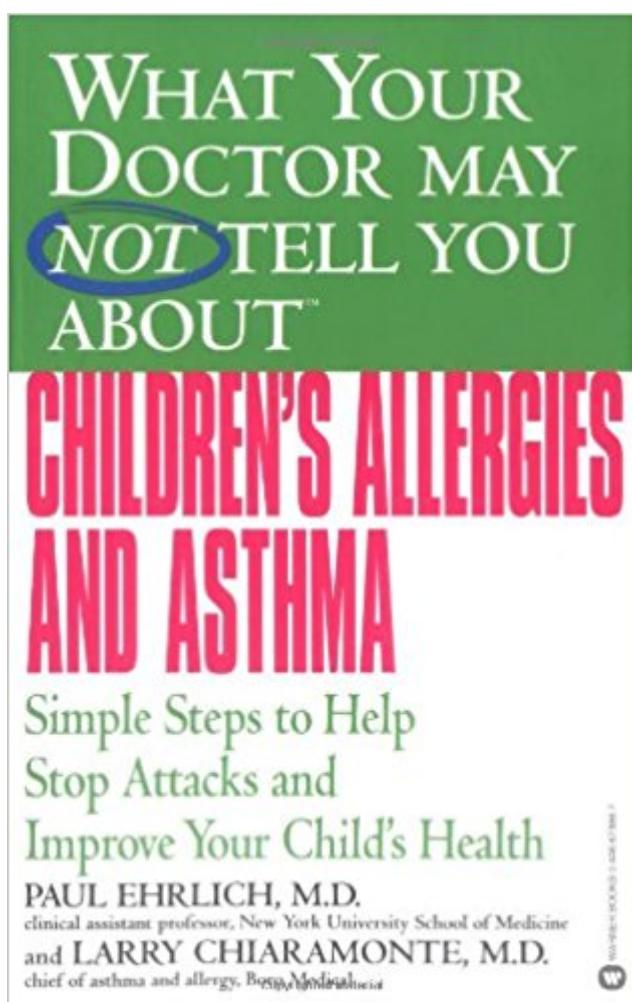


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# What Your Doctor May Not Tell You About(TM) Children's Allergies And Asthma: Simple Steps To Help Stop Attacks And Improve Your Child's Health





## **Synopsis**

In this timely and informative book, two pediatric allergy specialists reveal simple steps that parents can take to stop attacks and improve their child's health.

## **Book Information**

Series: What Your Doctor May Not Tell You About...

Paperback: 368 pages

Publisher: Grand Central Publishing (November 1, 2003)

Language: English

ISBN-10: 0446679887

ISBN-13: 978-0446679886

Product Dimensions: 5.2 x 1 x 8.1 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #3,682,603 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Children's Health > Asthma #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #114 in Books > Health, Fitness & Dieting > Children's Health > Allergies

## **Customer Reviews**

"....Is a must read for parents...Rich with details, this matter-of-fact book answers questions you didn't know to ask" -- Allergies and Asthma Today (January 04)"Dripping with experience, this threesome explores issues that matter to you. Factual, opinionated, compelling, enriching, comforting and fun!" -- Mothers of Asthmatics Magazine (November 03)

Dr Ehrlich is Associate Chief of the Division of Allergy and Immunology at New York's Beth Israel Medical Center and Clinical Assistant Professor of Pediatrics at New York University School of Medicine. Dr Chiaramonte is Chief of Asthma and Allergy for BORO Medical, a multi-center care group in New York City.

This is a different kind of medical book from any I've ever looked at. The rest are predominantly lists and checklists, and dull as well. This one not only dispenses very helpful advice but gets inside the heads of children who have these conditions, their parents, and explains theory and practice behind the medical specialty itself. Some of the anecdotes about how non-specialists can botch treatment

are shocking. Some if it is also quite funny. Also, it's nice to read a book by doctors who still clearly love the practice of medicine and doing good for people, in spite of all the changes that have happened to the profession in recent years. This book should make many lives better and even save some.

I agree with the other reviewers this is things I already know and have heard over and over. I was looking for something with more of a natural approach and this is not that. So if that's what you have in mind(natural approach) do not buy this book.

As a general practice pediatrician, it pretty much tells you a lot of what I have often shared with my patients already. The book is informative, reviewing a lot of detail you would not otherwise get from your physician in even a few appointments. While a catchy title, the book sounds like it will offer some sort of countercultural message. The book does not do this, for those who are looking for that sort of information. Most importantly, the information we have learned over the last 7 years or so has changed and some of the information in the book has quickly become outdated (e.g., a more nuanced view of maternal allergen avoidance, or highly allergenic food introduction in infants). Let's hope a newer edition of the book is in the works, perhaps with a more straightforward title.

This is one of the better books on this topic. They prefer that you see an allergy specialist rather than a GP. "The incidence of food allergy is much higher for children than for adults - 8 percent of those under three, and rising." The author claims that adults have outgrown food allergies which lowers it to 2% for the general population. The best part of the book was where he told parents if other people don't consider you "neurotic" then you are not being vigilant enough protecting your allergic child. The only "fault" the book may have is there is nothing offered as a reasonable cause for the epidemic of food allergies. Science can now look at live blood, we have so much research that has been done, but no one really knows what causes food allergies? Why is it that undeveloped countries have almost no food allergies?

I found this book to be a regurgitation of what I had already been told by two pediatricians regarding my 4 year olds recently diagnosed asthma. Nothing new here at all. I was surprised that the doctors do not seem to acknowledge the large role diet plays in a condition such as asthma. I am not a doctor, however, even I can see the significant link between diet and health. Since my son's asthma diagnosis a month ago, I have dramatically restructured his diet and began supplementing him with

magnesium. Guess what?! My son has shown significant improvement over the past 3 weeks! Even his allergies seem to have improved. I am proud to report my son hasn't taken a single asthma or allergy medication in two weeks. If you are resigned to a life of medication and supporting the multi-million dollar pharmaceutical company's, then this is the book for you.

This book is a good book to help define and aid in the understanding in causes of Asthma and different allergies, but I was hoping for more information that I could use at home to help reduce chances for asthma attacks and my son's allergy induced asthma.

There is significant evidence that the root cause of many, if not most, cases of asthma (and many allergies as well) is deficiency of magnesium. This fact is discussed in detail by Dr. Carolyn Dean in her excellent book *The Miracle of Magnesium*. Dr. Dean recommends that all asthma sufferers take supplemental magnesium daily -- 600 mg daily for adults (proportionally less, according to their body weight, for children). People with asthma who follow Dr. Dean's advice about daily magnesium supplementation often improve dramatically even if they have continued to struggle with asthma under other treatments which omit magnesium supplementation. For your child's sake, please read Dr. Dean's important book and follow her advice regarding daily magnesium supplementation. It may well be the most important thing you will ever due to relieve this terrible ailment. By the way, although a variety of magnesium supplements are available, and beneficial, chelated magnesium -- which is readily available in most health food stores -- is the most effective.

Excellent reference guide. Every parent who has a child with allergies should have this book. A very valuable resource!

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