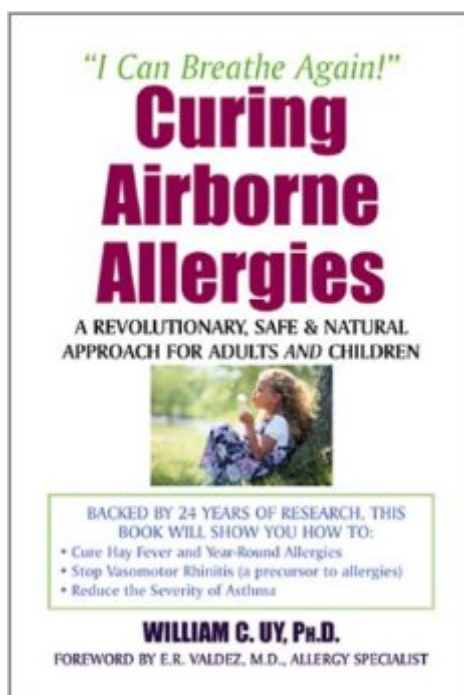


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# Curing Airborne Allergies: A Revolutionary, Safe And Natural Approach For Adults And Children



## 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

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

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## 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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