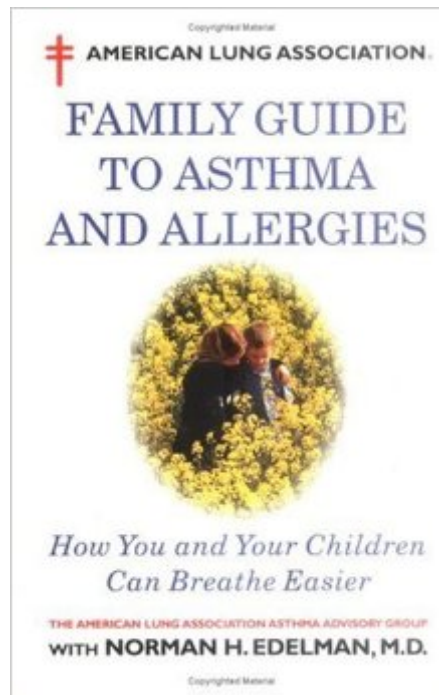


The book was found

American Lung Association Family Guide To Asthma And Allergies



Synopsis

A complete guide to asthma and allergies in both children and adults answers questions about triggers, treatment, and preventive help, and offers suggestions on how to recognize the symptoms of these common problems. 25,000 first printing. Tour.

Book Information

Hardcover: 256 pages

Publisher: Little, Brown; 1st edition (May 1, 1997)

Language: English

ISBN-10: 0316212717

ISBN-13: 978-0316212717

Product Dimensions: 6.2 x 0.9 x 9.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 2.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #13,437,094 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Children's Health > Asthma](#) #265 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #283 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#)

Customer Reviews

When I picked up this book to read the section on dust mites this afternoon, I felt terribly confused because it sounded just like the book I read earlier this afternoon. I checked to make sure I hadn't accidentally acquired two versions of the same book, but no, I hadn't. The other book, *Taming Asthma and Allergy by Controlling Your Environment: A Guide for Patients* by Robert A. Wood, was published three years earlier and didn't appear to have any link to this one. Dr. Wood is not an author of the ALA book, and his book is not credited in the dust mites section (although it is listed as a reference on page 221 of the ALA book. I compared the two books line-by-line, and they were eerily similar: the American Lung Association's section on dustmites copies the structure of the prior book, with some slight paraphrasing and editing. For example, here's a breakdown of one paragraph found on page 65-66 of the Wood book, and p. 79 of the ALA book:WOOD: "The next step is to remove all unnecessary fabric items, especially stuffed animals." ALA: "The next step to controlling dustmites is to consider removing all unnecessary fabric items from the bedroom. Try to get rid of as many stuffed animals as possible."WOOD "Other items you should remove from the bed include extra pillows, canopies, and comforters -- especially down comforters. Replace them

with items that can be laundered easily, and wash all items in a hot cycle at least once every two weeks."ALA, p. 79 You should also remove extra pillows, canopies, and thick comforters (especially down comforters) and replace them with items you can readily wash. You should wash all bedding in hot water at least two weeks to kill mites.

This book provides a good baseline start for controlling environmental allergies for parents with highly allergic or asthmatic children. Of course, the parents themselves can also benefit by following the procedures indicated in the book. Two things that I did not find in the book were: a comprehensive plan for dealing with food allergies/food sensitivities, and also what nutritional supplements people with allergies/asthma should be taking. Vitamin C should be taken by all people who have allergies and/or asthma, because high doses of Vitamin C block mast cell degranulation, which inhibits histamine release (thus Vitamin C is a natural antihistamine). Also, Vitamin C has bronchodilator effects. For more information about Vitamin C's myriad functions, read the book *The Failures of American Medicine*.

[Download to continue reading...](#)

Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) American Lung Association Family Guide to Asthma and Allergies The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Principles and Practice of Lung Cancer: The Official Reference Text of the International Association for the Study of Lung Cancer (IASLC) American Bar Association Family Legal Guide (third edition): Everything your family needs to know about the law and real estate, consumer protection, ... Association Complete Personal Legal Guide) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association

Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Publication Manual of the American Psychological Association (Publication Manual of the American Psychological Association (Spiral) 6th (sixth) edition Pediatric Asthma (Lung Biology in Health and Disease) The Parent's Guide to Allergies and Asthma (Children's Hospital of Philadelphia Series) Asthma Allergies Children: A Parent's Guide Allergies & Asthma (Young Adult's Guide to the Science of Health) 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)

[Dmca](#)