

# Relief from Hay Fever and Other Airborne Allergies: Dell Medical Library (The Dell medical library)

Lesley Sussman



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#### **Relief from Hay Fever and Other Airborne Allergies: Dell Medical Library (The Dell medical library)** Lesley Sussman

Hay fever afflicts almost fifteen million people in this country alone. Millions more suffer from a host of upper respiratory allergies, many of which are never properly diagnosed or treated. Headaches, watery eyes, and nasal congestions are only a few of the allergy symptoms that often masquerade as colds. Here at last is relief.

How to identify allergy symptoms and the underlying causes of an allergic reaction.

How to get the right medical help--questions you should ask, what to expect when you visit the allergist, specialized tests, and more.

The latest drug and nondrug treatments, and preventive measures you can take now.

Plus charts of prescription and major over-the-counter drugs, including side effects and warnings, holistic treatments, and step-by-step relaxation techniques.

Complete with special exercises, lists of resources, extensive glossary, and much more to help you find the treatment and life-style that will bring...*Relief From Hay Fever And Other Airborne Allergies*.

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