

Can you imagine your life allergy-free? Yes, yes, and yes. It is possible.  
Now, it's your turn. The AmazingAllergist will show you how.

# Allergies, and Awesome You

Believe You Can Get There Too!

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A life story to empower an allergic child to live a great life  
(A part of the AmazingAllergist's Awesome Book Series for Children)

*A portion of the proceeds from this book will help fund the research and education in the field of  
allergy, asthma, and immunology.*

Learn more at  
[www.AmazingAllergist.com](http://www.AmazingAllergist.com)

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Published by AuthorHouse 01/05/2012

ISBN: 978-1-4685-3691-1 (sc)

Library of Congress Control Number: 2011963696

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To my mom and dad:  
*I love you both and owe you everything.*

To my wife:  
*Life is fun in your company. I love you.*

To my sons:  
*You are the best. You keep me grounded.*

To my team:  
*I am blessed with every one of you being on my team. Thank you.*

To my patients:  
*Your smile is my best reward. Thank you for your trust.*

To science that finds a cure.



## Books and Publications by the Author

AmazingAllergist's Awesome Book Series  
(Books 1 to 6 are for children. Book 7 is for parents.)

1. *Allergies, and Awesome You*
2. *Asthma, and Awesome You*
3. *Eczema, and Awesome You*
4. *Food Allergy, and Awesome You*
5. *Pet Allergy, and Awesome You*
6. *Allergy Vaccines, and Awesome You*
7. *AmazingAllergist's Guide to Awesome You*

For audio, video, and updates on other publications,  
please visit [www.AmazingAllergist.com](http://www.AmazingAllergist.com).

A portion of the proceeds from these books will help fund the research and education in  
the field of allergy, asthma, and immunology

Learn more at [www.AmazingAllergist.com](http://www.AmazingAllergist.com).



Dear Parents,

I want to begin by thanking you for picking up this book to read to your children today. I want to empower your children to believe in themselves. I want them to know that they can have a great life despite the allergic conditions. It won't be possible without your help. As you read this book to them and follow the steps outlined here, you are an instrument of service to them. You are allowing my desire and thoughts to unfold through your spoken words.

I have treated more than 20,000 patients, influenced over 100,000 lives as an allergist so far, and earned the nickname "AmazingAllergist" from patients and peers. The most rewarding part of my work is the numerous smiling patients and their families. I wrote this book to help parents and children understand allergies, believe that they can get better, and take the next steps of treatment.

In addition to the story, this book contains fun activities and exercises that you can do before, during, and/or after reading the story. The exercises at the end of the book are meant to help your children stay engaged and have fun while reading so they will look forward to reading the story again. Once they like the process, the learning will become second nature. It will be easy to learn about allergies if reading is fun.

You may do the activities in any order that works for you and your children. Keep repeating them in the sequence that they like. Please read the paragraph at the end, out loud, and have your children repeat it to you. It will be much more effective if the children do it with their eyes closed, just when they are ready to fall asleep.

Your children will think these exercises are fun, but they are part of a process that includes the principles of auto-suggestions, self-hypnosis, visualization, and mind-body connection. There is cutting-edge science of mind-body connection behind these exercises. Some of the exercises help clear the respiratory passages, clear the mind, and develop the ability to concentrate. I know it works. I have practiced and observed major positive changes in many children's lives. It *will* work for your children. Please believe and keep practicing. Read and repeat exercises daily, at least for three to four weeks. The allergy awareness will improve, and so will be the approach to life with allergies. Once you see the positive changes in your child, you will believe in this science.

After the exercises, there is a Frequently Asked Questions section about allergies and their treatment as well as a list of common allergy medications. Additional allergy resources appear at the end of the book. You can find updates and information at [www.AmazingAllergist.com](http://www.AmazingAllergist.com).

Happy days are here. Enjoy. It is your choice.

Written with special love for all the kids around the world (and parents too!).

Dr. Atul N. Shah, the AmazingAllergist



“Hey, Jack!” Samantha sneezed and stopped to find a tissue. “Wow, look at you. You are so happy and have tons of energy.” Samantha admired Jack as she ran to him. “Aaa ... chhoo!” Samantha kept sneezing and sneezing and sneezing and reached for her tissues. Jack was kicking the soccer ball into the net before the game began.



