

A Little Bit CAN Hurt

The Shocking Truth about Food Allergies

Why We Should Care, What We Can Do

Available
on Amazon!

Informative. Insightful. Enlightening personal stories,
wise advice, and answers to frequently asked questions.
—ETHELDA RECKLING, School Psychologist



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The Shocking Truth About
Food Allergies

Why We Should Care
What We Can Do

Donna DeCosta, MD

Foreword by Michael Goldman, MD



A Little Bit Can Hurt underscores the dual message that food allergies are life threatening but also manageable. It recounts the very personal narratives of those living with food allergies, both directly and indirectly, and tenderly reveals the beloved face of your food allergic child, student, patient, spouse or friend.

These faces and voices of food allergy:

- explain what food allergy is like, why we should care and what we can do about it;
- give readers specific and helpful ideas to incorporate into their daily routines;
- enable readers to learn from others' experiences; and
- provide a springboard for discussion.

In addition, learn from professionals whose jobs involve the daily care and keeping of food-allergic individuals. Hear from prominent voices in the food allergy community as well as educators, dietitians and food industry professionals!



Good to hear from other food allergy Moms... I now have an action list that will help me anticipate some of the challenges my food-allergic son may soon experience.

~CECELIA JONES, M.S.Ed.

As a pediatrician and parent of children with food allergies... I highly recommend this book as a great resource for families as they learn how to deal with food allergies in both the home and school environments.

~ALAN STERN, MD, Needham Pediatrics

DONNA DeCOSTA, MD is a radiologist and the married mother of two sons with life-threatening food allergies. She is the founder of **Food Allergy Mom Doc**, an online community committed to promoting food allergy awareness, understanding and proactive advocacy. She is available for virtual book seminars and speaking engagements.

foodallergymomdoc.com