



# Allergy Relief: Choosing the Most Current Natural Therapies

*Sylvia Goldfarb*

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## **Allergy Relief: Choosing the Most Current Natural Therapies** Sylvia Goldfarb

For anyone interested in finding methods of allergy treatment outside of those offered in mainstream medicine, this is the source. Written in a clear, straightforward style, this book describes allergies and food sensitivities, then discusses alternative treatments including acupuncture, acupressure, reflexology, aromatherapy, homeopathy, nutrition, visual imagery, and more.

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