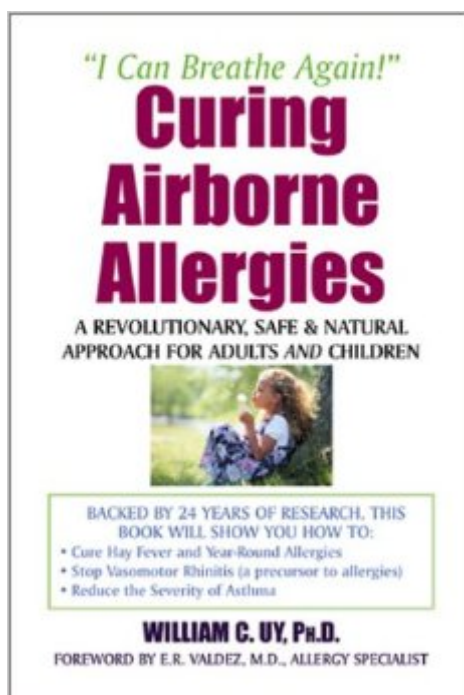


The book was found

# Curing Airborne Allergies: A Revolutionary, Safe And Natural Approach For Adults And Children



## Synopsis

Proper sleep and caffeine reduction are the keys to this simple but revolutionary approach to curing hay fever, other airborne allergies, and vasomotor rhinitis. In the century since allergies were first identified, this is the first truly natural cure. After twenty-four years of research into allergic reactions, Dr Uy describes: why popular theories miss the point; how more sleep and less caffeine can eliminate symptoms; why allergy injections are often ineffective; how nutritious food and adequate water combat allergies; case studies.

## Book Information

Paperback: 212 pages

Publisher: Hohm Press (May 24, 2002)

Language: English

ISBN-10: 1890772208

ISBN-13: 978-1890772208

Product Dimensions: 5.2 x 1 x 8.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,015,557 in Books (See Top 100 in Books) #102 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#) #1128 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

## Customer Reviews

I read at least 4 books on how to deal with my airborne allergies - naturally. This solved it! It is so simple, and so evident..... the solution was right in front of me all along and I didn't see it! What is the one thing you overwhelmingly feel like doing when you have an allergy attack? Resting? Sleeping? You see.... the solution is sleep. Period. And catching up on your sleep deficit. All I know is this cleared out 90-100% of my allergies. I believe allergies are also due to gut health (intestinal permeability etc) and also believe the idea that lack of microbes in our environment can cause auto-immune disease - but this did it. I did cut back on unhealthy foods and alcohol especially. That really messes with my gut health.

Dr Uy's book is the "Answer". By just following the simple steps laid out in his book, I was feeling better in no time. The money I saved on prescription medicines alone, has made this book a wonderful investment.

Why do most allergy sufferers miss the point in treating symptoms instead of causes, and how can increased sleep and decreased caffeine eliminate some allergies? A different, natural approach to treating airborne allergies is advocated in *Curing Airborne Allergies: A Revolutionary, Safe And Natural Approach For Adults And Children*, a title which will be welcomed by many seeking a holistic approach to managing allergies.

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*Curing Airborne Allergies: A Revolutionary, Safe and Natural Approach for Adults and Children* For King and Country: British Airborne Uniforms, Insignia & Equipment in World War II 1st Airborne Division 6th Airborne Division 1st Polish ... Brigade (Schiffer Military History Book) Airborne: A Combat History of American Airborne Forces Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) No More Allergies, Asthma or Sinus Infections: The Revolutionary Approach Build a Survival Safe Home: Over 40 Helpful Tips on How to Construct a Protected Shelter and Defend Yourself and your Family from Natural Catastrophes ... a Survival Safe Home Books, survival home) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) The Vitiligo Diet (CookBook): A Nutritional Approach To Curing Vitiligo Homeopathic Remedies for Children: Natural Medicine for Coughs, Colds and Flu, Allergies and Other Common Illnesses for Infants IP6: Nature's Revolutionary Cancer Fighter: Nature's Revolutionary Cancer-Fighter Salvador Allende: Revolutionary Democrat (Revolutionary Lives) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Self Defense on the Street: Feel Safe Be Safe (Deadly Attack Survival Book 2) Stimson's Introduction to Airborne Radar (Electromagnetics and Radar) US Army's First, Last, and Only All-Black Rangers: The 2d Ranger Infantry Company (Airborne) in the Korean War, 1950-1951 US Army's First, Last, and Only All-Black Rangers: The 2nd Ranger Infantry Company (Airborne) in the Korean War, 1950-1951 Introduction to Airborne

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