

# Allergy & Asthma Resource Guide

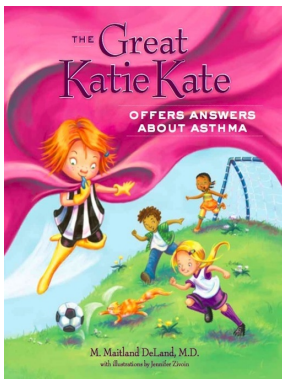
## Family Resource Libraries

Karahan Family Resource Library  
Children's Health Plano  
L1275  
469-303-7735

Krissi Holman Family Resource Library  
Children's Health Dallas  
Health & Leisure - C4205 - 214-456-0222  
Children & Teen - C4206 - 214-456-4787

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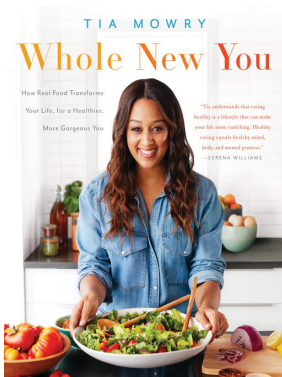
## Book Recommendations



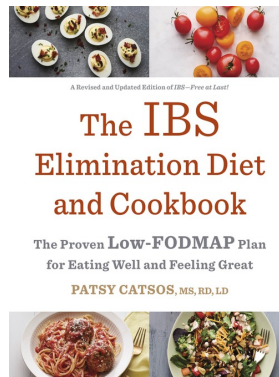
**The Great Katie Kate Offers Answers About Asthma**  
by M. Maitland DeLand



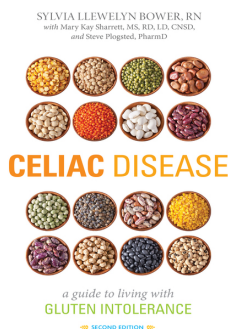
**Let Them Eat Dirt: How Microbes Can Make Your Child Healthier**  
by B. Brett Finlay



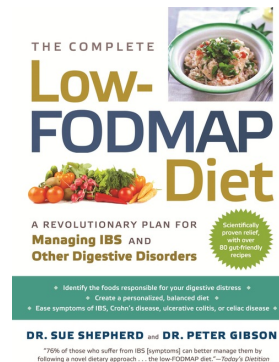
**Whole New You: How Real Food Transforms Your Life, for a Healthier, More Gorgeous You: A Cookbook**  
by Tia Mowry



**The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great**  
by Patsy Catsos, MS, RD, LD



**Celiac Disease: A Guide to Living with Gluten Intolerance**  
by Sylvia A. Llewelyn Bower



**The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing IBS and Other Digestive Disorders**  
by Sue Shepherd

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## Websites for Allergy & Asthma Information

Allergy and Asthma Network - [allergyasthmanetwork.org](http://allergyasthmanetwork.org)

American Academy of Allergy, Asthma & Immunology - [aaaai.org/](http://aaaai.org/)

American College of Allergy, Asthma & Immunology - [acaai.org/](http://acaai.org/)

American Lung Association - Asthma - [lung.org/asthma](http://lung.org/asthma)

Asthma & Allergy Foundation of America - [aafa.org/](http://aafa.org/)

Food Allergy Research & Education - [foodallergy.org/](http://foodallergy.org/)

Kids Health - Allergies - [kidshealth.org/allergies](http://kidshealth.org/allergies)

Kids Health - Asthma - [kidshealth.org/asthma](http://kidshealth.org/asthma)

MedlinePlus - Allergies - [medlineplus.gov/allergy.html](http://medlineplus.gov/allergy.html)

MedlinePlus - Food Allergies - [medlineplus.gov/foodallergy.html](http://medlineplus.gov/foodallergy.html)

MedlinePlus - Asthma - [medlineplus.gov/asthma.html](http://medlineplus.gov/asthma.html)

**If you need any more information about allergies or asthma, email [fri.libraries@childrens.com](mailto:fri.libraries@childrens.com).**

## Sitios web de información sobre alergias y asma

American Academy of Allergy, Asthma & Immunology - [aaaai.org/](http://aaaai.org/)

American Lung Association - Asma - [lung.org/lung-health-Spanish/asma](http://lung.org/lung-health-Spanish/asma)

KidsHealth - Asma - [kidshealth.org/asma](http://kidshealth.org/asma)      Alergias - [kidshealth.org/alergias](http://kidshealth.org/alergias)

Mayo Clinic - Asma - [mayoclinic.org/asma](http://mayoclinic.org/asma)      Alergias - [mayoclinic.org/alergias](http://mayoclinic.org/alergias)

MedlinePlus - Alergias y Asma - [medlineplus.gov/Spanish/allergies&asma](http://medlineplus.gov/Spanish/allergies&asma)

**Si necesita más información sobre alergias o asma, envíe un correo electrónico,  
[fri.libraries@childrens.com](mailto:fri.libraries@childrens.com).**