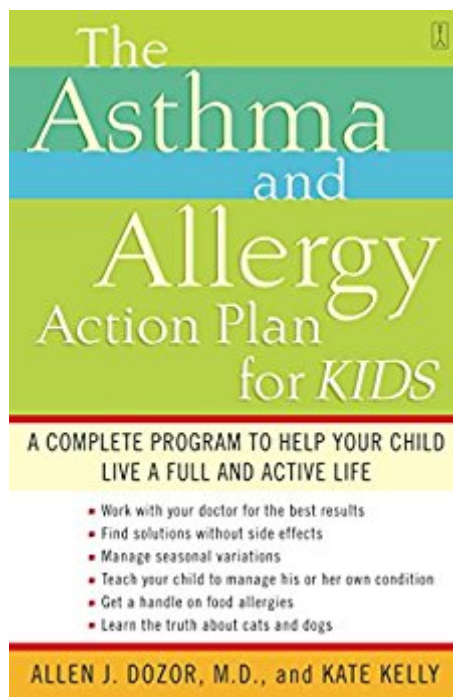




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# The Asthma And Allergy Action Plan For Kids: A Complete Program To Help Your Child Live A Full And Active Life



## Synopsis

Statistics show that up to 40 percent of children in the United States suffer from allergies and at least 10 percent suffer from asthma. That translates into almost five million American children affected by both allergies and asthma. And as Dr. Allen J. Dozor, head of one of the largest pediatric pulmonary practices in the United States, has seen among his patients, some of the most upsetting effects of allergies and asthma are the psychological wounds inflicted on a child's self-image. There is the constant protectiveness from caregivers, confusing limits and rules, headaches, obesity, shortness of breath, and sleep deprivation. In some cases these side effects, such as stress and obesity, cycle back to make the original condition worse. Dr. Dozor's plan, developed over the last twenty years, is designed to empower both parents and children. His warmhearted but reality-based approach includes

- How to give the right amount of medication for best effects and no side effects
- Empowering your children to manage their own condition so that they can feel safe and secure
- Prevention and management in school
- Handling emergencies
- And much more!

## Book Information

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## Customer Reviews

Great book to have when everyone has asthma and allergies in my house. Very helpful Glad I bought this book

I bought this book cause I have a daughter with very bad allergies, they are more like seasonal allergies, this book is very informative havent finished it yet but does help me understand and give me tips to help her deal with this.

I don't usually buy books about health issues, but we've been struggling with my daughter. She has allergies and asthma and I am so afraid of the medicines and my doctors never seem to have enough time for me. This book has been a godsend! Dr. Dozor really seems to know what he is talking about. I wish he was near me. If you have children with allergies or asthma, you have to buy this book.

If your child suffers from asthma or allergies, you have to get this book! Practical, concise, funny, I learned something in every chapter. At last a book I can use, easy to read, full of warm and friendly advice. I loved this book.

Simply put this book is amazing. Great practical advice for parents looking for guidance. After reading this book I have a good understanding of what questions to ask, which doctors to see and the things I can do to help control my child's allergies.

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A Parent's Guide to Asthma: How You Can Help Your Child Control Asthma at Home, School and Play  
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