



# **Asma y alergias: La solución natural (WORKSHOP - Salud) (Spanish Edition)**

*Andrew Redford*

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Andrew Redford

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Listing all of the factors that can lead to allergy attacks, this guide offers a range of natural solutions for avoiding and combating these attacks, from homeopathy and naturopathy to acupuncture and aromatherapy. It also pays particular attention to food allergies and those that can affect children. Among the questions the book answers are *Is there a link between emotional well-being and allergies?* *What role does diet play in the development of allergies?* and *How is it possible to detect an allergy in a child?* For readers who have suffered through watery eyes, congested sinuses, and uncontrollable sneezing, this book could prove a priceless resource.

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