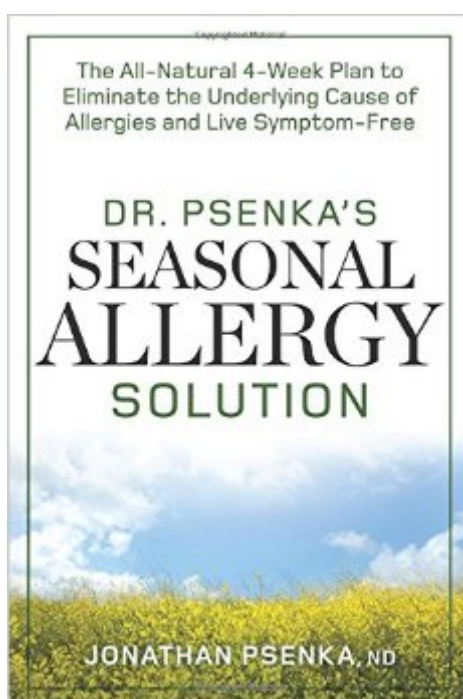


The book was found

Dr. Psenka's Seasonal Allergy Solution: The All-Natural 4-Week Plan To Eliminate The Underlying Cause Of Allergies And Live Symptom-Free



Synopsis

Recent studies show that the number of people suffering with seasonal allergies has been skyrocketing and is expected to continue increasing into the foreseeable future. And in the United States alone, 65 million people suffer with seasonal allergies on a regular basis. In Dr. Psenka's *Seasonal Allergy Solution*, author and naturopathic physician Dr. Jonathan Psenka tells readers they can—and should—aim for a cure. Readers will discover how people often attempt to manage the symptoms of their seasonal allergies with pills, sprays, drops, and even painful shots. But very few of these medications treat the cause, so symptoms are likely to return year after year. Dr. Psenka has developed a highly detailed, four-step plan, so readers will finally target the root cause of their seasonal allergies and be free of allergy medication. By following Dr. Psenka's advice on how to use natural remedies before, during, and after allergy season, readers can finally wave good-bye to their pesky runny noses and scratchy throats.

Book Information

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Customer Reviews

I am loving this book! Dr. Psenka makes the complicated data far easier to understand. Once I understand something, then the treatments and recommendations make more sense and I do a much better job of complying with the suggestions. Which of course means that I end up taking better care of myself!

Easy to read and simple, easy to follow techniques for living happily with my seasonal Allergies. Dr.

Psenka is the best!

A great book...lots more than just a study about allergies. A real down to earth guide to all around better health by making smarter choices on the types of food we eat. Dr. Psenka knows his stuff.

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