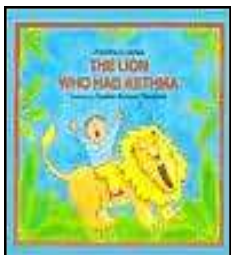


It's hard to have fun when you're coughing and sneezing. Here are some books to teach you about all the different ways we can stay healthy!

Stories about people with allergies & asthma



THE LION WHO HAD ASTHMA

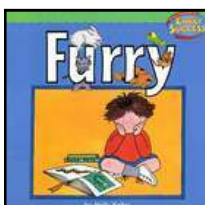
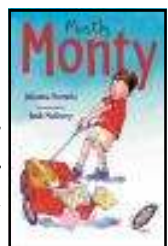
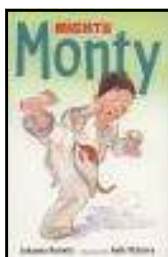
By Jonathan London
E LONDO

Sean's nebulizer mask and his imagination aid in his recovery following an asthma attack. Includes information on childhood asthma and how to control its symptoms.

MIGHTY MONTY & MOSTLY MONTY

By Johanna Hurwitz
J FICTION HURWI

Six-year-old Monty has asthma, which sometimes makes it hard to breathe and often makes him feel like he'd rather be somebody else. And now that he's starting first grade, he's very nervous about being with all those kids he won't know. Luckily, he loves to read and has a talent for finding things, from a cocooning caterpillar to classmates who want to be in his very own club.



FURRY

By Holly Keller E KELLE

Laura wants a pet. But furry animals make her sneeze and wheeze and break out in a rash. When Bennie brings his gerbil to school for show

and tell, Laura's face swells up like a balloon. Her little brother has the perfect solution—but will Laura like it?



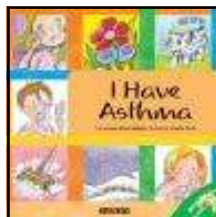
THE PEANUT-FREE CAFÉ

By Gloria Koster
J 616.9 KOSTE

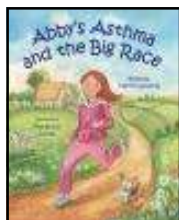
Simon likes four foods: grapes, bagels, purple lollipops, and peanut butter, and there's nothing else in his lunch box. One day, Grant comes to Simon's school, and his peanut allergy necessitates his sitting alone during lunch. The principal tries to come up with a plan so that kids will join Grant, but it's Simon's idea to turn Grant's table into something fun.

I HAVE ASTHMA

By Jennifer Moore-Mallinos
J 616.238 MOORE



When a boy has a coughing fit while he is playing soccer with his friends, his parents rush him to the hospital where the doctor explains that he has asthma and gives him an inhaler. The parents drive the child back to the soccer field where one of the other boys, "the fastest runner on the team," reveals that *he* has asthma as well!



Abby's Asthma and the Big Race

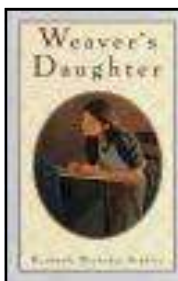
By Theresa Golding
J616.238 GOLDI

Abby has asthma, but that doesn't stop her from wanting to win the big race. Will she beat Jason to the finish line?

WEAVER'S DAUGHTER

By Kimberly Brubaker Bradley
J FICTION BRADL

Lizzy longs to grow up to be a weaver like her mother. But every autumn Lizzy gets sick. Now she is 10 years old, and the bouts of illness are getting worse. Neither the local doctor nor the midwife is sure what is wrong with Lizzy, let alone how to cure her.



Allergies, Asthma, and Staying Healthy

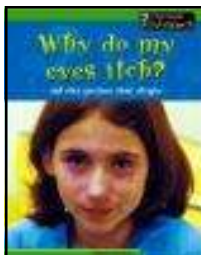


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Non-fiction books about allergies, asthma and health



WHY DO MY EYES ITCH?

