USEFUL INTERNET WEBSITES & HEALTH FOOD STORES

INHALENT ALLERGIES

NationalAllergy.com

Other useful websites found within this webpage are: www.aafa.org
www.allergynursing.com www.aaaai.org

Allergycontrol.com Allergysolutions.com Allergyinforman.com

POLLEN

Pollen.com (good for updates on pollen counts within your area)

FOODS

"Five Years Without Food" the Food allergy Survival Guide (Nicolette Dumke) Excellent Book!!!

www.foodallergy.org

The food and allergy & anaphylaxis network

www.zingosolutions.com/food/hidden

www.enjoylifefood.com

STORES/MARKETS WITH ALLERGY FREE FOODS

Akins Natural Foods Market

31st & Harvard, Tulsa

51st and Memorial, Tulsa (Fontana)

Wild Oats	1401 E. 4th Street, Tulsa
Health Food Association	7807 E. 51st Street, Tulsa
Herbs and More Natural Food	6959 South Lewis, Tulsa
Herb Garden	1231 W. Will Rogers Blvd., Claremore