



From America's most trusted name in pediatrics—a comprehensive guide to treating and preventing nasal allergies, asthma, food allergies and intolerances, and more

Allergies are one of the most common ailments, and they're becoming more and more prevalent every year. Left untreated or unresolved, stuffy noses, itchy skin, and irritated bellies can lead to chronic asthma, eczema, inflammatory bowel disease, and neurological disorders. Today's parents don't want to just treat their family's allergy symptoms; they want to eliminate allergies and prevent chronic and long-term health complications.

In *The Allergy Book*, Drs. Robert and William Sears show you how, presenting a science-based approach that has helped alleviate allergies in many of their patients and providing a plan for allergy prevention. The topics covered include:

- Symptoms, causes, and effective treatments for nasal and eye allergies, asthma, eczema, food allergies and sensitivities, insect sting allergies, and more
- Detailed guidelines on when and how to do allergy testing
- The top ten allergenic foods
- Medications, supplements, and nutritional and lifestyle changes that eliminate or alleviate symptoms
- What to do in an allergy emergency
- The Sears prescription for optimum immune health
- And much more

The Allergy Book offers all the reassurance, accessible step-by-step guidance, and practical advice that parents need to resolve their children's allergies, now and throughout their lives.

Robert W. Sears, MD, FAAP, a board-certified pediatrician, is the author of *The Vaccine Book* and *The Autism Book*, and coauthor of *The Baby Book* and *The Portable Pediatrician*. Find him on Facebook as Dr. Bob Sears, and follow his blog on DrBobsDaily.com.

William Sears, MD, FRCP, has practiced pediatrics for more than forty years. He and his wife, Martha, a registered nurse and health consultant, are the parents of eight children and the authors of more than forty books.

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