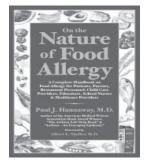
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On the Nature of Food Allergy

by Paul Hannaway, M.D.

Allergist Paul Hannaway's new book is a readable reference book laced with anecdotes that make the summaries of scientific findings come alive. It discusses current theories about the basic causes of food allergy, provides information on how to save a life by recognizing and treating a severe allergic reaction, how to live a normal life with food allergies, and how caretakers can provide safe environments for people with food allergies. Helpful features include well-organized chapters, a glossary, and various charts about ingredients and where they may be "hidden" in common food products.

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No Lobster, Please!

by Robyn Rogers is a colorful and captivating picture book that tells the first-person story of a young boy with a severe seafood allergy. He describes the first time he had a reaction, the tests that identified his food allergies, and some of the ways he avoids coming into contact with them. The book was written by a mom to help her son understand his allergy, and beautifully illustrated by a group of first-grade students.

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