Jack paused, smiled ear to ear, and high-fived Samantha. As Jack turned to get the ball, he heard something as loud as a trumpet. It was Samantha blowing her red nose in the white tissues. With a giggly voice and glowing eyes, Jack looked up and replied, “Thanks!”



Jack kicked the ball toward the goal. “You know, Samantha, since I have seen the AmazingAllergist, my life has changed. I sleep much better, enjoy playing soccer and being with my friends, and feel that life is way better. I don’t have to look for tissues, and I don’t blow my nose like a trumpet anymore. Life is great!”

Samantha couldn't wait to feel that way. "Jack, I need help with my nose too."

Jack promised to share how he changed his life with the help of the AmazingAllergist.



They both played hard during the game. Samantha tried her best but could not keep pace with Jack. She had to reach for tissues again and again. Her nose was so clogged that she had to breathe through her mouth. She felt sluggish, and it was hard to run for a long period of time. Jack had a blast. He got his team a goal, an assist, and a 4–2 win.

As they were packing their bags, Jack kept his promise and began sharing what he did to feel great. Samantha sat down to listen. “It was six months ago when my mom and I visited the AmazingAllergist for the first time. I wish I went there many years earlier.”

Jack continued, “I was cranky, congested, and clumsy. Every day I sneezed nonstop, and at night I snored like an old man. My nose dripped like a leaky faucet and was red like a clown. I was breathing through my mouth as it felt like glue was stuck in my nose. I had a tickle in my throat that made me cough, and I felt like itching inside of my ears. My eyes seemed sandy, and it looked like I was crying day and night. I was like this every day, and I did not remember a day without sneezing or blowing my nose.”



Samantha nodded. “Jack, that’s how I feel now. I can play better if I can breathe and don’t have to blow my nose.”

Jack continued, “You know, I love soccer, and I still felt that I would have to quit. My eyes and nose got worse every time I came to the field or went outdoors. I kept hearing in my head, ‘Winners don’t quit, and quitters never win.’ I felt angry and helpless. I wanted to feel better, but I did not know what to do, where to go, and whom to ask for help. My mom always knows my feelings, and she knew who could help.”



Jack zipped his bag and sat down next to Samantha. “A few days later, my mom and I went to see the AmazingAllergist. I was scared and did not know what to expect. As we learned more about the AmazingAllergist place, it gave me a sense that the experts here would help me get better. We saw smiles on everyone, including the other patients. That reassured me that I would be smiling again soon.”





Samantha sneezed and dabbed at her eyes. “What was it like there?”

“We met a lot of people on the AmazingAllergy team. They all wanted to help, and they made *me* in charge of my allergy decisions. They asked my mom and me a lot of questions, looked in my nose, throat, and ears, and listened to my lungs and heart. Next, they checked my skin and explained the allergy skin tests. Finally, they told me that my feeling terrible was related to allergies and the skin tests would tell me what things I am allergic to.”

