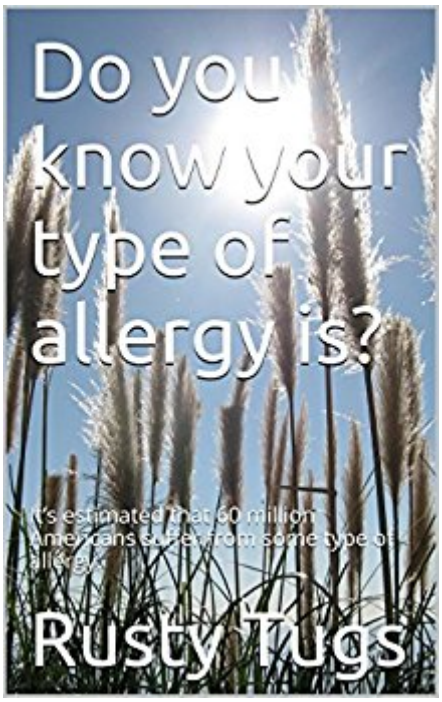
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Synopsis

Table of ContentsTypes Of Allergies2Penicillin2The Most Common Food Allergies3The Big Eight3Milk3Eggs3Peanut3Tree nut3Seafood4Shellfish4Soy4Wheat4Food allergies4The Coming Of Spring5Looking For A Challenge6What Is An Allergy?6Plant allergies7The most common symptoms of an allergy to pollen can be seen every where. Runny noses, itchy watery eyes, sneezing and coughing are yearly evidence that springis in the air. Almost 400 Americans die every year from allergist penicillin. The immune system is set up to protect our bodies from harmful, foreign substances. Like viruses and bacteria (dirt and germs). Sometimes the immune system doesn’tdevelop properly or is just oversensitive and doesn’t react right.

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Customer Reviews

My wife had been suffering several types of allergies and this book made me aware of the importance of scoping out an area before we might decide to live there. We are thinking of moving. The weather was a factor, but hadn’t thought of the allergic aspects.

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