

Allergic Living Fall 2007

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Dealing with Food Allergies in Babies and Children.

Janice Vickerstaff Joneja, Ph.D., RD; \$28.95;

Bull Publishing Company

Janice Joneja is a researcher with a Ph.D. in microbiology and immunology, author, and dietitian who for several years was the head of the allergy nutrition program at the Vancouver Hospital and Health Sciences Centre. She brings a unique perspective, getting beyond diagnosis and into the management of diet and coping with food allergies. This will be especially useful to parents of children with multiple food allergies.

In this book, Joneja also delves into the identification of culprit allergens (not always obvious), drawing on her clinical experience to propose a sound process of elimination diet (for a short period) and careful food introduction. (She stresses consulting an allergist, and never trying a “home challenge” with a food to which an allergic child has had a severe reaction). Her exploration of diet sets her book apart, and her approach of “careful – not fearful” is present throughout.

Gwen Smith