



The Doctors Book of Home Remedies for Airborne Allergies: 100 New Cures for Symptoms from Pollen, Pets, Dust, and Mold

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Part of a new series of trade paperback Doctors Books, Home Remedies for Airborne Allergies addresses the most pervasive of allergens-pollen, mold, animal dander, dust mites, and other airborne allergies. Through nutrition, exercise, meditation, and lifestyle changes, this book takes the holistic perspective of building a strong immune system to stay as symptom-free as possible in any environment. It also offers new methods for instant relief through natural remedies without the typical side effects of medications, from homemade nasal sprays to acupressure points and essential oil baths. Features include: -- A directory of alternative health professionals and their unique approaches to treating allergies-- The most recent medical research from institutions including Harvard Medical School and UCLA School of Medicine-- 6 recipes for foods that decrease symptoms and improve immunityWith expert advice, simple solutions, and economical home remedies, this resource will help allergy sufferers find easy, all-natural ways to relieve their suffering.

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