



Allergic Girl: Adventures in Living Well with Food Allergies

Sloane Miller

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An indispensable guide for living a full life with food allergies--from an Allergic Girl who lives it

Millions of Americans concerned about adverse reactions to food are seeking the advice of medical professionals and receiving a diagnosis of food allergies. Allergic Girl Sloane Miller, a leading authority on food allergies, has been allergic since childhood. She now lives a full, enjoyable life full of dining out, dating, attending work functions, and traveling. With tested strategies and practical solutions to everyday food allergy concerns, *Allergic Girl* shows how readers can enjoy their lives too. Informed by personal narratives laced with humor and valuable insights, *Allergic Girl* is a breakthrough lifestyle guide for food-allergic adults, their families, and loved ones. In *Allergic Girl*, you will discover:

- How to find the best allergist and get a correct diagnosis
- How to create positive relationships with family, friends, and food
- How to build a safe environment wherever you are
- Real-world scenarios scripted from the author's life as well her work with clients and other leaders in the field

Enjoy your food-allergic life to the fullest. Let *Allergic Girl* show you how.

Q&A with Author Sloane Miller



Author Sloane Miller

How did you become “Allergic Girl”? How did you decide to devote your life to advocating for food allergies? I’ve always been an allergic girl. I’ve had food allergies since birth and I developed environmental allergies and asthma in early childhood. I’m also a social worker and writer. My work as a food allergy advocate--“Allergic Girl”--combines my commitment to helping people with personal food allergy experience and professional expertise as a social worker and writer. Living with food allergies can be challenging--even scary. It can and should also be joyful. Reliable, clear information, and support make the difference. *Allergic Girl: Adventures in Living Well With Food Allergies* offers advice and experience

designed to help people with food allergies. **What was your inspiration for writing this book?** In 2006, I started a blog--Please Don't Pass the Nuts--to talk about living with food allergies; share my experience and connect with other people; and share what I've learned about dining out, traveling, dating and working with food allergies. The response has been incredible and gratifying. **Describe your relationship with food? How has it evolved?** I love food! Always have. I think our relationship to food is as important as our relationship to friends and loved ones. I spend a chapter of the book discussing how the food allergic community can develop a safe and healthy relationship with food. When I was a child, birthday parties were minefields; at playdates, I was always refusing well intentioned but dangerous snacks. As a young adult, I chose to become a vegetarian, which fostered new pathways, new discoveries about food and what it can do for you in a positive way. As an omnivore adult, I've devoted my professional career to understanding food allergies and developing successful practical techniques to help people with food allergies. I've used these experiences and expertise to write *Allergic Girl*. I know how complex the relationship with food can be when you have food allergies. I also know, with the right steps and the right support, how enjoyable food can be. That's some of what *Allergic Girl* is about. **Is this book only for people with food allergies?** Whether you have food allergies, know someone who has food allergies or just want to understand more about living with food allergies, this book is for you. *Allergic Girl* offers practical advice and expertise about how to understand food allergies, navigate the risks, communicate your needs and lead your best life. If you have food allergies, a big part of living a safe, effective and joyous life is understanding your needs and building supportive relationships. If you know someone with food allergies, a big part of being supportive is understanding what food allergies are and how you can help. *Allergic Girl* offers insights into what it is like to have food allergies and what kinds of support you can offer. **What is one piece of advice you'd give to someone recently diagnosed with a food allergy?** My first piece of advice is to take your food allergies seriously. What does this mean? • See a board-certified allergist • Fill your prescriptions and always carry them with you • Ask a lot of questions of your doctor/allergist • Read as much material as you can from reputable sources • Be patient with yourself There will be mistakes. Start where you are right now and do your best.

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From reader reviews:

Jeffrey Paolucci:

Hey guys, do you want to find a new book to see? Maybe the book with the headline Allergic Girl: Adventures in Living Well with Food Allergies suitable to you? The actual book was written by a well-known writer in this era. Often the book entitled Allergic Girl: Adventures in Living Well with Food Allergies is one of several books that everyone reads now. This particular book has inspired many people in the world. When you read this guide, you will enter the new dimensions that you never knew prior to. The author explained their concept in a simple way, therefore all of us can easily be aware of the core of this message. This book will give you a large amount of information about this world now. So that you can see the representation of the world on this book.

Lois Hernandez:

The book entitled Allergic Girl: Adventures in Living Well with Food Allergies contains a lot of information on this. The writer explains her idea with an easy method. The language is very clear to see all the people, so do not definitely worry, you can easily read that. The book was written by a famous author. The author brings you into the new age of literary works. You can easily read this book because you can read more on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official website and also order it. Have a nice read.

Sheila Searcy:

As we know that a book is an essential thing to add our know-how for everything. By a book we can know everything we really wish for. A book is a list of written, printed, illustrated or even blank sheets. Every year ended up being exactly added. This guide Allergic Girl: Adventures in Living Well with Food Allergies was filled with regards to science. Spend your free time to add your knowledge about your technology competence. Some people have a distinct feel when they read any book. If you know how big the selling point of a book is, you can feel joy to read an e-book. In the modern era like currently, many ways to get a book which you wanted.

Todd Porter:

What is your hobby? Have you heard in which question when you got learners? We believe that that query was given by a teacher to their students. Many kinds of hobbies, everyone has a different hobby. And you know that a little person similar to reading or as looking at becomes their hobby. You have to know that reading is very important as well as a book as to be the matter. A book is an important thing to incorporate your knowledge, except your own personal teacher or lecturer. You get good news or updates with regards to something by a book. Numerous books that you can decide to try to be your object. One of them is Allergic Girl: Adventures in Living Well with Food Allergies.

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