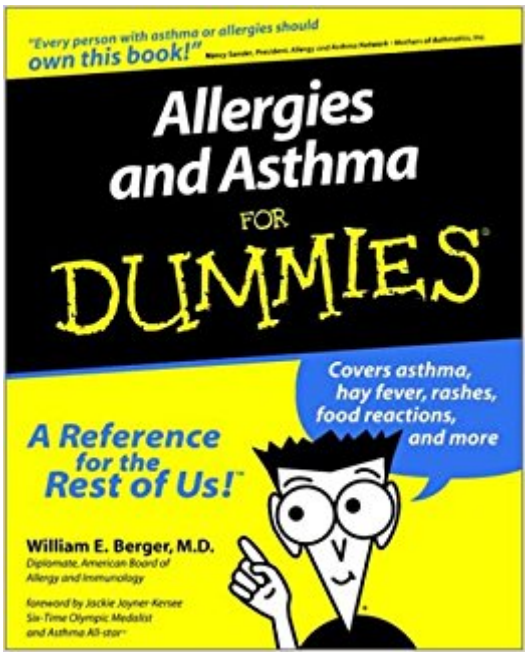
Ebook Directory
the best source of ebook

The book was found

Allergies And Asthma For Dummies



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Sneezing. Sniffling. Hives. Rashes. Burning eyes. Runny nose. Sinus headache. Scratchy throat. Asthma attacks.... Whether youÃ¢â ¬â„¢re reacting to pollen or peanuts, your boyfriendÃ¢â ¬â„¢s cat or your girlfriendÃ¢â ¬â„¢s pooch, your husbandÃ¢â ¬â„¢s aftershave, or your neighborÃ¢â ¬â„¢s barbecue, allergies are definitely a drag. And if left untreated, the symptoms can lead to bigger health problems down the road. Sadly, there is no cure for hypersensitivity disorders, as doctors call them. But you can minimize your risk of having allergic reactions and you can live symptom-free. And Allergies and Asthma For Dummies tells you how. If you suffer from some type of allergic condition and/or asthma, this complete, down-to-earth guide can be your first big step toward feeling better than youÃ¢â ¬â„¢ve felt in years. Drawing on his more than twenty years of professional experience, nationally recognized allergy and asthma expert Dr. William E. Berger fills you in on what you need to know to: Understand allergies and asthma Relieve hay fever symptoms safely Control adult and childhood asthma Deal with allergic skin conditions Cope with food, drug, and insect sting reactions Allergy proof your home Allergies and Asthma For Dummies is packed with useful information and easy-to-follow action-steps you can put to work immediately. Dr. Berger clears up common myths about allergies and asthma and makes some of the most difficult medical mechanisms understandable for the rest of us. With wit and compassion, he answers all your questions about: How the immune system works and what causes allergies and asthma All known types of allergic conditions and how to recognize them Hay fever, its triggers, prevention and treatments Asthma, what it is, how you get it, and the best ways to manage it Allergic eczema, contact dermatitis, hives, swelling, and other allergic skin conditions Food, drug, and insect sting reactions and how to recognize, prevent, and treat them With up-to-the-minute advice and guidance on prevention, treatment, and management, Allergies and Asthma For Dummies is just what you need to find relief from what ails you.

Book Information

Series: For Dummies
Paperback: 432 pages
Publisher: For Dummies (April 21, 2000)
Language: English
ISBN-10: 076455218X
ISBN-13: 978-0764552182
Product Dimensions: 7.4 x 1 x 9.3 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #842,382 in Books (See Top 100 in Books) #19 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #105 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #116 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

If allergies make you wheeze, sneeze, drip, itch, puff, or droop, or if asthma makes you feel like an elephant is standing on your chest, you'll want to read Allergies and Asthma for Dummies. Author William Berger, M.D., M.B.A., knows his stuff. He is a practicing allergist, a member of the task force that developed national guidelines for treating allergic diseases, and a former staff allergist for the U.S. Olympic Swim Team. You get much more than the basics here. You learn how to prevent and treat the common types of allergies, with extensive information on hay fever and skin rashes, and short but helpful sections on allergic reactions to food, drugs, and insects. The asthma section is especially comprehensive, with instructions for recognizing and managing asthma triggers, monitoring air flow, selecting the best medications for both short-term and long-term relief, and special considerations for pregnant women and children. The book covers both self-help and pharmacological treatment methods in depth, but not alternative treatments. One of the most helpful chapters is "Relieving Your Rhinitis," which will appeal especially to the 45 million Americans who suffer from hay fever. Allergic rhinitis (the medical term) is not a fever and is caused not by hay, but rather by airborne pollen from grasses, trees, and weeds. The commonly used over-the-counter antihistamines, decongestants, and nasal sprays may not be your best choice, says Berger. He describes the uses and advantages of recommended prescription drugs, and advises a medical evaluation to choose the right one for you. The book's style, though still easy to understand, is not as casual or humorous as the typical For Dummies book. This may be because Berger is more intent on packing a bundle of helpful medical information into the book than being witty. --Joan Price

Controlling Allergies For Dummies covers all types of allergies, including some that frequently go unrecognized! It contains a comprehensive review of the latest treatment options and tips on allergy-proofing your home and work environment and other practical advice.

Great book by a great Doc! A must read by those suffering from allergies and asthma!

I got this book about two weeks after my 9-year-old son suffered his first asthma attack. After reading it, I feel much better prepared to cope with his condition. The author's tone is reassuring without being condescending. And there is an enormous amount of information, everything from how to choose a specialist to charts describing the effects and usual dosages of the most common medications. Since I have been suffering from allergies and sinus problems myself this spring, it was especially useful. I think this might be the best investment in our family's health I ever made!

Finally, a book that quickly synthesizes complex information into usable pieces! Allergies and asthma are de-mystified with practical examples. Dr. Berger's approach is uplifting, reassuring, and warm. No preaching or insistance that you do things his way or no way as in the case of so many other authors of asthma and allergy books. Top Choice on Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AANMA) book list. ---Nancy Sander, President, AANMA

Download to continue reading...

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! The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Allergies and Asthma For Dummies 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) 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 Allergies At School: Ways to increase the safety and awareness of life-threatening food allergies at school Asthma For Dummies (For Dummies (Health & Fitness)) 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 The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders Answers for the 4-A Epidemic: Healing for Kids with Autism, ADHD, Asthma, and Allergies Allergies and Asthma: What Every Parent Needs to Know The American Lung Association Family Guide to Asthma and Allergies The Allergy-Fighting Garden: Stop Asthma

and Allergies with Smart Landscaping My House Is Killing Me!: The Home Guide for Families with Allergies and Asthma Winning the War Against Asthma and Allergies

Contact Us

DMCA

Privacy

FAQ & Help