



The Complete Peanut Allergy Handbook

Scott H. Sicherer M.D., Terry Malloy

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Everything You Need to Know to Protect Yourself and Your Child from the Most Deadly Food Allergy

Allergies to peanuts or peanut products have been growing in recent years-1.7 million Americans suffer from these allergies. Peanuts can easily contaminate food products and are commonly found in school cafeterias, in restaurants, and on supermarket shelves, making it difficult to avoid accidental reactions. This allergy can be hazardous-and even fatal-so it's essential to be well informed. This guide offers clear, easy-to-understand information on:

- The causes of peanut allergies
- How to recognize a potential allergy
- Preventing or dealing with an allergic reaction
- Teaching your child to handle his condition
- How to find the right allergist and discover what treatments are available
- How to read product labels, talk to school officials, and question restaurant personnel
- The physical and psychological consequences of peanut allergy
- The chances of outgrowing peanut allergy
- Resources for further information

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled The Complete Peanut Allergy Handbook can be great book to read. May be it is usually best activity to you.

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