



Hay Fever and Allergies: Discovering the Real Culprits and Natural Solutions for Reversing Allergic Rhinitis

Case Adams PhD

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More of us are faced with allergies and hay fever with each passing year. Scientists are mystified by this rapid growth of allergies among the developed world - growing at nearly epidemic levels. Why are so many people suffering from allergies and hay fever - medically termed allergic rhinitis - and why is this condition expanding so quickly?

Furthermore, what causes allergic rhinitis? And more importantly, can we do anything to reverse this condition?

Drawing from hundreds of studies and research papers along with a background in alternative therapies, the author finally uncovers the mysteries surrounding allergic rhinitis. After defining the physiology of the condition and the host of allergens that can cause it, the author unveils the underlying causes of hay fever and allergies with precision and clarity.

Safe and practical natural strategies to reverse allergic rhinitis and its underlying issues are described in detail. These include inexpensive solutions that come with significant clinical evidence, along with applications that health professionals can employ in their practices.

Whether health providers, allergy sufferers or their families, this text is a necessary reference for those wishing to solve the riddle of allergic rhinitis.

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