

# Beat Your Allergies



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52 fresh ideas to help folks toss those tissues.

Approximately one in four people will be affected by some type of allergy-in fact, 15 million people are sniffing, wiping and scratching right now. Beat Your Allergies offers

practical strategies for controlling and managing symptoms-and even avoiding them altogether-with advice that ranges from traditional to cutting-edge:

- Idea #15: Let's get naked
- Idea #16: Dust to dust
- Idea #30: Let's chill
- Idea #41: Less is more
- Idea #49: Eat your allergy away

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