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Allergy Guide: Alternative & Conventional Solutions (Smoots Guides)

Elizabeth Smoots MD

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"The conventional management of allergic conditions relies on suppressive drugs that often lose effectiveness over time. In this book, Dr. Elizabeth Smoots does a terrific job of explaining how to use an integrative approach that can actually help the immune system unlearn allergic reactivity. She stresses the usefulness of dietary change, natural remedies, and mind/body therapies along with the pros and cons of the standard drugs. Essential reading for anyone who suffers from allergy."
--Andrew Weil, MD

The full spectrum of allergy solutions at your fingertips: From an integrative medicine expert, a reader-friendly guide to alternative and conventional treatments for allergies such as hay fever, asthma, sinus problems, eczema and food allergies. Packed full of health tips and resources for additional learning, *Allergy Guide* explores your options above and beyond medications to help you alleviate your symptoms and feel well again.

With easy-to-understand explanations about alternative and conventional approaches, this book empowers you to make health care decisions that can more effectively relieve your allergies. *Allergy Guide* provides you with the information you need to:

- Know your options for alternative and complementary remedies for allergies and related conditions
- Be familiar with the top conventional treatments for hay fever, asthma, sinus problems, food allergies and eczema
- Utilize self care steps without leaving home to help alleviate allergy symptoms
- Understand the underlying causes of allergies
- Know what to expect during allergy diagnosis and testing
- Prevent allergies from occurring in the first place or repeatedly coming back

What if someone would sit down with you to explain the alternative and conventional treatment options for your allergic condition and answer your questions? That is what *Allergy Guide* aims to do. With a copy in your hand (or on your screen), you will be better equipped to care for your condition, or know what questions to ask when you visit your health care provider.

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