



## 50 Things You Can Do Today to Manage Hay Fever (Personal Health Guides)

*Wendy Green*

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# 50 Things You Can Do Today to Manage Hay Fever (Personal Health Guides)

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**50 Things You Can Do Today to Manage Hay Fever (Personal Health Guides) Wendy Green**  
**Learn to cope with hay fever through simple dietary and lifestyle changes**

In this easy-to-follow book, Wendy Green explains how genetic, dietary, psychological, and environmental factors can contribute to hay fever and offers practical advice and a holistic approach to help you deal with your symptoms, including simple dietary and lifestyle changes and do-it-yourself complementary therapies. Find out 50 things you can do today to help you cope with hay fever, including identifying your allergens, adopting preventative strategies, choosing beneficial foods and supplements, managing stress and relaxing to reduce the number and severity of attacks, and locating helpful organizations and products to aid in your recovery.

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