

## Recommended Readings:

**Whole Way to Allergy Relief and Prevention, By Jacqueline Krohn, M.D., Frances A. Taylor, M.A., and Erla May Larson, R.N., Hartley & Marks Inc., P.O. Box 147, Point Roberts, WA 98281, 1991, 323 pages.**

(Everything you ever wanted to know about allergies is in this book. The information in this book is based on personal experience as well as on knowledge gained through study and clinical experience. This book is intended to be useful to people with minimal or extensive allergies and sensitivities.)

**Is This Your Child, By Doris Rapp, M.D., William Morrow, 1350 Avenue of the Americas, New York, NY 10019, 1991, 626 pages.**

(This book should enable you to determine if your child has allergies and to detect the cause of your child's feeling unwell or having inappropriate behavior.)

**Allergy Neutralization (The Lee Method), By Carleton Lee, M.D., Edward Shepard, M.D., and Lillian Scalla.**

(Neutralization using Lee techniques is an efficient and economical way of treating those patients reacting adversely to their environment.)

**An Alternative Approach to Allergies, By Theron G. Randolph, M.D. and Randolph W. Moss, P.H.D., Bantam Books, 666 Fifth Ave., New York, NY 10102, 1980, 311 pages.**

(This book offers a new approach to mental and physical health. It shows how our physical environment can be responsible for a wide range of ills and how they can be relieved in a relatively short time without the use of drugs or harmful procedures.)

**Relief At Last, By Joseph Miller, M.D., 340 pages.**

(Neutralization therapy for food hypersensitivities, inhalant allergies, and diseases of inflammatory, hormonal, and viral origin. Dr. Miller also discusses immunology, environmental control in your home and the avoidance of other stress on the body's protective mechanisms.)

**Are You Allergic, By William Crook, M.D., Professional Books, P.O. Box 394, Jackson, Tenn. 38301, 1974, 166 pages.**

(This book will help you to learn about your own or your child's allergies. In learning, you will be able to help your present allergies and hopefully to prevent others from occurring.)

**Clean and Green, By Annie Berthold-Bond, Cerus Press, P.O. Box 87, Woodstock, N.Y. 12498, 1994, 162 pages.**

(458 ways to clean, polish, disinfect, deodorize, launder, remove stains – even wax your car without harming yourself or the environment.)

**Management of Clinical Allergy, By Russell I. Williams, M.D., Frontier Printing, Inc., Cheyenne, 1983, 190 pages.**

(This book will outline the techniques of serial dilution antigen endpoint titration.)

**Coping with Allergies, By Natalie Golos and Francis Golos Golbitz, A Fireside Book, Publisher, Simon & Schuster, Inc., 1985, 396 pages.**

(We are all victims of chemical pollution in varying degrees, but those who recognize it are a few in number and that is why you should read this book. It draws attention to the long-range perils and the

chronic illness that may threaten from long-term, low-grade exposure to chemicals in the everyday environment.)

**Detecting Your Hidden Allergies, By William Crook, M.D., Professional Books, Inc., 681 Skyline Drive, Jackson, Tenn. 38301, 1988, 288 pages.**

(This book is designed especially for adults to evaluate and identify your food sensitivities. Yet, it retains simple illustrations and should be equally useful in working with children.)

**Type I Type II Allergy Relief, By Alan Scott Levin, M.D., and Merle Zellerbach.**

(This book explains the two types of allergy and how to deal with them.)

**The E.I. Syndrome, By Sherry Rogers, M.D., Prestige Publishers, P.O. Box 3161, 3502 Brewerton Road, Syracuse, NY 13220, 1986, 667 pages.**

(A comprehensive manual for the treatment of environmental illness with an emphasis on chemical sensitivities.)

**Food Allergy (Provocative Testing and Injection Therapy), By Joseph Miller, M.D., Charles C. Thomas, 301-327 East Lawrence Ave., Springfield, IL, 1972 137 pages.**

(This is a practical guidebook to the provocative-neutralization method of food allergy management.)

## **COOKBOOKS:**

**Allergy & Candida Cooking Rotational Style, By Sondra K. Lewis with Lonnett Dietrich Blakley, Canary Connect Publications, P.O. Box 5317, Coralville, LA 52241-0317, 1995, 370 pages.**

(You can incorporate a health-supportive eating plan into your lifestyle – and enjoy the process. This book offers the informational tools you need.)

**Outsmart Your Food Allergies, By Beverly D. Chiu, Yellow Hat Press, P.O. Box 34337, Station D, Vancouver, B.C., V6J 4P3, 1957, 82 pages.**

(This cookbook is intended for those persons who have chronic food sensitivities and who are being supervised by a medical doctor. This book contains food family charts and how to use them.)