



# Asthma & Hay Fever: Safe Alternatives Without Drugs (Thorsons Natural Health)

*Leon Chaitow*

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Both asthma and hayfever have their roots in allergic reactions to a wide range of common substances. This self-help guide will help you identify the causes of your condition and set up a drug-free program for tackling them. Includes advice about nutrition, supplementation, detoxification, stress reduction, acupressure and safe natural medication.

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