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Earl Mindell's Allergy Bible

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Earl Mindell's Allergy Bible

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Earl Mindell's Allergy Bible Dr. Earl Mindell
Earl Mindell's Allergy Bible is considered the most authoritative source available to the general public about allergies. It contains hundreds of conventional and alternative strategies and treatments for every kind of allergy. Renowned nutrition expert Earl Mindell cuts through today's maze of misinformation and provides allergy sufferers with the best and latest
information. He clarifies how to:

Breathe easier by reducing symptoms of hay fever and other outdoor allergies. - Evaluate the top prescription and over-the-counter remedies - Control food allergies - Allergy-proof your home and workplace. - Use the Hot 55 Anti-allergy Arsenal for specific allergies.

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