

GLUTEN-FREE DONUTS • ACHOO! RELIEF FROM RAGWEED

ALLERGIES, ASTHMA & GLUTEN-FREE

Allergic Living

**Yearning to
Breathe
Free**

**25 Million
Americans**

have asthma,
the disease that's
out of control.

**10+ TIPS
FOR AN
UNSCARY
HALLOWEEN**

**WHEN
CELIAC IS
SILENT**

**FALL'S BEST
RECIPES**

**FOOD
ALLERGY
BULLYING**

What You Can Do

FALL 2011 \$5.95

