundation in allergy world from a parents perspective. It is so easy to read as well. I was thrilled with the last chapter's holistic approach and recommendations. I spend hours a day researching and cooking from scratch...this is a great find. As a mother experienced with paleo and low fodmap, I was so happy to see these listed as recommended moves for big allergy families...it makes a difference and I am glad to see such well respect authors support this. Buy this book, don't hesitate!!!!

Although I love the Seares, And think they certainly are to be trusted, I can't find this book a good one without a list of references. They refer to studies, but what studies? This is the kindle version, maybe the paperback is better...

Very informative on the allergy process while the fixes are limited to a few pages. I've only gotten part way through - The Allergy Solution: Unlock the Surprising, Hidden Truth about Why You Are Sick and How to Get Well - and have read many more ideas for improvement.

This book is so informative and helpful. The incredibly detailed explanations of how allergins develop in the body were sometimes a bit over my head, but still interesting to learn. I've been able to more efficiently combat my child's eczema and my own seasonal allergies with the guidance of this book.

We appreciate that Dr Sears explains allergies on various levels

Not helpful for my family. Also too technical and difficult to understand.

Great info. Some things in the medical world will never be studied by the AMA but it was great to hear anecdotal evidence about what works. Well done.

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