



Overcoming Allergies: Home Remedies * Elimination and Rotation Diets * Complementary Therapies

Dr. Christina Scott-Moncrieff

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You know the awful symptoms: sneezing and wheezing, trouble breathing, runny nose, red eyes, maybe migraines and fatigue. Aside from making you miserable, they could endanger your life. Estimates suggest that over one-third of Westerners suffer from allergies to foods, animals, chemicals, and other environmental agents. Bring the problem under control! Here is the complete guide to safely and effectively diagnosing, treating, and alleviating these intolerances. First, find out what causes your adverse reactions and how to identify them. Then, combat allergies with a nutritional plan that includes keeping a food diary, undergoing a physical "detoxing," and creating a series of mini-elimination diets-with recipes. Strengthen your newly cleansed body with an immune-boosting program that features healthful meals rich in essential fatty acids; vitamins, minerals, and herbal supplements; homeopathic remedies; exercise; stress management; and the establishment of a low allergy home, garden, and office. Plus: advice on doctors, testing, desensitization, and alternative therapies.

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