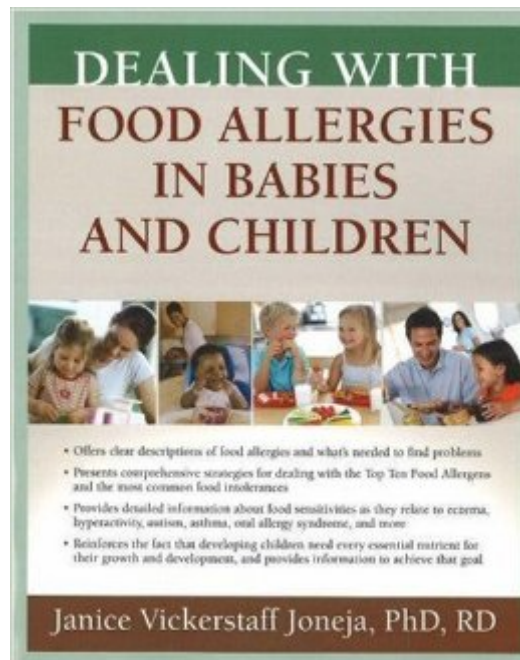


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# Dealing With Food Allergies In Babies And Children



## Synopsis

The tools and methods this guide provides for analyzing and treating allergies in children are adaptable to a variety of situations; without ever losing sight of a child's nutritional needs. Recognizing that deficiencies in critical nutrients during a child's early years can have enormous consequences on growth and bodily functions, the book focuses on prevention and allergy management during pregnancy, in the early weeks of life, and in early childhood. The unique allergen scale and the strategies for confronting the 10 most common allergens will help parents balance their child's specific nutritional needs while managing delicate allergies to food.

## Book Information

Paperback: 448 pages

Publisher: Bull Publishing Company; 1 edition (October 1, 2007)

Language: English

ISBN-10: 193350305X

ISBN-13: 978-1933503059

Product Dimensions: 7 x 1.1 x 9.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,009,957 in Books (See Top 100 in Books) #37 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#) #187 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #398 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

## Customer Reviews

I got this book because I saw a blogger mention it regarding eczema. I got it and immediately read the chapter regarding eczema as I proceeded through an elimination diet for my breastfed baby. It wasn't until I had eliminated most of the big 8 allergens that I finally read the wheat chapter. Wouldn't you know it? The eczema chapter failed to mention what the wheat chapter did; wheat can be a big cause of eczema as well. Perhaps the author needs to release a new addition making this a better reference versus a cover to cover read.

My son, who just turned 1, is actually milk protein intolerant. I am very lucky it isn't a true allergy, but it is still very difficult to deal with. This book made me feel as if I had more of a handle on the situation. It helped me to understand the actual scientific/physiological reasons for

allergies/intolerances. While reading this book, it became clear my son has other intolerances/allergies that I have not yet identified (which was my hunch). The information on how allergies manifest and their symptoms and signs was helpful in that it made me know that all these things that I have been noticing are not me being a paranoid mother. It is difficult for doctors to see the whole picture when you take them in on different days for say, irritability, tickly ears, stomach upset, etc. This book helped me to put it all together. I highly recommend it.

I found this book really comprehensive, easy to read and follow. My infant son's eczema improved after following her eczema diet. He has food 'intolerances' not true allergies but this was a fantastic resource.

Dr. Joneja made a very difficult situation easier. As a first time mom my newborn son was having terrible stomach issues from foods I was eating and the proteins in my breast milk. With guidance from the book we were able to identify the problem and work towards solving it. I am very grateful to have found this book.

I'm only part way through this book, but I am very grateful for its content, which is well-researched, thorough, and the only one of its kind, as far as I know. The author obviously has lots of experience with this issue, both personally and professionally, so I trust her. So far, the only drawback is that it is more like a textbook in its descriptions at times-I guess I need the "Cliff's Notes." I am an RD and should be able to "digest" (pun intended) this information easier. This is a complicated subject, however. I work with children with food allergies and want to be better equipped to help them. I've recommended her book to others, because I feel it is more up to date than Doris Rapp's works, but maybe a simpler format would be better for lay parents (and some RD's!)

Indeed in many cases a particular healthy fresh food may be detrimental to your little one. As a nurturing parent you clean, cuddle, and feed your child. But you sense that there is something wrong. A differential diagnosis to be considered is food allergy. Food allergy and intolerance is more prevalent than you might guess ( 8%). Unfortunately not recognizing it causes the affected child distress. A 15 minute visit with the doctor may prove beneficial. But there is no single reliable lab test that can prove that a child is intolerant to a specific food or additive. Specialty consultations are in order. And that's where this well written functional book fits in. Comprehensive chapters range through symptoms - detection - diagnosis - prevention - treatment. Celiac disease, autism, eczema,

atypical behavior are just a few conditions which are highlighted. Dozens of diets and specific food allergies are detailed in this informative book. Step by step processes are explained by a very well qualified author. She presents methods for analyzing and treating problems, never losing sight of the child's nutritional needs.

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