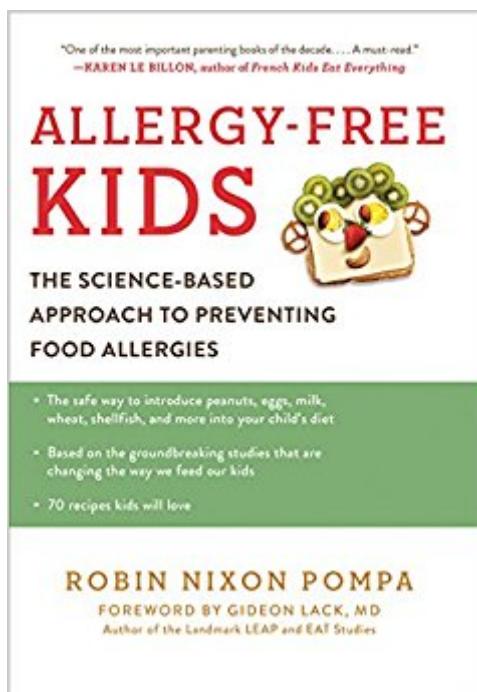


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# Allergy-Free Kids: The Science-Based Approach To Preventing Food Allergies



## Synopsis

Based on recent groundbreaking studies that will change the way parents feed their children, Allergy-Free Kids is a revolutionary guide to preventing food allergies. When her infant daughter was diagnosed with life-threatening food allergies, Robin Nixon Pompa found Dr. Gideon Lack, a clinical researcher on the verge of a breakthrough in allergy prevention and treatment that would heal her daughter and, later, her sons. The secret: building acceptance of allergens through repeated careful feedings. Instead of avoiding eggs, nuts, and other allergens, as previous recommendations held, most parents should introduce them into their children's diets, "early, carefully and often, for at least the first five years of life." This life-changing approach is being embraced by the medical community, especially for peanut allergy, and is reflected in new guidelines from the American Academy of Allergy, Asthma and Immunology, the National Institutes of Health and other major medical associations. Allergy-Free Kids includes a concise, easy-to-understand overview of the research as well as seventy simple and delicious kid-friendly recipes to help parents integrate unfamiliar allergen foods into a child's diet. Divided by allergen, Allergy-Free Kids contains sections on Eggs, Peanuts and Tree Nuts, Cow's Milk, Sesame, Wheat and Fish. It also discusses other foods, such as kiwi and soy, which are increasingly causing allergic reactions. The book includes feeding advice, and maintenance doses, followed by recipes suitable for babies, toddlers and preschoolers, including Open Sesame Sweet Potatoes, Nut Flour Crackers, Cocoa "Puffs" and Eggs-Pretending-to-be-Muffins. Following the new medical guidelines, Allergy-Free Kids empowers parents to help their kids avoid a lifelong struggle with food allergies and bring variety and joy back to family meals.

## Book Information

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## Customer Reviews

âœPompa introduces fascinating new ideas about allergy avoidance in this helpful and reassuring guide for parentsâ | A detailed, informative primer on promising, if not yet conclusively proven, theories.â • (Publishers Weekly)

Based on recent groundbreakingÂ studies that will change the way parents feed their children, Allergy-Free KidsÂ is a revolutionary guide toÂ preventing food allergies. When her infant daughter was diagnosed with life-threatening food allergies, Robin Nixon Pompa sought the advice of Dr. Gideon Lack, a clinical researcher on the verge of a breakthrough in allergy prevention and treatment that would heal Robinâ™s daughter and, later, her sons. Instead of avoiding eggs, nuts, and other allergens, as previous recommendations held, most parents should feed these foods to their children âœearly, carefully, and often,â • until they are at least five years old. This life-changing approach is being embraced by the medical community, especially for peanut allergy, and is reflected in new advice from the American Academy of Pediatrics; the American Academy of Allergy, Asthma and Immunology; and other major medical institutions. Allergy-Free Kids includes a concise, easy-to-understand overview of the research, as well as seventy simple and delicious kid-friendly recipes to help parents integrate unfamiliar allergen foods into a childâ™s diet. Organized by allergen, Allergy-Free Kids contains sections on eggs, peanuts and tree nuts, dairy, sesame, wheat, and fish. It also discusses other foods, such as kiwi and soy, which have increasingly been causing allergic reactions. The book includes feeding advice and maintenance doses, followed by recipes suitable for babies, toddlers, and preschoolers, such as Open Sesame Sweet Potato Puree, Nut Flour Crackers, and Eggs Pretending to Be Muffins. Following the new medical guidelines, Allergy-Free Kids empowers parents to help their kids avoid a lifelong struggle with food allergiesâ "and to bring variety and joy back to family meals.

I was happy to see that this book was coming out when I read a recent piece about it in the New York Post. I have four grandchildren with food allergies, and it is about time we had a practical guide to explain what the latest research recommends. The details of the authorâ¢â™s journey in writing the book make interesting and quick reading. Nice summaries at the end of each chapter are cleverly called â¢âœIn an allergy-free nutshell.â¢â• The recipes are easy to follow and clearly labeled with the targeted allergens. This is a book I will share and recommend to all families with

food allergies.

Very well written, backed with solid researched and the recipes are great!

Finally a book that provides science based explanation and solutions to our growing concerns over food allergies. This book has more than meets the eye- reviewing the most current science behind not only food allergies but other autoimmune related illnesses such as asthma and eczema. As a doctor and a parent to children with eczema and asthma, I celebrate the arrival of a book that will address concerns and provide solutions for so many of us who want to be proactive and prevent life threatening food allergies. This book is also an invaluable resource for all the family doctors and paediatricians who are currently failing between the old guidance of food avoidance and new data on early exposure to prevent allergies . Currently there is almost no practical guidance on how to actually give children early exposure to allergens in a safe way. This book is the solution to confronting the food allergy epidemic in a proactive way. Parents and doctors alike will embrace and celebrate the arrival of this book.

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