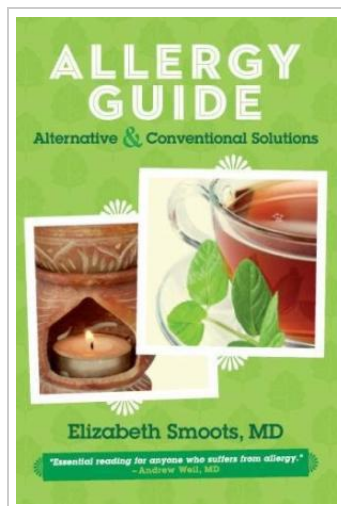




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Allergy Guide: Alternative Conventional Solutions

By Elizabeth Smoots MD

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. The conventional management of allergic conditions relies on suppressive drugs that often lose effectiveness over time. In this book, Dr. Elizabeth Smoots does a terrific job of explaining how to use an integrative approach that can actually help the immune system unlearn allergic reactivity. She stresses the usefulness of dietary change, natural remedies, and mind/body therapies along with the pros and cons of the standard drugs. Essential reading for anyone who suffers from allergy. --Andrew Weil, MD The full spectrum of allergy solutions at your fingertips: From an integrative medicine expert, a reader-friendly guide to alternative and conventional treatments for allergies such as hay fever, asthma, sinus problems, eczema and food allergies. Packed full of health tips and resources for additional learning, Allergy Guide explores your options above and beyond medications to help you alleviate your symptoms and feel well again. With easy-to-understand explanations about alternative and conventional approaches, this book empowers you to make health care decisions that can more effectively relieve your allergies. Allergy Guide provides you with the information you need to: Know your...



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