

The Sprouted Peanut Vaccine and Other Stories:

Discover the causes, cures, and benefits of allergy, in relation to asthma, autism, hyperactivity, depression, cancer, and other current conditions

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Frequently Asked Questions

Why do we need a new peanut allergy book?

1 in 100 to 200 adults and children in the USA, Canada, UK, Australia, and New Zealand is allergic to peanuts. Some can die from trace exposure, while many live in constant fear. There are only 2 science-based peanut allergy books on the market. Both are well done, but neither:

- ☆ Is by a person who has the allergy;
- ☆ Considers the full range of food-industry, lifestyle, and environmental causes;
- ☆ Teaches people health and eating habits that make reaction less likely;
- ☆ Integrates conventional and alternative medicine;
- ☆ Is literary;
- ☆ Is illustrated.

How does this book deliver?

It speaks in a way that people can understand – from pre-teens on up, with and without a scientific background or English as a first language – yet with full rigour and nuance.

- ☆ 20+ causes
- ☆ 5+ solutions being studied by scientists
- ☆ 200+ references, plus bibliography and referral to allergy organizations
- ☆ Cross-cultural understandings of allergy and proper body functioning
- ☆ Testimonials of how allergy feels and affects life
- ☆ Reports of self-experiment
- ☆ A full process for getting to know and improve one's body and allergy

What are the author's credentials?

- ☆ Degrees in Chemistry (Princeton), Toxicology (Concordia), and Shiatsu massage therapy (Guijek)
- ☆ 15 years' science teaching, most recently as a TA at the University of Victoria
- ☆ 13 years producing weekly live radio programs, with two NCRA awards
- ☆ Work throughout the food system, from farming to catering and serving
- ☆ 7 years' bodywork, combining massage, dance, martial arts, and more
- ☆ Has had peanut and other allergies since at least age 2

- ☆ Has improved all of them in 10+ years of work with natural tools
- ☆ Worked on this book full-time for 2+ years

The illustrator has animated for various Disney TV/film productions, plus movies like *The Wall* and *Ghostbusters*.

Why will people buy this book, read it, keep it, and debate it?

- ☆ It's beautiful
- ☆ It has no product to sell, but a lifelong, adaptable process to teach
- ☆ Friends and family of allergic people can use it to assist their loved one and improve their own health
- ☆ There are fun, touching, challenging stories
- ☆ It is controversial by nature – for example, by showing a severely allergic person choosing to eat sprouted peanut and linking allergy to a broader epidemic of diseases – not by hype

The science may need to be updated in five years. The understanding will endure. The stories are fundamentally human.

Is the author good for interviews and public speaking?

Yes, including live and pre-produced, news- and magazine-style TV, radio, and print.

- ☆ *“He is a compelling speaker and encourages people to participate. He is sincere and committed to the work he does.”* – Professor Yasmin Jiwani, Concordia University
- ☆ *“He’s skillful at making complex ideas seem approachable by breaking things down in steps, introducing different methods of problem solving, and providing real life examples. Thanks to Billy Adam, I have gained respect and a fundamental understanding of the subject that will empower me later. He has an extensive amount of experience and qualifications with kids, teens, and adults.”* – Marcela Lazaro

Who else would make for a spicy panel that gets to the heart of the issue?

- ☆ An allergenist/immunologist who disputes some of the stats or links to other diseases
- ☆ A parent or principal who’s alarmed their allergic child might try his or her own experiments
- ☆ A farmers’ or regulators’ representative, talking about their strategy for solving the allergy problem
- ☆ An adrenaline or antihistamine manufacturer’s representative
- ☆ An alternative medic who says they have the cure
- ☆ An allergic child or adult who wants a better quality of life than they’ve been told is possible, yet is sceptical about the book

A list of candidates is available from the author.

What are the book's limitations?

- ☆ It gives no one certain cause or cure
- ☆ The author is not an allergenist/immunologist
- ☆ It is self-published

How does it address these?

- ☆ It makes modest claims, each referenced in published study or personal experience, and includes a broad disclaimer
- ☆ It lays out all the possibilities, evaluates them to the best of its ability, and lets the reader decide
- ☆ It refers readers to other sources, including ones the author disagrees with
- ☆ It has been sent, for review, to leading peanut allergy researchers and support groups worldwide
- ☆ It is periodically updated, based on readers' input and new developments in the field

