



# **The Doctors Book of Home Remedies for Airborne Allergies: 100 New Cures for Symptoms from Pollen, Pets, Dust, and Mold**

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Part of a new series of trade paperback Doctors Books, Home Remedies for Airborne Allergies addresses the most pervasive of allergens-pollen, mold, animal dander, dust mites, and other airborne allergies. Through nutrition, exercise, meditation, and lifestyle changes, this book takes the holistic perspective of building a strong immune system to stay as symptom-free as possible in any environment. It also offers new methods for instant relief through natural remedies without the typical side effects of medications, from homemade nasal sprays to acupressure points and essential oil baths. Features include: -- A directory of alternative health professionals and their unique approaches to treating allergies-- The most recent medical research from institutions including Harvard Medical School and UCLA School of Medicine-- 6 recipes for foods that decrease symptoms and improve immunity With expert advice, simple solutions, and economical home remedies, this resource will help allergy sufferers find easy, all-natural ways to relieve their suffering.

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**From reader reviews:**

**Terri Rouse:**

Why? Because this The Doctors Book of Home Remedies for Airborne Allergies: 100 New Cures for Symptoms from Pollen, Pets, Dust, and Mold is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who also write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of advantages than the other book get such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I had been you I will go to the book store hurriedly.

**James Adcock:**

The book untitled The Doctors Book of Home Remedies for Airborne Allergies: 100 New Cures for Symptoms from Pollen, Pets, Dust, and Mold contain a lot of information on the idea. The writer explains your ex idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new age of literary works. You can read this book because you can read on your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice examine.

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