



## Allergy Busters: A Story for Children with Autism or Related Spectrum Disorders Struggling with Allergies

By Kathleen A. Chara and Paul J. Chara Jr., Karston J. Chara. Illustrated by J.M. Berns

Jessica Kingsley Publishers, Inc, 2004. Softcover. Book Condition: New. Allergy Busters is a practical guide to help children struggling with allergy problems. It follows the experiences of Karston, who, in addition to autism-related problems, suffers from food and environmental allergies. He relates the struggles, frustrations, and disappointments in battling allergies, before coming up with a solution—the four Allergy Buster Keys. These effective methods for overcoming allergies are presented as a child-friendly plan leading to an allergy-free diet. The keys demonstrate how children with allergies can lead fun-filled lives by following simple, easily-attainable guidelines to manage their allergies. Children on the autism spectrum suffering with gluten and casein allergies require professional services in addition to intensive family involvement. This book will be an asset to parents and professionals working with children on the autism spectrum who are struggling with allergies, as well as an informative resource for allergy sufferers themselves. The guidelines provided are both innovative and rooted in mainstream psychological principles, applicable to any child with allergy problems, not just those on the autism spectrum. Written in a style that encourages the child to assist adults working with him or her, the authors have included a behavioral chart...



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