

Consumer Connection,
The newsletter of the Consumer and Patient Health Information Section of the
Medical Library Association.

Joneja, Janice Vickerstaff. Dealing with food allergies in babies and
children. Bull Publishing Company, [2007]. 537 p. index. ISBN
978-1933503059. \$22.95. Reviewed from galleys.

Janice Joneja, PhD, RD, is a researcher, educator, author, and clinical
counsellor with thirty years of experience in the area of biochemical and immunological
reactions involved in food allergy and intolerance. She holds a Ph.D. in medical
microbiology and immunology and is an adjunct professor at the University of British
Columbia. Joneja is also a dietitian (RD), a member of Dietitians of Canada, and the
American Dietetic Association. (www.allergynutrition.com)

This book is comprehensive, describing in some detail the prevention,
symptoms, and diagnosis of food allergies, elimination and challenge diets, eleven
chapters on specific food allergies and lactose intolerance, chapters on anaphylaxis,
hyperactivity, autism, eczema, and asthma, probiotics, dietary considerations for the
expectant mother, and common food sensitivity diets.

The reading level is quite high ("IgE as a predictive measure has also been
considered by researchers looking for inheritance factors in predicting atopy"), and the
early chapters are quite technical, but an educated parent will find this book to be
thorough and full of sensible advice. Some terms are defined in the text, e.g., ". . . a
jejunal biopsy (taking a tissue sample from the jejunum, a portion of the small intestine)"
and there is a glossary at the back of the book. Joneja reviews the available scientific
research and offers sound recommendations, but less literate consumers may prefer
simpler texts with straightforward advice on lifestyle management, such as shopping and
cooking for the allergic child, or working with schools and caregivers, etc. which this
book does not cover.

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