

Be Prepared for a Food Allergy Emergency

Recognize the signs of anaphylaxis¹

Shortness of breath
Wheezing
Sensation of throat closing



Hives



Swelling around the eyes and mouth
Tingling and itching around the mouth



A sudden drop in blood pressure
Weak and rapid pulse



Abdominal pain
Nausea and vomiting

Know the Facts:

According to recent surveys, 36% of adults with food allergies² and 42% of kids with food allergies² have visited the emergency room for an allergic reaction.



8-10% of Americans have a food allergy.^{2,3}

Use Epinephrine

1

Epinephrine is the medication of choice for the initial treatment of anaphylaxis.¹

2

When epinephrine is used quickly, it is almost always effective.¹

3

Delayed use of epinephrine is associated with poor outcomes, including death.¹

1. Schuster SH, Simons EP. AAP section on Allergy and Immunology. Epinephrine for First-aid Management of Anaphylaxis. Pediatrics. 2017; 139(5).
2. Gupta RB, Warren CM, Smith BM, et al. Prevalence and Severity of Food Allergies Among US Adults. JAMA Netw Open. 2018;2(1):e180000.
3. Gupta RB, Warren CM, Smith BM, et al. The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States. Pediatrics. 2018; 142(5).

The Onetenone Method For Allergy Control

Siddappa N.Byrareddy



The Onetenone Method For Allergy Control:

The Onetenone Method For Allergy Control: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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