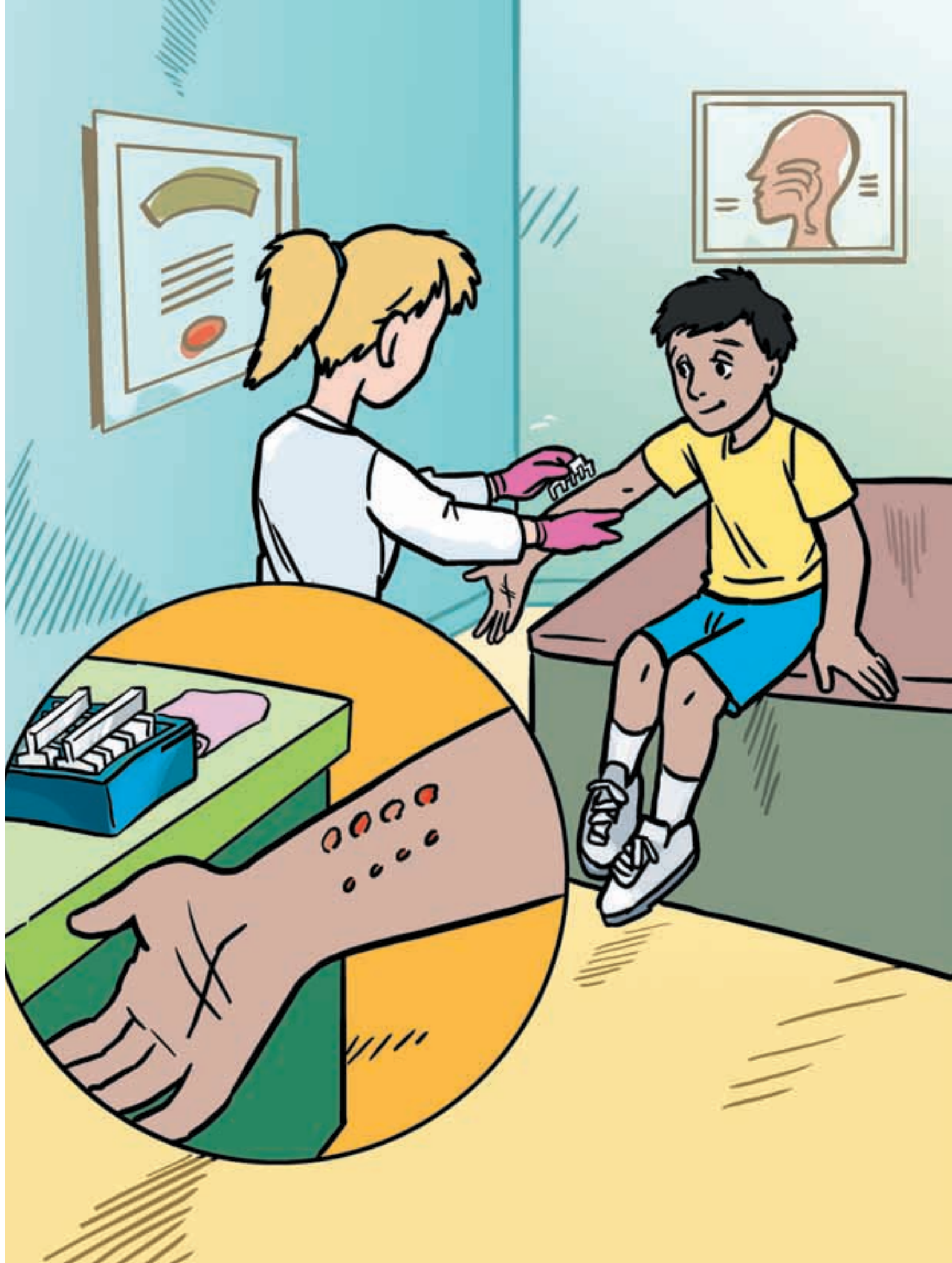
Samantha’s eyes grew wide. “Oh, really, the allergy skin tests? Were you scared, Jack?”

“Oh, no, not at all. They explained everything. The allergy skin test is a cool thing. They put the test on my arms, and it felt like a brush. I had to wait for twenty minutes without touching it. Some of the dots got itchy and looked like mosquito bites. The nurse came after twenty minutes, cleaned the skin, and made a list of the skin test results. The red, itchy dots confirmed I am allergic to certain things. I have allergies to tree pollen, grass pollen, dust mites, and cat dander. It means that whenever I am around these things, my body overreacts to them and makes me feel sick.”

Samantha was glad to hear that the allergy tests didn’t hurt much. She started to speak but sneezed instead.

“Bless you.” Jack smiled.





Jack continued. “I told my AmazingAllergist that I wanted to feel better. I could hardly wait for him to fix my nose. The AmazingAllergist reassured me that I would get better and feel awesome in no time. He said that we would work together as a team. He said, ‘I am your coach. I will tell you what to do, and if you follow the plan, you will win. Jack, it’s my advice and your work that will make you allergy-free.’ For the first time, I felt in control and I saw myself winning.”

