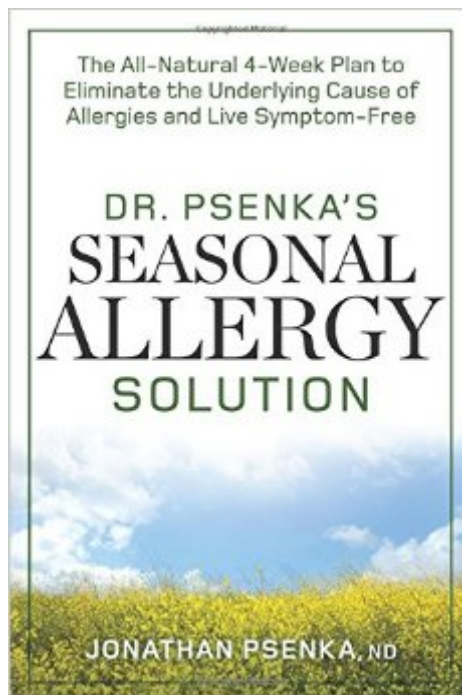


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# **Dr. Psenka's Seasonal Allergy Solution: The All-Natural 4-Week Plan To Eliminate The Underlying Cause Of Allergies And Live Symptom-Free**



## 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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Dr. Psenka's Seasonal Allergy Solution: The All-Natural 4-Week Plan to Eliminate the Underlying Cause of Allergies and Live Symptom-Free The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free How to treat Blepharitis and Eye Allergies and live symptom free: Blepharitis Guide written by a Doctor. Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Symptom Journal: CFS / ME / MS / LUPUS Symptom Tracker Cancer Symptom Management (Cancer Symptom Management (Yarbro)) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related

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