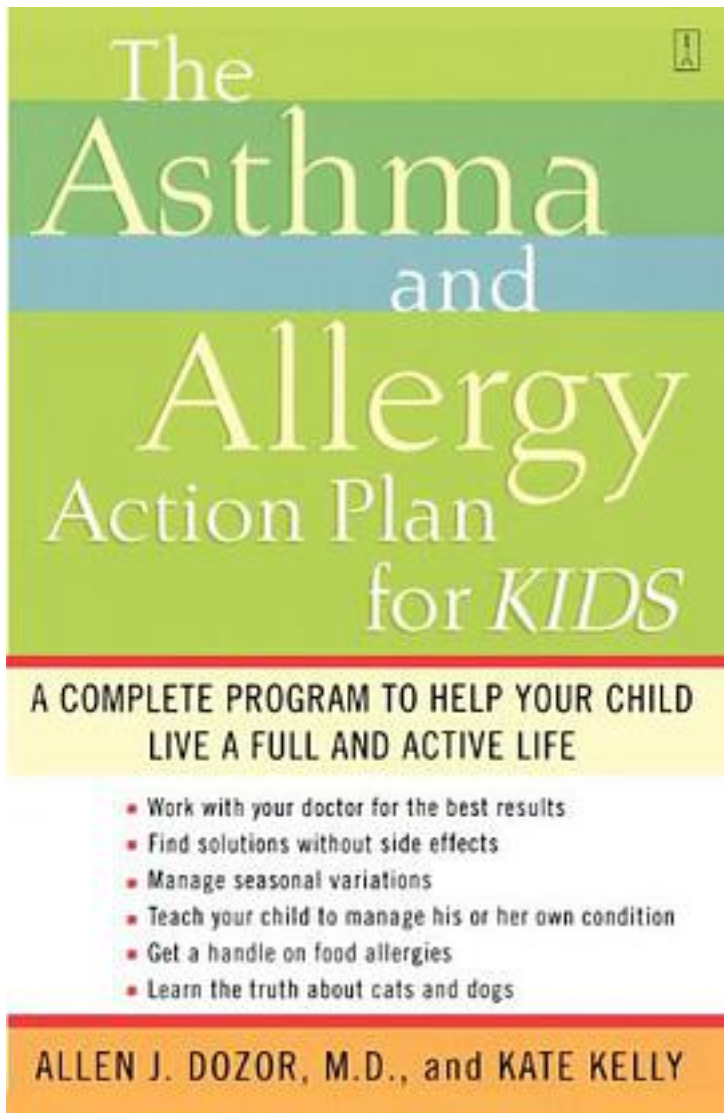


# The Asthma and Allergy Action Plan for Kids



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According to the Centres for Disease Control and Prevention, childhood asthma has nearly doubled in the last twenty years and is now the leading cause of hospitalization for children. Statistics show that up to forty percent of children suffer from allergies and at least ten percent of children suffer from asthma, perhaps even more. That translates into millions of children worldwide affected by both allergies and asthma. As Dr. Allen Dozor has seen in his practice, some of the most upsetting effects of both allergies and asthma are the psychological wounds they inflict on a child's self-image. There is the constant protectiveness from caregivers, confusing limits and rules, headaches, obesity, shortness of breath, and sleep deprivation. In some cases these side effects, like stress and obesity, cycle back to make the original condition worse. Dr. Dozor's plan, developed over the last twenty years, is designed to empower both parents and children. A warm-hearted but reality-based look at these problems, this book answers every question and concern worried parents could have, whether their children suffer from allergies alone, asthma alone, or both. This book is certain to give their children a new lease on life.

作者介绍:

目录:

[The Asthma and Allergy Action Plan for Kids\\_ 下载链接1](#)

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