



What's in the Air?: The Complete Guide to Seasonal and Year-Round Airb

Gillian Shepherd M.D., Marian Betancourt

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Airborne allergies afflict millions of Americans, and are now the sixth leading cause of chronic illness. But now allergy victims can fight back with the most up-to-date information available anywhere. Learn the latest techniques for controlling symptoms through conventional medicines and diet, how to make your home allergen-free, and discover the exciting promise offered by IgE blockers and improved immunotherapy. Detailed discussions of allergy myths and how to find a physician who can offer real relief are also included in this essential guide.

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