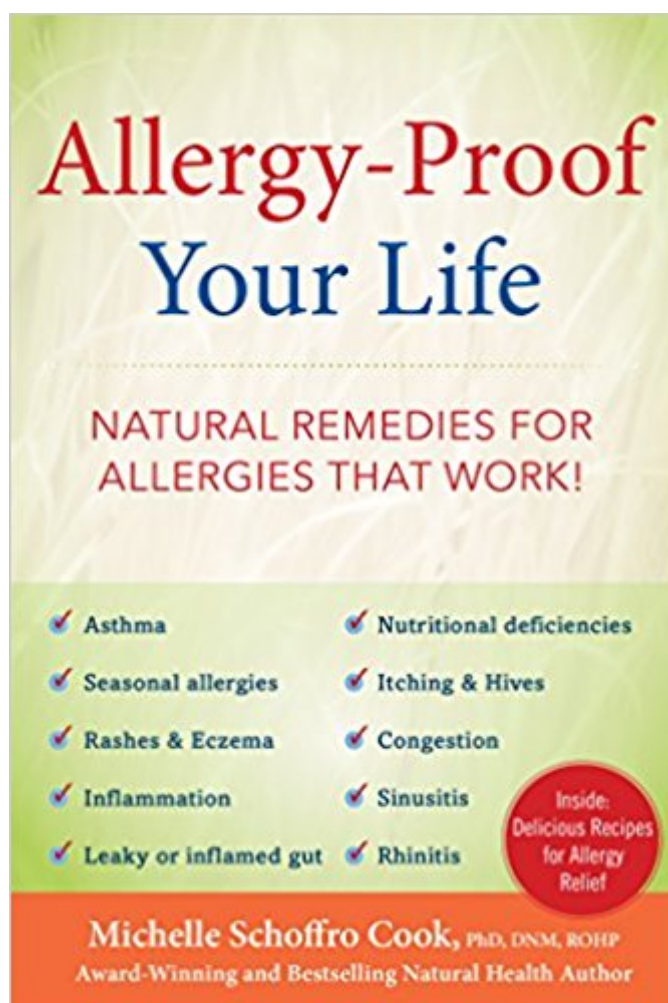


The book was found

Allergy-Proof Your Life: Natural Remedies For Allergies That Work!



Synopsis

DEFEAT YOUR ALLERGIES, ASTHMA, OR HAY FEVER WITHOUT DRUGS In *Allergy-Proof Your Life*, bestselling author and natural health expert Dr. Michelle Schoffro Cook shows allergy sufferers how to significantly reduce allergies—not just their uncomfortable symptoms—through specific foods, nutrients, herbs, and other natural and lifestyle-change approaches. You'll find dozens of scientifically proven natural therapies and remedies and discover: Why probiotics are among the best natural remedies for allergies How aromatherapy helps relieve allergy symptoms, asthma, arthritis, and other health issues Foods that contain natural antihistamine compounds to boost your body's innate allergy-healing capacity Delicious, easy-to-make recipes to integrate allergy-soothing foods into your everyday life And much, much more The information you'll find in this book could mean the difference between staying miserable and feeling drugged up—or enjoying life (and the great outdoors) without being sidelined by your allergies.

Book Information

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Customer Reviews

Michelle Schoffro Cook: Michelle Schoffro Cook, PhD, DNC, ROHP, holds advanced degrees in natural health and holistic nutrition and has 25 years of experience in the field. She is a registered nutritionist, board-certified doctor of natural medicine, certified herbalist, and doctor of acupuncture. Dr. Cook has written nineteen books on health and wellness, including the best-sellers *60 Seconds to Slim* and *The Ultimate pH Solution*. She has been featured in *Woman's World*, *First for Women*, *The Huffington Post*, and more. She is the publisher of the popular health e-newsletter *World's Healthiest News* and is a regular blogger for *HealthySurvivalist.com*, *Care2.com*,

and WorldsHealthiestDiet.com.

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