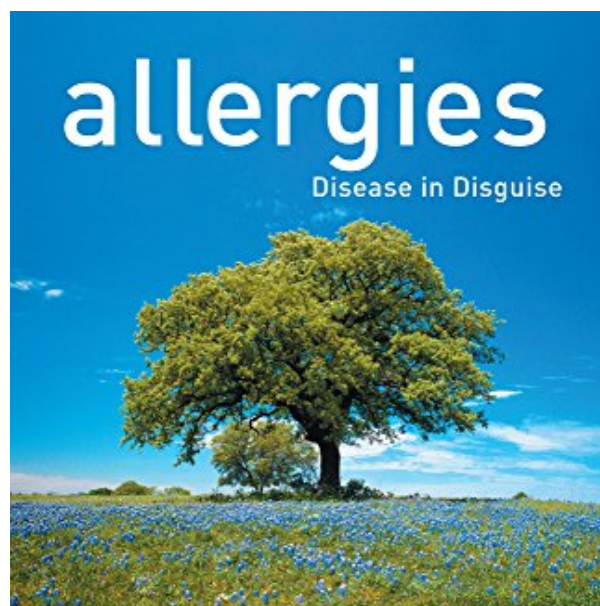


ALLERGIES: DISEASE IN DISGUISE : HOW TO HEAL YOUR ALLERGIC CONDITION PERMANENTLY AND NATURALLY BY CAROLEE BATESON-KOCH



How to heal your allergic condition
permanently and naturally

Carolee Bateson-Koch DC ND
Foreword by Lendon H. Smith MD

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About the Author

Smith-Advocate for children's health and nutrition

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ALLERGIES: DISEASE IN DISGUISE : HOW TO HEAL YOUR ALLERGIC CONDITION PERMANENTLY AND NATURALLY

BY CAROLEE BATESON-KOCH PDF

Allergy is generally misunderstood. Left untreated it can lead to serious degenerative disease. Asthma, migraines, arthritis, ulcers and obesity have all been linked to allergy. Fatigue, irritability, body aching, digestive problems, and other vague ailments are typical of allergy. Dr. Bateson-Koch provides insight into why allergy is becoming more common, how it relates to environmental factors, food additives, diet, digestion, body chemistry, addiction, yeast, molds, parasites and childhood illnesses-and why enzymes are the key to healing. Following her program, you won't have to give up your pet, get allergy shots, rotate foods, keep diet diaries or cook allergy-free recipes for the rest of your life. You will not only recover and enjoy an allergy-free life, you will gain invaluable understanding of health and well-being.

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- 287 pages

Features

- Used Book in Good Condition

About the Author

Smith-Advocate for children's health and nutrition

Most helpful customer reviews

40 of 40 people found the following review helpful.

Excellent source of nutritional and health information.

By flutes@color-country.net

I am an RN with many years experience in health care, and I find this book the best source of information on nutrition and how it relates to health. The connection between what we are taking into our bodies in the way of food, ie: preservatives, processed food, refined food, and their effects on the human body are well laid out in the book. I have taken the things I have learned here and made a major difference in my once ill daughter's life because of it. I have recommended the book to several others.

10 of 10 people found the following review helpful.

Forget Your Regular Doctors and Read This Book

By Robert Mead

I'm 30 years old and I've suffered from environmental allergies for just about all of my life. When I was

younger I got frequent colds and had to receive allergy shots. Around 6th grade my allergies seemed to get worse as I had less energy and more of a foggy feeling all the time, probably the effect of my sinuses being somewhat inflamed. Through high school and college I can always remember feeling tired, less than alert, and having a kind of brain fog. I always said I felt like crap and assumed it had something to do with my allergies but didn't think it could be fixed. I did all the pills and sprays with only a little temporary relief.

Over 4 years ago all this changed for the worse. I woke up one day with intense sinus drainage, pressure throughout the front of my face and head, and an inability to be alert, energetic, or even sleep. It truly felt like I had a brain tumor. Quality of life went down to zero, I could not go a waking second without thinking about my allergies, I felt that miserable. I went to the regular doctor and an ent and ended up having a surgery to fix my very deviated septum (inside nose). I still felt terrible and started the allergy shots again which provided a minimum amount of relief. Zyrtec, singulair, pataday eye drops also became daily routines to provide small levels or relief.

About a year and a half ago I picked up this book and started to research and implement some of the topics presented. The book focused on natural solutions and I went down the list one by one. Eating better made me feel better but it didn't cure the allergy problem. Research inspired by this book allowed me to accidentally meet a Homeopathic doctor (homeopathy is mentioned in the book, although I failed to initially research it) that provided me a tailored remedy to my condition. After 6 months on this remedy my allergies have definitely improved to where I can enjoy life and not think about my allergies all the time. I still have a long way to go (I still take the anti-histamines) but I have dramatically improved my condition. I would have loved to have known this 4 years ago.

Here is my lesson for you: If you have some sort of allergy problem the solution is probably in this book. Research the topics/protocols it puts forward and implement them. Consult a naturopathic or homeopathic doctor to perfect the process, often times you need outside help to fully address your issue. Keep an open mind and don't assume you don't have one of the problems listed in the book just because it seems strange. Assume nothing and research everything. This book should serve as your bedrock in your war against allergies, it's up to you to expand off of it. It's definitely a different type of medicine which is a good thing because it has the ability to do something regular medicine doesn't: **FIX YOUR CONDITION** as opposed to just managing it. I hope this review helps, certainly the book will.

0 of 0 people found the following review helpful.

This helped me recover from my most severe allergy symptoms

By Melis Steiner

This book really helped me with getting on a regimine that worked. I feel so much better after following the 4 week plan that was outlined. It also does a fantastic job of explaining why these steps make sense and I've continued to follow much of the advice even after the plan because it makes such a great difference!

See all 33 customer reviews...

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About the Author

Smith-Advocate for children's health and nutrition

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