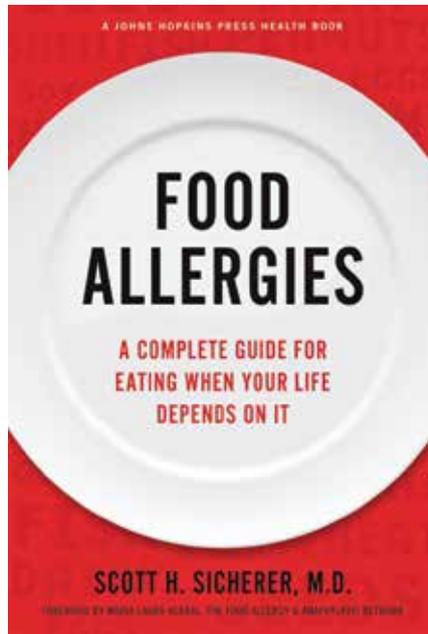


What not to eat

FOOD Allergies: A Complete Guide for Eating When Your Life Depends on It claims to pose the questions that anyone with food allergies will think to ask "and then some". Having read through the book, which is set out in an easy to read question-answer format, this would certainly seem to be the case.

Written by Scott H Sicherer, professor of paediatrics and chief of the Division of Paediatric Allergy and Immunology at Mount Sinai School of Medicine in New York, the book addresses the full spectrum of food allergies, from mild to life threatening, from single foods to food families, clearing up misconceptions along the way.

Prof Sicherer explains the basics and takes us through the facts about food allergy: what it is; the immune system and the role played by IgE antibodies; the symptoms and illnesses; the differential diagnosis of intolerance; prevalence; and a very comprehensive list of causes. He also recommends tests for diagnosing both food allergies and chronic health problems caused by food allergies – such as



eczema, hives, and respiratory and gastrointestinal symptoms.

Food Allergies offers practical, emotional, and scientific guidance on the aspects of allergy that affect your life.

The book thoroughly explains how to prevent exposure to a known allergen at home, at school, in restaurants and generally out and about. It describes what to do if exposure occurs, including how to react in an anaphylactic emergency. Sicherer also advises how to ensure that adequate nutrition is reached when you must avoid dietary staples. He discusses whether allergies are ever overcome – while they can disappear for a period of time, they are likely to return.

In the foreword, Maria Laura Acebal of Food Allergy Research & Education, comments that the book is destined to be "earmarked and underlined" and that its pages "are an incredible resource for food-allergic individuals as well as for parents, families, and schools – in short, anyone who cares about someone with food allergies" and, as someone prone to atopy, I would have to agree.

- Alison Moore

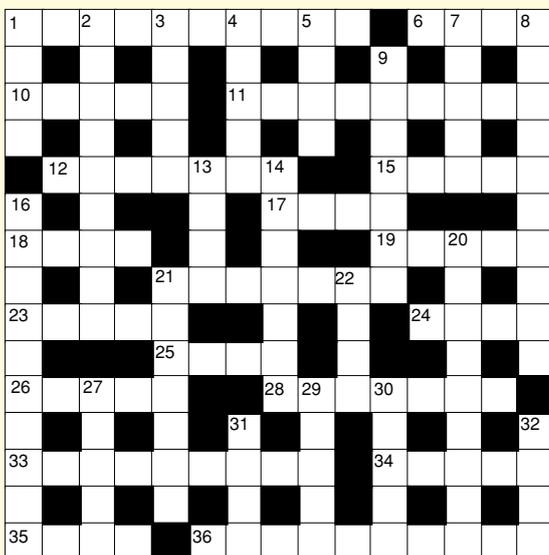
Food Allergies: A Complete Guide for Eating When Your Life Depends on It is published by Johns Hopkins Press ISBN 978-1-4214-08453 RRP: STG£8.50

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Across

1. A soaked and expressionless alien is hardly the life of the party! (3,7)
6. As well. (4)
10. Apprehensions might make one safer. (5)
11. Print 'tree' in a way to make things more understandable. (9)
12. A word that sounds like another, although it may differ in its spelling. (7)
15. Chalice - King Arthur's knights sought the holy one. (5)
17. Mamma Mia creators. (4)
18. A hot kind of swearword. (4)
19. Avoids waterfowl. (5)
21. Tolerate the trick perpetrated. (7)
23. Genetic duplicate. (5)
24. Mr Duffy swallows potassium? It's enough to make you laugh! (4)
25. First after this. (4)
26. Tessa returns with something worth having. (5)
28. Building. (7)
33. Mad traits, as displayed by a playwright. (9)
34. Upper leg. (5)
35. Nothing works? Oh, sorry! (4)
36. Might a goose push out this part of the body? (10)
14. Moral authority for a male assniation. (7)
16. Get in contact, then leave? That was a close thing! (5,3,2)
20. Hunkering down. (9)
21. In or near the middle. (7)
22. Member of Hitler's party. (4)
27. Keen to find a southern instrument. (5)
29. As above; same again. (5)
30. Retrieve. (5)
31. Fishy weapon. (4)
32. In which to measure electrical resistance. (4)

Down

1. Spouse. (4)
2. Order given when a couple wish to share a cuppa. (3,3,3)
3. Does the girl love a cowboy's rope? (5)
4. Loud. (5)
5. Amphibians. (4)
7. Grub found right in the middle of some hot stuff. (5)
8. Decisively surpassed a philosophy of all lessons being al fresco? (10)W
9. How to abridge part of the army. (7)
13. Emperor who is said to have fiddled while Rome burned. (4)

The winner of the July/August crossword is:
Maura Coe Gowran, Co Kilkenny

Name:

Address:

The prize will go to the first all correct entry opened.

Closing date: 18 September, 2013

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The World of Irish Nursing, MedMedia Publications, 25 Adelaide Street, Dun Laoghaire, Co Dublin