



Allergic to Pets?: The Breakthrough Guide to Living with the Animals You Love

Shirlee Kalstone

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Avoid Allergic Outbreaks—Not Animals! *Allergic to Pets?* addresses the problem that plagues allergic animal lovers everywhere: how to live with a pet you love when you (or a family member) are allergic to it.

Sensitivity to animals is one of the most frequently diagnosed allergies—yet until now, allergic animal lovers have been faced with only two choices: give up their beloved pets or live with the suffering. Finally help is here! **Allergic to Pets?** is the first book to provide effective advice for cohabiting with cats, dogs, small furry pets, birds, and even horses. Renowned pet expert Shirlee Kalstone explains:

- What causes an allergic reaction and how to ward off the worst of it
- How to care for your hairy, furry, and feathered pets (and their environments) to minimize allergens
- A room-by-room guide to allergen-proofing your home
- When to get professional assistance: medicines for the sufferer as well as nontoxic allergen-reducing products formulated specifically for animals

And much more!

Allergic to Pets? is an indispensable resource for animal-loving allergy sufferers everywhere, packed with much-needed advice, explanations, and helpful tips.

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Kimberly Mason:

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