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## ASTHMA AND ALLERGIES

A select list of websites and suggested reading relating to asthma and allergies.

### Books

The allergy connection by George Samra  
**616.97 SAM**



Allergy-free cooking for kids : a guide to childhood food intolerance with 80 recipes by Antoinette Savill with Karen Sullivan  
**641.563108 SAV**

Allergy free naturally : 1,000 nondrug solutions more than 50 allergy-related problems by Rick Ansorge  
**616.97 ANS**

Asthma by Sarah Lennard-Brown  
**616.238 LEN**

Asthma and allergies for dummies by Asthma Victoria  
**616.97 AST**

The asthma and allergy action plan for kids : a complete program to help your child live a full and active life by Allen J. Dozor and Kate Kelly  
**618.9297 DOZ**

Asthma at your fingertips : the comprehensive and medically accurate manual which tells you how to deal with asthma with confidence!  
by Mark Levy  
**616.238 AST**

Breathing works for asthma by Dinah Bradley, Tania Clifton-Smith  
**616.238063 BRA**

Easy breathing by David Hoffmann  
**616.2006 HOF**

Fed up with asthma: how food affects asthma and what you can do about it by Sue Dengate  
**616.238 DEN**

Friendly food : the complete guide to avoiding allergies, additives and problem chemicals by A.R. Swain, V.L. Soutter and R.H. Loblay

**641.56318 SWA**

Maximum asthma control : the revolutionary 3-step anti-asthma program by Michael E Chichorski

**616.238 CIC**

My house is killing me! : the home guide for families allergies and asthma by Jeffrey C. May ; foreword by Jonathan M. Samet

**616.97 MAY**

Yoga beats asthma : simple exercises and breathing techniques to relieve asthma and other respiratory disorders by Stella Weller ; with a foreword by Marie E. Faughnan

**616.23806 WEL**

### **Websites**

#### **Allergy Capital**

[www.allergycapital.com.au](http://www.allergycapital.com.au)

Allergy, asthma and immunology information for consumers and health professionals. This site aims to provide reliable information on a wide range of asthma and allergy related topics

#### **Allergy Centre**

[www.allergycentre.com.au/](http://www.allergycentre.com.au/)

A private allergy unit treating patients with a wide variety of problems relating to environmental illnesses

#### **Asthma Australia**

[www.asthmaaustralia.org.au/](http://www.asthmaaustralia.org.au/)

Provides asthma education, information, research, community advocacy and support to people with asthma and their carers.

#### **Asthma Research Online**

[www.asthmaresearch.org.au/](http://www.asthmaresearch.org.au/)

Aims to enhance the level of knowledge and understanding about asthma and its causes and ultimately, to find a cure by showcasing and promoting research, providing a resource, extending the networks of communication, raising asthma awareness and highlighting the need for further research

## **Asthma Victoria**

[www.asthma.org.au](http://www.asthma.org.au)

Provides advice, counselling, education and training for people with asthma and their carers, health professionals, first aiders and the Victorian community

## **Australian Centre for Asthma Monitoring**

[www.asthamonitoring.org/](http://www.asthamonitoring.org/)

Aims to assist in reducing the burden of asthma in Australia by developing, collating and interpreting data relevant to asthma prevention, management and health policy.

## **Better Health Channel**

<http://www.betterhealth.vic.gov.au/>

An introduction to quality-assured, regularly reviewed, health and wellbeing information and services, sponsored by the State Government of Victoria.

## **Cooperative Research Centre for Asthma**

[www.asthma.crc.org.au/](http://www.asthma.crc.org.au/)

Aims to increase understanding, critically evaluate the cost-effectiveness of current treatment and to provide a high quality training environment for younger scientists and to disseminate knowledge to the Australian community.

## **National Asthma Council Australia**

[www.nationalasthma.org.au/](http://www.nationalasthma.org.au/)

A non-profit body which serves the community by creating awareness and providing information about asthma.

