



## A Little Bit Can Hurt

*Donna DeCosta*

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## **A Little Bit Can Hurt** Donna DeCosta

Written by a physician and parent of two severely food-allergic children and reviewed by two board certified allergists, *A Little Bit Can Hurt: The Shocking Truth about Food Allergies – Why We Should Care, What We Can Do* underscores the dual message that food allergies are life-threatening but also manageable. Easy to read, compelling and abundantly informative, this book will be indispensable to parents, extended family, physicians, school personnel and anyone who knows and cares for a food-allergic child or adult.

*A Little Bit Can Hurt* recounts sixteen personal narratives of those living with food allergies 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, you will gain wisdom from in-depth interviews with seven professionals whose jobs involve the daily care of food-allergic individuals. Learn from a registered dietitian, a childcare facility director and several educators. In addition, hear from prominent names in the food allergy community including Dr. Robert Wood, Director of Pediatric Allergy and Immunology at Johns Hopkins Children's Center; Maria Acebal, former CEO of The Food Allergy and Anaphylaxis Network and now a member of the Board of Directors at Food Allergy Research and Education; and Joel Schaefer, previously Manager of Product Development and Special Diets at Walt Disney® World Resort and currently President of Allergy Chefs, Inc.

Via the experienced voices of food-allergic individuals and the family and professionals caring for them, *A Little Bit Can Hurt* offers a comprehensive, three-dimensional portrait of food allergy.

## **A Little Bit Can Hurt Details**

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## From Reader Review A Little Bit Can Hurt for online ebook

### Colette Martin says

I received this book as part of a goodreads "first reads" giveaway and was very excited to get it. A Little Bit Can Hurt is a quick and easy read (less than 2 hours cover to cover).

The content was different than what I expected based on the title and the sub-title (The shocking truth about food allergies). I expected more data, more research, and more medical explanations for life-threatening food allergies. Instead, what I found was an extremely well-written book based on a series of interviews that detail real-life accounts of what parents and patients experience. It's a great place to start for someone who just received a food allergy diagnosis. The chances are good that you will find a story you can relate to in this text.

The overall message is not "shocking," but very positive, encouraging, and up-beat - and I consider that a very good thing.

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### MJ (The Book Recluse Review) says

When I think of food allergies I immediately think of gluten and dairy. I will then go to analyze the sulfate level in various foods - since I have an allergy to sulfate as well. I was excited to pick up this book, because I wanted to understand how consuming even a little bit of gluten will affect my intolerant daughter.

Except that is not what this book is about - at all. This book is mainly about allergies that can cause a child to go into anaphylaxis shock. It talks a lot about peanut allergies and tree nut allergies. It does also mention dairy allergies.

The book is divided into sections. In the first section, you receive stories from various areas of their lifespan - starting at infancy and ending to adulthood. The stories are helpful for individuals to empathize with - an I am not alone kind of thing. They do not provide a wealth of information. You do receive some more information in the second section, which is where medical providers, educators, and community members write about their expertise.

Overall the book does not provide a whole lot of information on allergies. It is more along the theme of you are not alone, and people do successfully manage their allergy. The biggest problem that I had from the book (besides from a very generic title) is that everyone in the book is a sample of convenience. By this I mean that they were all connected to the same support group - possibly even all members of just one meeting location. This only provides a limited perspective. Even the medical professionals and community members were all connected to the same support group. Both educators for from the same PRIVATE school. Even though one teacher is in preschool and one in early education you do not get a very different perspective since they are both from the same school.

The best thing about this book is that it got me thinking about the effect of my daughter's lunch box on children at her school. Yet at the same time, it frustrated me. The parents in the book were not very sympathetic to children who only eat peanut butter. It was a your kid can starve because my kid is allergic. Since my child WILL STARVE herself rather than eat a non-preferred food I was not very happy with this

attitude. However, I have talked with my daughter about how to make sure that she does not contaminate her friends with a peanut allergy. For example, she should always wash her hands after she eats. Also, she should never share food with her friends with a nut allergy since we often bake with almond flour and they could be allergic. These are also rules that I reinforce to help her manage her own allergies.

Origanelly published at The Book Recluse Review

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