

Idaho Falls Pediatrics

Allergies: Resource List

Books for Children

Ages 4 to 8

- *Aaron's Awful Allergies*; by Troon Harrison; Kids Can Press, 1998
- *Allergies (It's not Catching)*; by Angela Royston; Heinemann, 2002
- *Allie the Allergic Elephant: A Children's Story of Peanut Allergies*; by Nicole Smith; Jungle Communications, Inc.; 1999
- *Aneil Has a Food Allergy*; by Jillian Powell; Chelsea House Publ, 2004
- *Allergies (Rookies Read-About-Health series)*; by Sharon Gordon; Children's Press, 2003
- *Eating Gluten-Free with Emily*; by Bonnie Kruszka; Woodbine House, 2004
- *Harry's Dog*; by Barbara Ann Porte; Scholastic, 1999
- *Let's Talk about Having Allergies*; by Elizabeth Weitzman; Powerkids, 2002
- *The Peanut Pickle: A Story About Peanut Allergy*; by Jessica Ureel; First Page Publ., 2004
- *Peanut Butter Jam*; by Elizabeth Sussman Nassau; Health Press, 2001
- *Taking Food Allergies to School*; by Ellen Weiner; JayJo Books, 1999

Ages 9 to 12

- *Allergies*; by Steve Parker; Heinemann Library, 2004
- *Allergies*; by Sarah Lennard-Brown; Raintree, 2004
- *Allergies*; by Alvin Silverstein; Franklin Watts, 2000
- *Allergies*; by Carol Baldwin; Heinemann Library, 2003
- *Allergies (Understanding Illness)*; by Elaine Landau; Twenty-First Century Books; 1995
- *Peanut Butter, Milk, And Other Deadly Threats: What You Should Know About Food Allergies*; by Sherri Mabry Gordon; Enslow Publishers, 2006

- *Taking Food Allergies to School*; by Ellen Weiner; JayJo Books, 1999
- *Why Do My Eyes Itch: and Other Questions About Allergies*; by Angela Royston; Heinemann, 2003

Young Adult

- *Allergies*; by Wendy Moragne; Twenty-First Century Books, 1999
- *Allergies (Diseases and People)*; by Sara L. Latta; Enslow Publishers, Inc., 1998
- *Breathe Easy: Teen Guide to Allergies*; by Jean Ford; Mason Crest, 2005
- *Special Diets and Food Allergies*; by Carol Ballard; Heinemann Library, 2006

Books for Adults

- *8-Free: A Whole Foods Cookbook for the Food Allergic Family*; by Cybele Pascal. Vital Health, 2005
- *Allergies and Asthma for Dummies*; by William Berger; For Dummies, 2000
- *Allergy-Free Living: How to Create a Healthy, Allergy-Free Home and Lifestyle*; by Anita Reid; Mitchell Beazley, 2000
- *American College of Physicians Home Medical Guide to Common Allergies*; by David R Goldmann; DK Pub., 2000
- *Complete Kid's Allergy and Asthma Guide: The Parent's Handbook for Children of All Ages*; by Milton Gold; Robert Rose Publ, 2003
- *Complete Peanut Allergy Handbook*; by Scott Sicherer and Terry Malloy; Berkley Publ, 2005
- *Coping with Childhood Allergies*; by Jill Eckersley; Sheldon Press, 2006
- *Food Allergy Guide: A Lifestyle Manual for Families*; by Theresa Wellengham; Savory Plate, 2000
- *Food Allergy Survival Guide: Surviving and Thriving with Food Allergies and Sensitivities*; by Joanne Stepaniak and Dina Aronson; Healthy Living Publ, 2004
- *How to Manage Your Child's Life-Threatening Food Allergies: Practical Tips for Everyday Life*; by Linda Coss; Plumtree Press, 2004
- *Kid-Friendly Food Allergy Cookbook: More Than 150 Recipes That Are Wheat-free, Gluten-free, Dairy-free, Egg-Free, Low in Sugar*; by Lynne Rominger; Fair Winds Press, 2004

- *The Parent's Guide to Food Allergies: Clear and Complete Advice from the Experts on Raising Your Food Allergic Child*; by Marianne Barber; Owl Books, 2001
- *What Your Doctor May Not Tell You About Children's Allergies and Asthma: Simple Steps to Help Stop Attacks and Improve Your Child's Health*; by Lawrence Chiaramonte; Warner Books, 2002

Other Resources:

American Academy of Asthma & Immunology

Information on all aspects of asthma and allergies, including allergies to plants, food, latex, pets, insects and testing for allergies. Includes information on medications and other treatments. Has English and Spanish sections.

611 East Wells Street
Milwaukee, WI 53202
Phone: (414) 272-6071
<http://www.aaaai.org/>

MedlinePlus: Allergy

List of resources compiled by the staff at the National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/allergy.html>

National Institute of Allergy and Infectious Disease

National Institutes of Health

<http://www.niaid.nih.gov/default.htm>

Food Allergy and Anaphylaxis Network (FAAN)

10400 Eaton Place, Suite 107
Fairfax, VA 22030
<http://www.foodallergy.org>.

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.