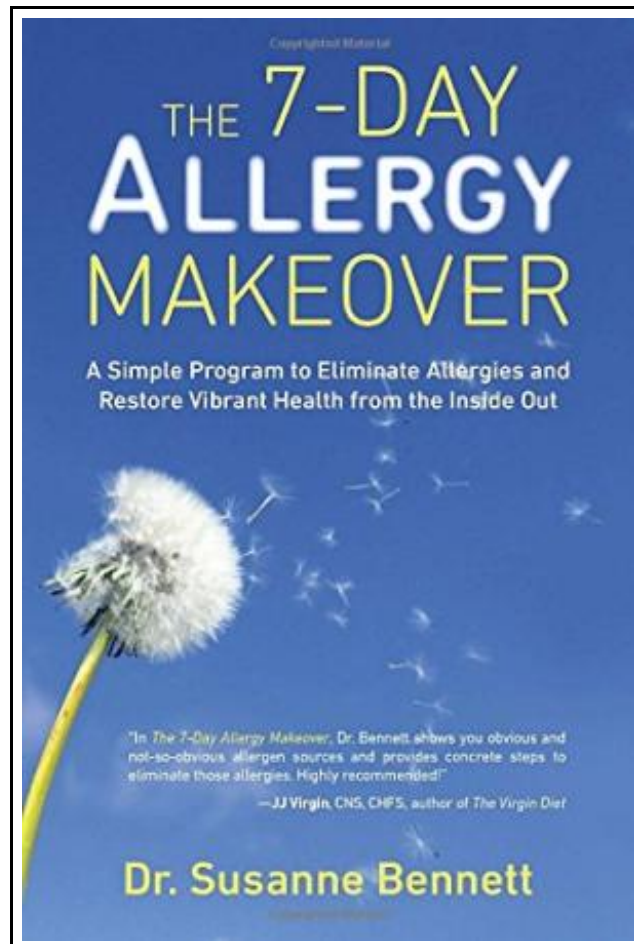


7-Day Allergy Makeover: A Simple Program to Eliminate Allergies and Restore Vibrant Health Form the Inside Out



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

7-DAY ALLERGY MAKEOVER: A SIMPLE PROGRAM TO ELIMINATE ALLERGIES AND RESTORE VIBRANT HEALTH FORM THE INSIDE OUT



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Penguin Putnam Inc, United States, 2014. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally. THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring. What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever. Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.



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