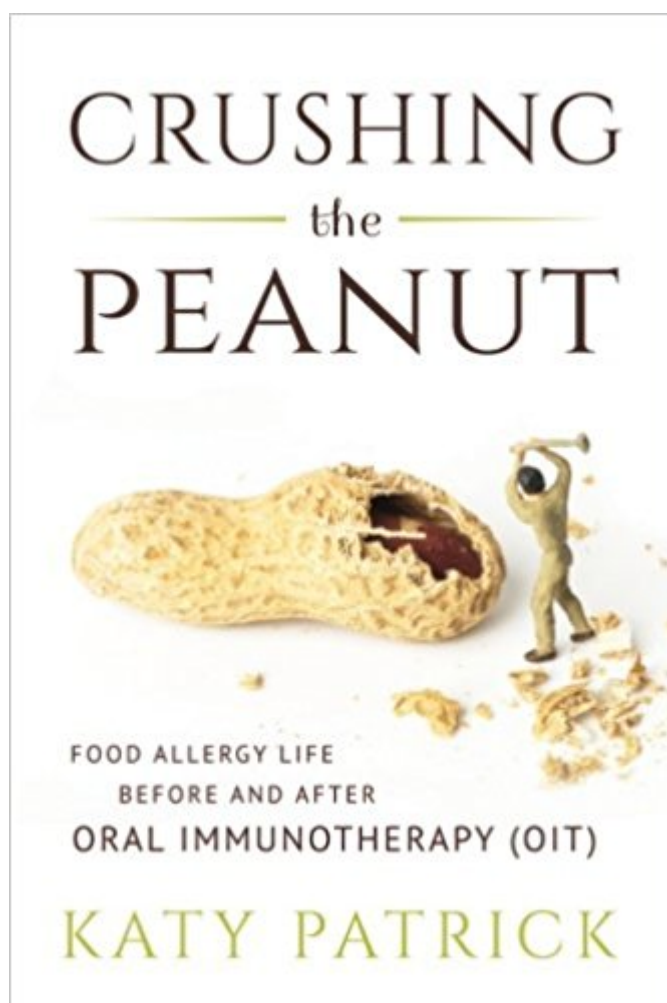


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# Crushing The Peanut: Food Allergy Life Before And After Oral Immunotherapy (OIT)



## Synopsis

Do you know or love someone with a life-threatening food allergy? Can you imagine how fear of ingestion and daily food avoidance looks and feels? Freedom from fear is now possible for those that are food allergic! In *Crushing the Peanut, Food Allergy Life Before and After Oral Immunotherapy (OIT)*, one mother openly shares her truth and heart. She tells a gripping and transparent before, during and after story. All the fear, stress and anxiety that the peanut held over her son's life and future is crushed by the success of this treatment. Conquering food allergy instead of living in avoidance is an idea whose time has come. OIT is the hope that food allergic kids, teens and adults have been waiting for. Read and experience the changing face of food allergy. Half of the proceeds of this book go towards a non-profit chosen by the author whose advocacy for Oral Immunotherapy is unparalleled. By reading, you are funding access to freedom for those allergic.

## Book Information

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## Customer Reviews

Katy Patrick is a 17-year Veteran Food Allergy Mom. Aside from founding a home based 24/7 peanut detective agency in 1999, she put her marketing degree to work as a realtor, a pizza franchisee, a volunteer photographer, a terrarium artist and at her most favorite occupation of all - full time tour guide for her four children. She lives on a mountaintop in Alabama and is most comfortable on a keyboard, behind a lens, or digging in the dirt. She is looking forward to growing heirloom peanuts in her front "yarden" this year thanks to the miracle of Oral Immunotherapy. You can find her on Instagram and Twitter as eastofthebox and at [www.katypatrick.com](http://www.katypatrick.com)

