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Natural Guide to Allergies (2nd Edition): From Pollen to Peanuts (Woodland Health)

Louise Tenney

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Natural Guide to Allergies (2nd Edition): From Pollen to Peanuts (Woodland Health)

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Natural Guide to Allergies (2nd Edition): From Pollen to Peanuts (Woodland Health) Louise Tenney Allergies affect approximately 54 percent of Americans, according to a recent report from the American Academy of Allergy, Asthma & Immunology, non-profit agency dedicated to researching and treating allergic diseases. From hay fever and asthma to food allergies and intolerances, this booklet provides crucial information on preventing and managing allergies, naturally! Learn about the eight food allergens responsible for 90 percent of food allergies-milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Soy and egg allergies are more common in children, while fish and shellfish allergies often appear in adulthood and are rarely outgrown. Learn symptoms, natural treatment approaches and herbs that can help manage allergy symptoms.

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