



Allergy and Intolerance: A Complete Guide to Environmental Medicine

George Lewith, Julian Kenyon, David Dowson

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This comprehensive self-help guide to allergies, food sensitivities and chemical intolerance is written by three practicing doctors who specialize in environmental medicine. The authors explain how and why the problems arise, and what we can do to help ourselves. If you are concerned for your own health and well being, or that of a relative, in an increasingly polluted world, you will find this book an invaluable source of information and guidance.

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