



Allergy Free: Reverse Underlying Causes of Allergies with Clinically Proven Alternative Therapies (Natural Solutions' Magazine Guides)

Konrad Kail, Bobbi Lawrence

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You're congested and sneezing: Your allergies are kicking in. No matter what you take, your symptoms are ready to pounce. It's time for a change. *Allergy Free* is different from any book you've ever read. It takes an alternative approach to allergy relief—an approach you won't hear about in your doctor's office. Instead of attempting to merely keep symptoms under control, *Allergy Free* addresses the root of your allergy problems. You will learn to listen to what your body is telling you and to interpret your symptoms, your diet, and your health history so that you have a full understanding of what is causing your discomfort. With this information in hand, you will create your own effective treatment regimen, tailored specifically to your needs. The result will be not only relief from symptoms but also greater overall health, leaving you free to enjoy your life.

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