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The Allergy Self-Help Book: A Step-By-Step Guide to Nondrug Relief of Asthma, Hay Fever, Headaches, Fatigue, Digestive Problems, and over 50 Other A

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The Allergy Self-Help Book is a complete guide to non-drug relief for the symptoms of asthma, hay fever, headaches, fatigue, digestive problems, and over 50 other allergy-related maladies. This simply-written guide helps the reader detect and identify allergies and offers successfully proven non-drug remedies. Photographs, tables, and charts.

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