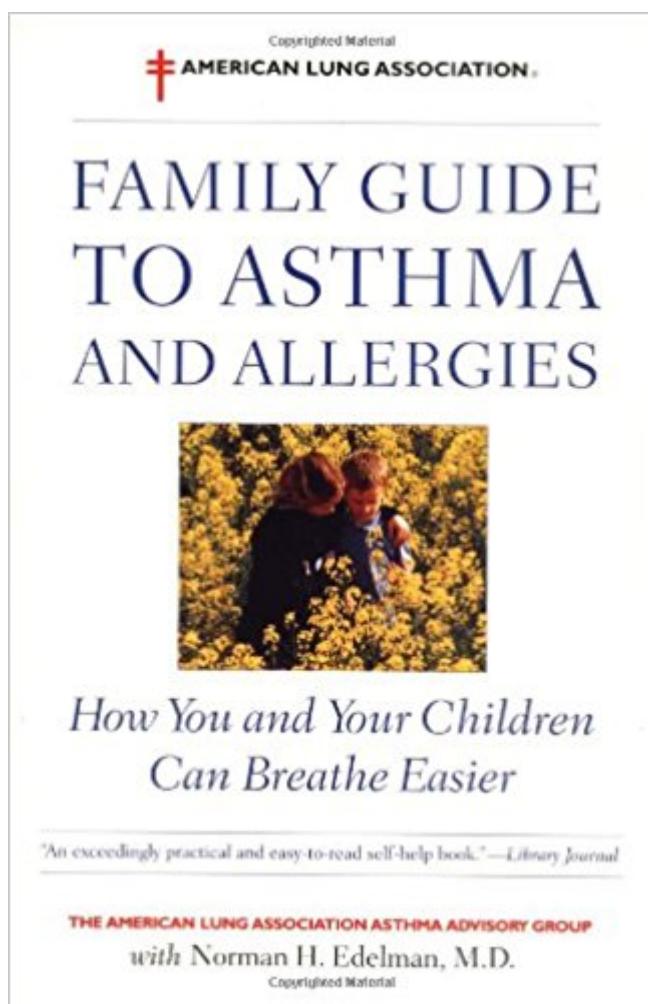


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# The American Lung Association Family Guide To Asthma And Allergies



## **Synopsis**

...a state-of-the-art guide to recognizing, understanding, and controlling these two dangerous and frequently interrelated conditions.

## **Book Information**

Paperback: 256 pages

Publisher: Little, Brown and Company (May 1, 1998)

Language: English

ISBN-10: 0316038156

ISBN-13: 978-0316038157

Product Dimensions: 5.8 x 0.8 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 2.4 out of 5 stars 2 customer reviews

Best Sellers Rank: #8,971,129 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Children's Health > Asthma #179 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #221 in Books > Health, Fitness & Dieting > Children's Health > Allergies

## **Customer Reviews**

Like most asthma sufferers, you probably stumbled onto the disease, completely incognizant of why you suddenly couldn't do something as simple as breathing. For the estimated 14.6 million Americans who suffer from asthma and related allergies, the American Lung Association's Family Guide to Asthma and Allergies is the essential aid in preventing and treating asthma. The first chapters walk you through the underlying causes of asthma. They identify common triggers and explain the biochemical reactions these triggers set off in the body in easy-to-understand terms, clarifying the interconnected relationship between asthma and other allergies. The rest of the book offers thorough, practical instruction. A chapter on allergy-proofing your house leaves no dust mite or speck of pollen unaccounted for. Each chapter provides checklists to help you manage everyday situations, such as educating the babysitter, preparing for a vacation, or even teaching your child how to use different medications and gradually learn how to control his or her own condition.

Especially helpful for those newly diagnosed and for parents with asthmatic and allergic children, this practical book is well designed with lists, questions, tips, and personal stories. It identifies common triggers, explains how to allergy-proof your home, and reviews unconventional testing and

treatments. Includes a good resource list. (LJ 6/1/97) Copyright 2000 Reed Business Information, Inc.

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, "A Taming of 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*.

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Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions ABC of Asthma, Allergies and Lupus: Eradicate Asthma - Now! Principles and Practice of Lung Cancer: The Official Reference Text of the International Association for the Study of Lung Cancer (IASLC) The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems American Bar Association Guide to Wills and Estates, Fourth Edition: An Interactive Guide to Preparing Your Wills, Estates, Trusts, and Taxes (American Bar Association Guide to Wills & Estates) Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies Hidden Food Allergies: The Essential Guide to Uncovering Hidden Food Allergies-and Achieving Permanent Relief American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Allergies At School: Ways to increase the safety and awareness of life-threatening food allergies at school 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) 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) My House Is Killing Me!: The Home Guide for Families with Allergies and Asthma Asthma Allergies Children: A Parent's Guide Allergies & Asthma (Young Adult's Guide to the Science of Health) 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 The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health Live Free from Asthma and Allergies: Use the BioSET System to Detoxify and Desensitize Your Body

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