



Are Hidden Allergies Making You Sick?

Lily Silver

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Are Hidden Allergies Making You Sick? Lily Silver

A Laymen's Guide to Managing Allergies.

Undiagnosed allergies can be misery. Do you suffer from frequent sinus infections, constant runny nose or a deep feeling of fatigue that just won't go away? There is help. Once you know your allergy triggers, you can lead more productive life as an allergy sufferer. Just knowing what you are allergic to is half the battle. You must also take steps to minimize exposure and avoid foods that mimic allergins you are sensitive to in nature.

For many years, the author suffered from undiagnosed allergies and was continually ill. This is her personal struggle with an alarming diagnosis that turned her world upside down before the correct diagnosis of severe allergies was made. In reading this book, it is hoped that the reader will also find a competent physician to make the correct diagnosis. This short book provides helpful hints for conquering the misery of allergies and decisive strategies for making living with allergies less oppressive.

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