

The  
**THRIVING  
CHILD**

Parenting Successfully Through Allergies,  
Asthma, and Other Common Challenges



**Erica Reid**

Chef Chrisi, you were such a huge force behind me in helping us get on the right bill of health. Thank you for caring for my children's health, and for your interest and passion in health. Many many thank-yous, xo.

Chef Isabell, thank you for nourishing me well through the completion of this passion of mine. I miss those nori veggie wraps. ☺

Jan Miller, first, thank God the dress code for the Legends Ball was black and white; you and I started as a result of a polka-dot dress. You, my friend, are rare. I thank you for being this incredible human being and for sharing the wonderful talents you possess. You are an amazing force of everything. I thank you for *believing* in me, for hanging in there with me for so many years, for understanding this book, understanding me, and seeing my passion and my vision. I thank you for sharing your craft and being great at it. I am truly grateful for you. This is a result of *you* being the best at what you do. I love and adore you. Thank you. Love, Erica.

Dupree, Miller, and Associates—the make-it-happen team. Nena, Nikki, and everyone else, you all helped make this exist, and always kept pushing for this to happen and to have the right home. I thank you all, xo.

Michele Bender, we survived it. Can you believe it? Through the *Annie* rehearsals/play, neurologist appointments, a taxi car accident, acupuncture appointments, knee issues, physical therapy, a trip to the DR, a surprise parents' anniversary party, kids' birthday parties, school pick ups/drop offs, after school activities, spring breaks, *no* fulltime child care, snow days, school projects, Palm Springs, and more. You, Michele, being the mother you are, understood me, heard me, and got it. Thank you for being there through *every* step of the way and for never letting me see or feel your stress. I enjoyed sharing this journey with you so much and I thank you for being there for me and for your dedication. I thank you dearly, Michele; you are amazing and so on point and on top of your game. I learned what I am capable of with the right team player. *Thank you*, xo!

Jonathan, thank you for your help in making the first steps of all of this possible. I am very grateful for your assistance. Thank you.

Ms. Lisa Bonner, thank you for making sure I crossed all *t*'s and dotted all *i*'s. Thank you for your hard work no matter where in the world you were, and for taking this seriously and letting me know it was a priority for you as well. Thank you, Lisa.