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Doctor Mom s Prescription for Managing Food Allergies (Paperback)

By Dr. Rita Malhotra-Kuczabski

AUTHORHOUSE, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Doctor Mom s Prescription for Managing Your Food Allergies is a guide written to help you safely navigate your food allergies. It contains information for an adult, a child, or a family dealing with these issues. We start at the beginning, with diagnosis and testing. You will learn many techniques to prevent a reaction, but also how to manage one should it occur. Helpful hints are provided for successful label reading, understanding current laws, and becoming familiar with commonly used terminology. Tackling tough social situations and educating family and friends is also addressed. Sensible day to day tactics and food preparation pointers will reinforce your safety net and enhance your lifestyle! Doctor Mom is a mother, a licensed physician, trained surgeon, and a woman dealing with her own allergies. These helpful strategies come from her heart. They have been derived from her medical knowledge, her personal experiences and her extensive research. They are practical and thoughtful, yet knowledge based. Dr. Rita Malhotra-Kuczabski is dedicated to her family and to the community. She has received honors from her Borough President, and from her city...



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