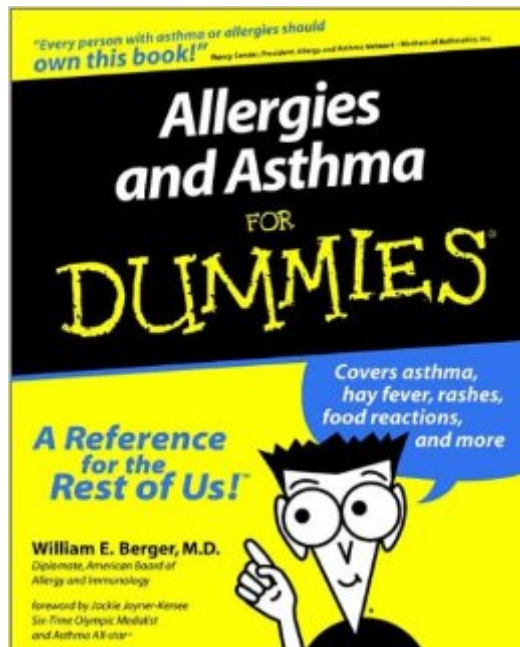


The book was found

Allergies And Asthma For Dummies



Synopsis

Sneezing. Sniffling. Hives. Rashes. Burning eyes. Runny nose. Sinus headache. Scratchy throat. Asthma attacks.... Whether youâ™re reacting to pollen or peanuts, your boyfriendâ™s cat or your girlfriendâ™s pooch, your husbandâ™s aftershave, or your neighborâ™s barbecue, allergies are definitely a drag. And if left untreated, the symptoms can lead to bigger health problems down the road. Sadly, there is no cure for hypersensitivity disorders, as doctors call them. But you can minimize your risk of having allergic reactions and you can live symptom-free. And *Allergies and Asthma For Dummies* tells you how. If you suffer from some type of allergic condition and/or asthma, this complete, down-to-earth guide can be your first big step toward feeling better than youâ™ve felt in years. Drawing on his more than twenty years of professional experience, nationally recognized allergy and asthma expert Dr. William E. Berger fills you in on what you need to know to:

- Understand allergies and asthma
- Relieve hay fever symptoms safely
- Control adult and childhood asthma
- Deal with allergic skin conditions
- Cope with food, drug, and insect sting reactions
- Allergy proof your home

Allergies and Asthma For Dummies is packed with useful information and easy-to-follow action-steps you can put to work immediately. Dr. Berger clears up common myths about allergies and asthma and makes some of the most difficult medical mechanisms understandable for the rest of us. With wit and compassion, he answers all your questions about:

- How the immune system works and what causes allergies and asthma
- All known types of allergic conditions and how to recognize them
- Hay fever, its triggers, prevention and treatments
- Asthma, what it is, how you get it, and the best ways to manage it
- Allergic eczema, contact dermatitis, hives, swelling, and other allergic skin conditions
- Food, drug, and insect sting reactions and how to recognize, prevent, and treat them

With up-to-the-minute advice and guidance on prevention, treatment, and management, *Allergies and Asthma For Dummies* is just what you need to find relief from what ails you.

Book Information

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Customer Reviews

I got this book about two weeks after my 9-year-old son suffered his first asthma attack. After reading it, I feel much better prepared to cope with his condition. The author's tone is reassuring without being condescending. And there is an enormous amount of information, everything from how to choose a specialist to charts describing the effects and usual dosages of the most common medications. Since I have been suffering from allergies and sinus problems myself this spring, it was especially useful. I think this might be the best investment in our family's health I ever made!

Finally, a book that quickly synthesizes complex information into usable pieces! Allergies and asthma are de-mystified with practical examples. Dr. Berger's approach is uplifting, reassuring, and warm. No preaching or insistence that you do things his way or no way as in the case of so many other authors of asthma and allergy books. Top Choice on Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AANMA) book list. ---Nancy Sander, President, AANMA

Great book by a great Doc! A must read by those suffering from allergies and asthma!

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Behavioral Problems ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) The Allergy-Fighting Garden: Stop Asthma and Allergies with Smart Landscaping Allergies and Asthma: What Every Parent Needs to Know Answers for the 4-A Epidemic: Healing for Kids with Autism, ADHD, Asthma, and Allergies Sinus Survival: The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis The Thriving Child: Parenting Successfully through Allergies, Asthma and Other Common Challenges Health: Allergies, Asthma, and Exercise (Science @ Work) The Parent's Guide to Allergies and Asthma (Children's Hospital of Philadelphia Series) American Lung Association Family Guide to Asthma and Allergies Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Weight Gain, Asthma, Eczema - Signs of Food Allergies

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