



The 7-Day Allergy Makeover: A Simple Program to Eliminate Allergies and Restore Vibrant Health from the Inside Out

Susanne Bennett

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A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally.

THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring.

What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever.

Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.



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Exactly why? Because this The 7-Day Allergy Makeover: A Simple Program to Eliminate Allergies and Restore Vibrant Health from the Insi de Out is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret the idea inside. Reading this book adjacent to it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

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