I just can't imagine this scenario! The array of emotions that accompany a diagnosis of a peanut allergy (or any food allergy) for an infant is beyond my comprehension. This story of the diagnosis of such an allergy in the author's 5-month old baby, and the subsequent 17-year journey that ensued is captivating. As scary as the story is, it is not a story of fear, or of sadness, or of guilt. Yes, those emotions occur, but this story is a story of hope. OIT is an amazing field of allergy study that helps some afflicted with various food allergies to literally overcome them with a specific medically controlled therapy that lasts several months - literally allow the afflicted one to tolerate, and even ingest some quantity of the very substance that could one send them to the ER or even bring death. What an amazing branch of allergy medicine! And what a fabulous story that gives hope to the millions with specific food allergies today. "It's not a matter of if, it's just a matter of when" thinking can become a thing of the past in some cases with OIT! If you know anyone with a peanut allergy, buy them a copy of this book. The clear understanding presented by this mother and author (not to mention the resources she offers) are worth far more than the cost of the book. What a lifesaver! Literally.

With astonishing generosity, the author admits us into the puzzling and frightening world of caring for a child with a severe peanut allergy. She gives us a vivid sense of the process by which she began to comprehend the full scope of the vulnerability and the means by which she ultimately became, with her maturing son, an epi-pen pro. This book will educate, console and embolden its readers. The medical protocol by which her son was freed of this allergy offers real hope. The book is rich in both heartfelt description and in valuable resource links. A true gem.

This mother bravely shares her emotional journey dealing with her son's allergy. This book will touch your heart and leave you rooting for her and her son to receive some relieve from the daily stress of life. If you or someone you know suffers with a life-threatening allergy, this book may help you deal with the emotional pain and give you things to think about. Katy Patrick doesn't come across as overly didactic; she just presents her experience and allows you to learn from it what you will.

This story is a **MUST READ** for anyone who parents, cares for- or loves another person with a life threatening food allergy. Katy gives a very heartfelt description of her fears and challenges of having a child with a severe peanut allergy. I think any reader in such a situation would be reassured and

comforted to know that there are others that live with similar anxiety and daily fear. Katy is so open and honest about her experience, I think no reader will doubt the sincerity of her words. Katy discovers oral immunotherapy ( OIT) which proves to be absolutely life changing for Katy and her son, it may be a blessing to other families as well. Katy takes you through every emotion of experiencing and going through OIT; By the end of this book, you feel that you have gotten to know Alex and Katy personally and want to scream out in JOY for them as well!

As a mom to a shellfish-allergic daughter, I'm a sucker for all things allergy. Like the author of *Crushing the Peanut*, I'm a voracious researcher and carry anxiety around food safety. I initially expected this book to be really science-focused, but I was surprised and delighted to find the main focus is actually the emotional journey of living with and surviving anaphylaxis (and eventually thriving thanks to OIT!). The author's shares the roadmap of their personal experience, and she's clear that OIT is a) different for each individual b) not necessarily for everyone. It worked for them, and this is her personal, very compelling journey. I found *Crushing the Peanut* to be brave, heartfelt, easy-to-read and entertaining. I applaud the authentic account of a mother's love and struggle with the reality of life with a food allergy. I've read many different magazine articles about OIT, some of which made it seem "alternative" or controversial. It's definitely a scientific-based approach you'll want to research for yourself, and *Crushing the Peanut* offers an excellent resource list, suggestions and personal insight. It's like sitting down with a good friend who is gonna tell you the truth about the path ahead. If you're looking for allergy options and to feel less alone in the very scary struggle to support a child with life-threatening allergies, please check out this book. OIT is real, and it can change lives.

As a fellow food allergy family, I was excited to read the book and learn about how oral immunotherapy (OIT) can help. I loved that book gave an insight into all areas of the family, because food allergy does affect what feels like every moment of family life. But, it didn't go into so much detail that you got bogged down in unfamiliar scientific lingo. The author described each step in an easy, familiar way that made me feel like it would be possible to use the provided resources to seek out OIT in my local area. Thank you for this intimate peek inside the food allergy family.

This mom shows bravery in trying something different to move from fear to hope. When dealing with her son's food allergy, she had to make decisions and climb over hurdles that affected more than one person. The reader is taken through the steps and challenges she faced along the way. For me,

this was more emotional than a medical book. It's about people.

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