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sample chapters:
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Peanut Allergy: New Science and Stories, from 'Why?' to 'What Can I Do?'

Peanut allergy directly affects 1 in 100 to 200 people in the First World. A few die from it, and many live in constant fear. Then there are the families, schoolmates, coworkers, restaurants, grocers, processors, farmers, regulators, and others with whom they dine or on whom they depend.

It only started being reported in the 1900s. Yet peanuts have been a staple food and utility crop for at least 2500 years. The problem, as this book takes it, is that they and we have been changing so fast of late that a communication problem between us can arise. Is it the high-protein diet? Intensive agriculture? Aflatoxin? Pollution? Sanitization? High-stress living? There are dozens of theories. For the first time, all are explored from a scientific and "alternative" perspective, and considered as parts of one story. And so there are many possible solutions based on food-prep and lifestyle change, controversial as it may be to take initiative.

What's also fresh about this book is that the science is literary and there are some way-out stories. Dreaming of eating peanut, then suffocating for real. Asking the inventor of the first commercial anti-histamine about a herbal equivalent. Visiting people who've never eaten bread or baby formula before, and seeing what happens when they try.

The Sprouted Peanut Vaccine and Other Stories is written by **Billy Adam Gottlieb**, a Canadian teacher, toxicologist, bodyworker, and former journalist who has been reacting and not reacting to peanuts, by accident and by choice, since at least 1973. It has original illustrations by TV/film animator Seán Newton and full references to readings and support groups. Currently available from www.papplus.net, it will soon be carried by Amazon, Barnes & Noble, and other major retailers.

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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