



# **The Parent's Guide to Food Allergies: Clear and Complete Advice from the Experts on Raising Your Food-Allergic Child**

*Marianne S. Barber, Maryanne Bartoszek Scott, Elinor Greenberg*

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The most comprehensive book on dealing with childhood food allergies, a problem that affects more than four million children in the United States.

Each year thousands of children in this country are diagnosed with one or more food allergies. For them -- and their parents and caregivers -- the ordinary patterns of life are profoundly disrupted. As families struggle with a serious condition that can at any moment become life-threatening, the stress is often overwhelming. Now this invaluable reference provides the practical help and reassurance parents have been waiting for.

To write this book, Marianne Barber, whose son has serious food allergies, teamed up with a pediatric allergy specialist and a psychologist who treats many people with severe allergies. The Parent's Guide to Food Allergies addresses in detail the practical, physical, and emotional issues kids and their families face, including vital information on:--handling emergencies --stocking a kitchen with safe, appealing foods--helping a child adjust easily in school --dealing with the stress that having a food-allergic child puts on family relationships--eating in restaurants and travelingComprehensive and authoritative, this book is certain to become the bible for anyone with a food-allergic child.

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