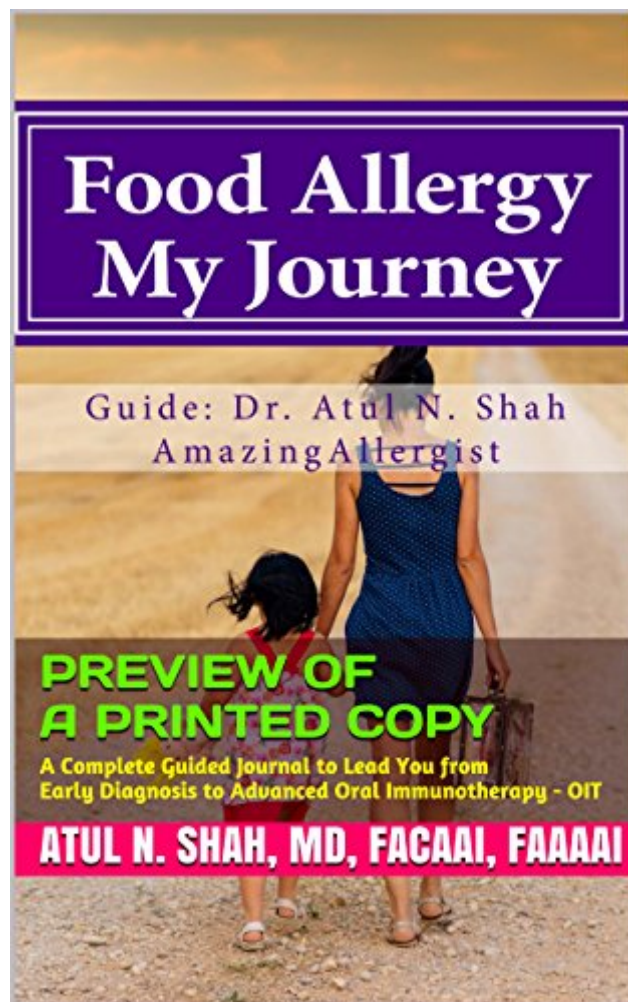


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# **Food Allergy: My Journey: A Complete Guided Journal To Lead You From Early Diagnosis To Advanced Food Oral Immunotherapy - OIT (AmazingAllergist's Awesome Series Book 1)**





## Synopsis

Please Note: 99 cent Kindle version is a complete review of the actual journal, before you buy a printed copy of this journal to write and carry with you to your food allergy specialist. This preview will allow you to see what is included in the printed journal. There is a lot of information on food allergy - symptoms, allergy tests, treatment options etc. :-(( Have you ever been concerned about Food Allergy, Food Intolerance or Food Sensitivity? :-))If the answer is yes for you or your loved ones, this journal, designed by an allergist, is a great starting point. Whether it is a life threatening food allergy to peanuts, life long gluten sensitivity or uncomfortable intolerance to dairy, this journal will be an invaluable tool to help you document necessary information in one place. The kindle version does not do full justice to the blank pages and tables included in the printed version. Dr. Shah is a board certified allergist, helping children and adults with food allergy for more than 20 years. He is a medical director of NY Food Allergy & Wellness Center that offers cutting edge science based approach to food allergy diagnosis and treatment options like Oral Immunotherapy (OIT). The patients with life threatening food allergies to peanuts, tree nuts, milk, eggs etc., are experiencing life changing success with OIT. This process allows them to be "fear-free" and introduce allergenic foods in their regular diet. This journal will guide you to list information that will be invaluable to your food allergy specialists. There are a limited number of food allergy specialists who offer this life changing treatment in the form of oral immunotherapy. This guided journal will lead you from early recognition of food allergy to correct diagnosis, from right allergy tests to food oral challenges, from fear of accidental reactions to freedom with successful oral immunotherapy. So many lives are changing. Allow us to hold your hand in this journey. Begin YOUR journey today. Yes, it is possible to live a great life, allergy-free! Please Note: 99 cent Kindle version is a complete review of the actual journal and you will need to buy a printed copy of this journal to write and carry with you to your food allergy specialist. This preview will allow you to see what is included in the printed journal. There is a lot of information on food allergy - symptoms, allergy tests, treatment options etc. Before buying the printed copy, please download a Kindle version for 99 cents!

## Book Information

File Size: 2468 KB

Print Length: 258 pages

Publisher: S. Holdings, LLC; 2015.11.01 edition (December 27, 2015)

Publication Date: December 27, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B019X2TRFO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #888,096 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #344 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #610

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## Customer Reviews

We are the proud parents of four children. Two of them have multiple life threatening food allergies and one has Celiac disease. Over the course of their lives we have needed to take them to multiple allergists and specialists. Each physician often required lab/test results from other doctors to help gain insight into our kids' allergies and intolerances. Over the years we have photocopied multiple test results and have stacks of papers and folders on each child in an attempt to keep a thorough history. Dr. Shah has put together a comprehensive food allergy journal that we love! It is both educational and informative. We are able to keep track of lab results, food challenges, Doctors' visits and take notes. Everything we will ever need is now all in one book. As an R.N., I am impressed with all that this Food Allergy Journal has to offer. Dr. Shah has covered it all. As a mom, I am very grateful to Dr. Shah for giving us a tool that will help us care for our children and help them to lead the life they were meant to lead.

What an amazing journal! A place to store all of your information regarding your child's allergies! I have so many miscellaneous papers all over and this has eliminated that! Now that we are doing oral immunotherapy (OIT) we can record our progress. We have even printed out pictures to attach to the journal so we can look back and remember this extraordinary process! It takes an amazing doctor to put together something like this! Dr. Shah truly cares about each of his patients and even those he can't personally help! This journal can be useful for anyone with food allergies. I highly recommend it to everyone!

This is an excellent tool to monitor and journal any of your food allergy experiences and treatments. This way you can see clear patterns so you can limit exposure to your allergic triggers and see how immunotherapy is progressing. Dr. Shah has done an excellent job putting this comprehensive journaling tool together in an easy to use format. With this information organized in this way, it makes it easy to share with your healthcare providers so you can devise and adjust your allergy treatment plans and be in better control of your life.

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