



Hay Fever: How to Beat it

By Paul Carson

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Hay Fever: How to Beat it, Paul Carson, The numbers of those with hay fever have risen by around 25% in recent years. This dramatic rise is thought to be due to lifestyle factors and environmental pollution, and is in line with the rising prevalence of allergies in general. Hay fever is implicated in other conditions such as asthma, sleep apnoea, and allergic irritability syndrome in children. This book looks at remedies both orthodox and less orthodox. Topics include: What is hay fever, including all year round 'hay fever' How hay fever can trigger asthma How doctors treat hay fever Fed up with a medicines-only approach? Consider immunotherapy. Allergy testing Allergic irritability in children Nasal douching Self-help tips and alternative remedies.



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Aliya Franecki**

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-- **Vinnie Grant**