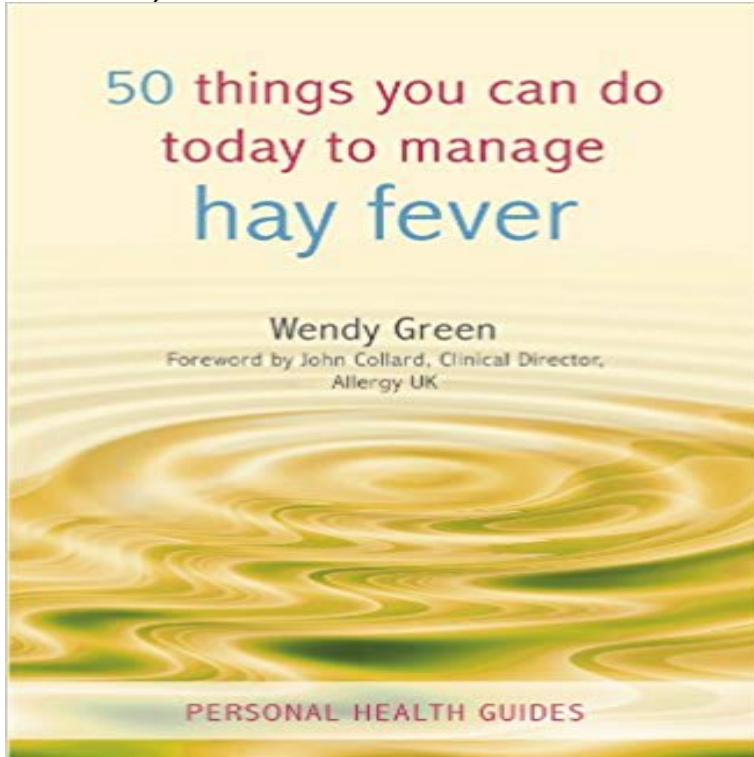


50 Things You Can Do Today To Manage Hay Fever (Personal Health Guides)



Did you know that up to one in five people in the UK suffer from hay fever? Are you one of them? In this easy-to-follow book, Wendy Green explains how genetic, dietary, psychological and environmental factors can contribute to hay fever and offers practical advice and a holistic approach to help you deal with your symptoms, including simple dietary and lifestyle changes and DIY complementary therapies. Find out 50 things you can do today to help you cope with hay fever including: Identify your allergens Adopt preventative strategies Choose beneficial foods and supplements Manage stress and relax to reduce the number and severity of attacks Find helpful organisations and products

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