



Could it be an Allergy? A Comprehensive Guide to Allergic Symptoms: Finding a Way to a Healthy and Symptom-Free Future

Joe FitzGibbon

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‘Could it be an allergy?’ is one of the questions people most commonly ask their doctors. With an increasing variety of symptoms being attributed to allergies, the question is becoming more and more frequent and important. What can sufferers and carers do if they suspect an allergy?

Dr Joe FitzGibbon’s *Could it be an Allergy?* is a comprehensive guide to allergic symptoms. He discusses their complexities and confirms that it is possible to get to the root cause of many of them, and so find a way to a healthy and often symptom-free future.

Could it be an Allergy? is written for the layperson by a leading specialist in the field. Carefully laid out, each section includes case histories, questions and answers on the particular allergy, and advice on what to look out for and how to address it. A directory of support and help groups throughout Ireland and Britain is also included.

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