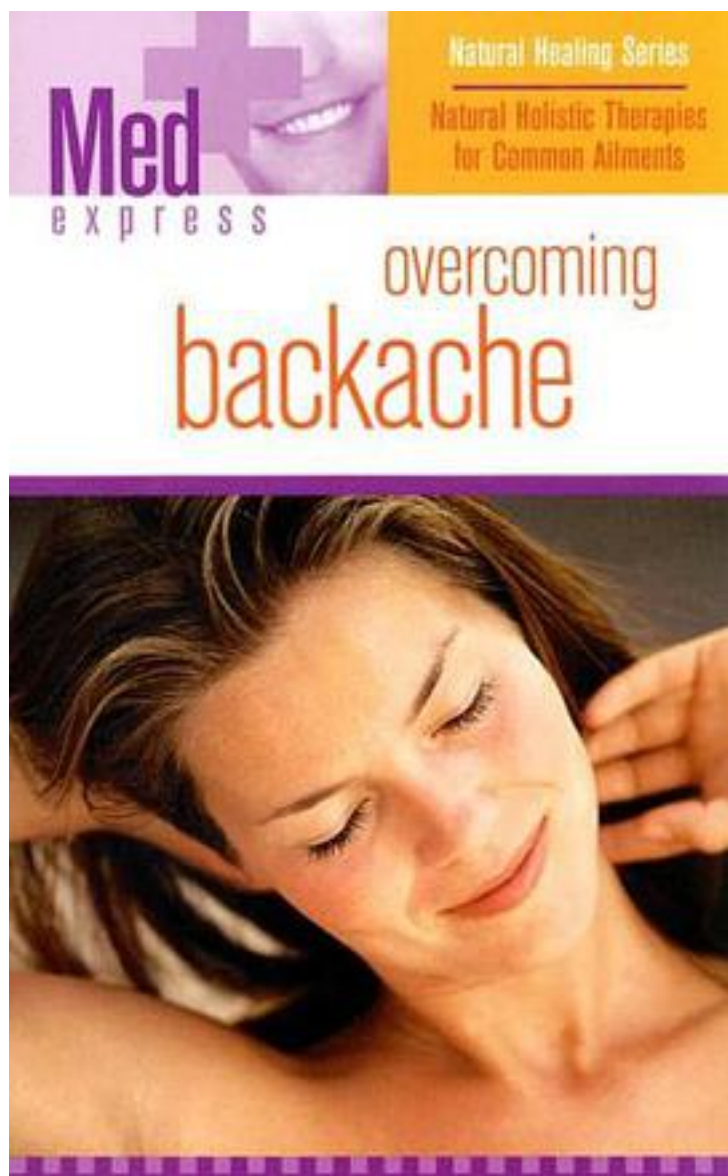


# Med Express



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著者:

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## Book Description

### Overcoming Allergies

An allergy is an affection caused when the body reacts to external substances, releasing antibodies and causing an inflammatory reaction. Symptoms commonly produced by allergies affect a number of parts of the body. The best way to prevent allergies is to strengthen the immune system. This book includes a guide to alternative therapies that might help in preventing and relieving allergies:

- \* preventative relaxation techniques
- \* harmonizing yoga
- \* mood balancing reiki
- \* relieving hydrotherapy
- \* healthy aromatherapy
- \* medical plants and herbs for allergy discomforts

This book is filled with easy to follow tips on fighting against many allergy related discomforts. Each of the techniques has color illustrations to guide the reader for improved health.

作者介绍:

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