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Allergy Explosion

Jo Revill

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Allergy Explosion

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Allergy Explosion Jo Revill
Instances of allergies have tripled in the past 10 years, and the World Health Organization believes that one in five people suffers from an allergy. *What is behind this startling increase, and how can sufferers control their allergies?* This timely book explores the causes of allergies, theories of why are on the rise, and what we can do about it. Examining the various kinds of allergies, from the common to the very rare—hayfever, asthma, eczema, and food intolerances as well as perfume, soap, and latex—this guide offers answers and teaches sufferers how to assess at home, explains what might really help allergy sufferers. With advice on how to manage an allergy most effectively; the treatments available including steroids, vaccines, acupuncture, and herbs; and how to assess a home, *Allergy Explosion* is a 21st-century guide to a 21st-century epidemic.

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