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Natural Remedies for Allergies: Safe Self-Help Measures for Treating a Wide Range of Modern Allergies

Paul Morgan

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Beautifully illustrated & packed with good advice, this book will be essential reading for the millions of people who have to live with an allergy. It shows allergy sufferers that there are natural ways to reduce the risk of provoking an allergic response as well as self-help methods of controlling symptoms. Explains in clear language what allergies are & what causes them, & discusses the pros & cons of conventional medical treatment. Shows how natural remedies -- from herbal medicines, elimination diets & homeopathy to effective stress-management techniques -- can help by both alleviating the symptoms of an allergic response & prevent one from occurring.

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