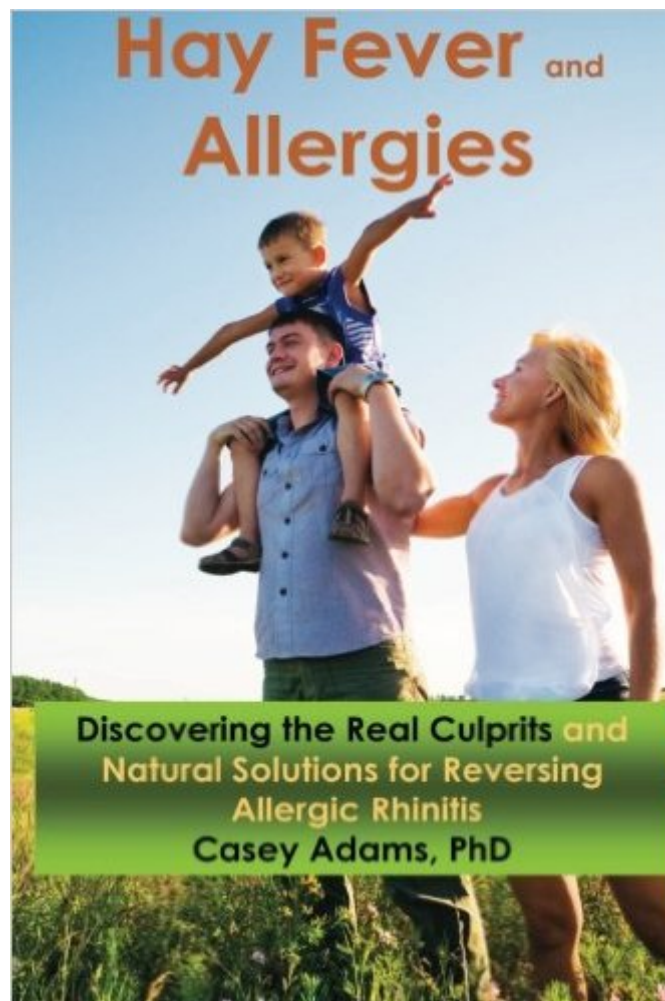


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# Hay Fever And Allergies: Discovering The Real Culprits And Natural Solutions For Reversing Allergic Rhinitis



## Synopsis

More of us are faced with allergies and hay fever with each passing year. Scientists are mystified by this rapid growth of allergies among the developed world - growing at nearly epidemic levels. Why are so many people suffering from allergies and hay fever - medically termed allergic rhinitis - and why is this condition expanding so quickly? Furthermore, what causes allergic rhinitis? And more importantly, can we do anything to reverse this condition? Drawing from hundreds of studies and research papers along with a background in alternative therapies, the author finally uncovers the mysteries surrounding allergic rhinitis. After defining the physiology of the condition and the host of allergens that can cause it, the author unveils the underlying causes of hay fever and allergies with precision and clarity. Safe and practical natural strategies to reverse allergic rhinitis and its underlying issues are described in detail. These include inexpensive solutions that come with significant clinical evidence, along with applications that health professionals can employ in their practices. Whether health providers, allergy sufferers or their families, this text is a necessary reference for those wishing to solve the riddle of allergic rhinitis.

## Book Information

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## Customer Reviews

I have not finished this book yet, but thought I would at least put a review up since there aren't any yet. I was hoping for a quick self-help kind of book on allergies, with bullet points and lists of things to do and not do. This is not it. But if you want to know the ins and outs of your body and how allergies come about, you will be fascinated. Learn when humans first developed allergies, and the

reason your body responds the way it does to them. I am time and time again amazed at the way our bodies attempt to keep us safe and healthy. This book is amazing me again. So if you want an easy read with a quick anti-allergy plan, keep looking. If you want to understand the reasons your body responds the way it does, get this book. I'll update this with whether or not I found anything practical that I could use to reduce allergies when I have finished reading. Since I can only digest the book slowly, this probably won't be in the next week or two.

This book contains so much useful information. It's pretty incredible what I learned from reading this. It not only explains why people get hay fever and allergies but how to fix the situation. A really useful item. I think it should be priced higher. I nearly didn't buy it because I thought it might be not very good as it was so cheap. I got the sample first, and once I read that did not hesitate to buy it and some of his other books too. If you suffer from hay fever or allergies, this book will tell you what your doctor didn't.

My favorite naturopath author! This guy always does his homework with every book he publishes. I must warn future readers, his material is not "light". He covers the foundations and the relevant material in each book, never settling on just the specifics of the topic. For instance, although this is a book about hay fever, allergies, and rhinitis, he covers recently discovered and established physiology about the human immune system and digestive tract in great detail, which sets the stage for how it applies to the book's topic. The downside to this is that the books may take a while to read and absorb; however, it allows the reader to pick up any of his books without prior knowledge about natural healing, biology, and physiology, since the author walks the reader through everything, from start to end. Grab this book! Outside of the few grammatical errors, it's a gem! I should also add that the book *An Epidemic of Absence* makes a great adjunct to the subject at hand. It explains the "old friends hypothesis" and how it relates to the immune system, allergies, autoimmunity, and systemic/chronic inflammation.

Good info about living allergy free. Still in the process of reading!

Great read and very informative

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