By Angela Royston

J 616.97 ROYST

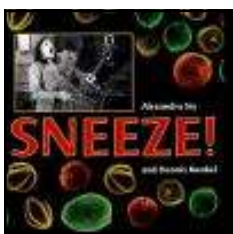
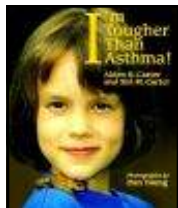
The mysteries of sneezes, sunburns, itches, toothaches, and more are solved in this colorful series about the human body. Accessible questions and fascinating facts introduce the reader to how the human body works, what can go wrong with it, and how it repairs itself.

I'M TOUGHER THAN ASTHMA!

By Siri and Alden Carter

J 616.238 CARTE

Siri Carter describes what it is like to live with asthma, how this condition affects the body, some of the things that trigger an attack, and what can be done to avoid problems.

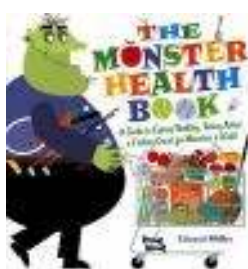
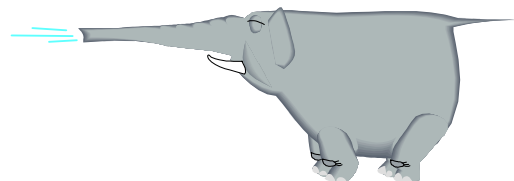


SNEEZE!

By Alexandra Siy

J 612.2 SIY

Nine kids discover nine different reasons for sneezing—from allergens and dust mites to bright light and viruses. Incredible micrographs magnify the tiny sneeze-inducing irritants, as well as human nerves and neurons, 400 to 222,220 times larger than life.



THE MONSTER HEALTH BOOK

By Edward Miller

J 613.7 MILLE

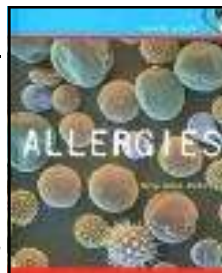
This informative book looks at all aspects of health and nutrition. Readers will learn about nutrients, how to read foods labels and what it means to count calories. Readers will also learn how to develop healthy habits, such as making time for breakfast, tips for packing the best lunch, and the benefits of having a sit down (versus fast food) dinner. Overviews on food illnesses and disorders are included as are the importance of sleep and exercise.

ALLERGIES

By Terry Allan Hicks

J 616.97 HICKS

This well-designed and easy-to-use book gives accurate and reliable information about the many kinds of allergies, their effects and triggers, practical advice and coping strategies for sufferers, as well as the tests used to diagnose allergens and the latest scientific advances to treat them, such as gene therapy.



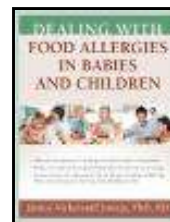
RELIEVE THE SQUEEZE

By Peggy Guthart Strauss

J 616.238 STRAU

This informative book demonstrates the danger of ignoring asthma symptoms, hoping they'll go away on their own. Additional materials include a list of resources for asthma sufferers and their caregivers, suggestions for tracking medication schedules, ideas for "asthma-proofing" the house, and even an asthma rap!

A few choices from the adult section



DEALING WITH FOOD ALLERGIES IN BABIES AND CHILDREN

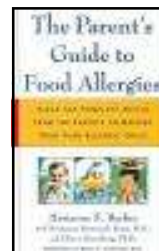
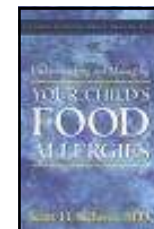
By Janice M. Vickerstaff Joneja

618.9297 JONEJ

UNDERSTANDING AND MANAGING YOUR CHILD'S FOOD ALLERGIES

By Scott H. Sicherer

618.9297 SICHE



THE PARENT'S GUIDE TO FOOD ALLERGIES

By Marianne S. Barber

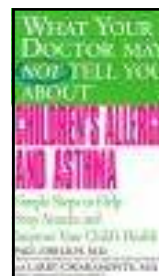
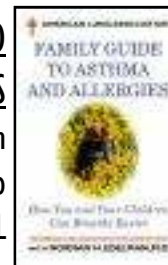
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FAMILY GUIDE TO ASTHMA AND ALLERGIES

By The American Lung Association

Asthma Advisory Group

616.238 FAMIL



WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT CHILDREN'S ALLERGIES AND ASTHMA

By Paul Ehrlich

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