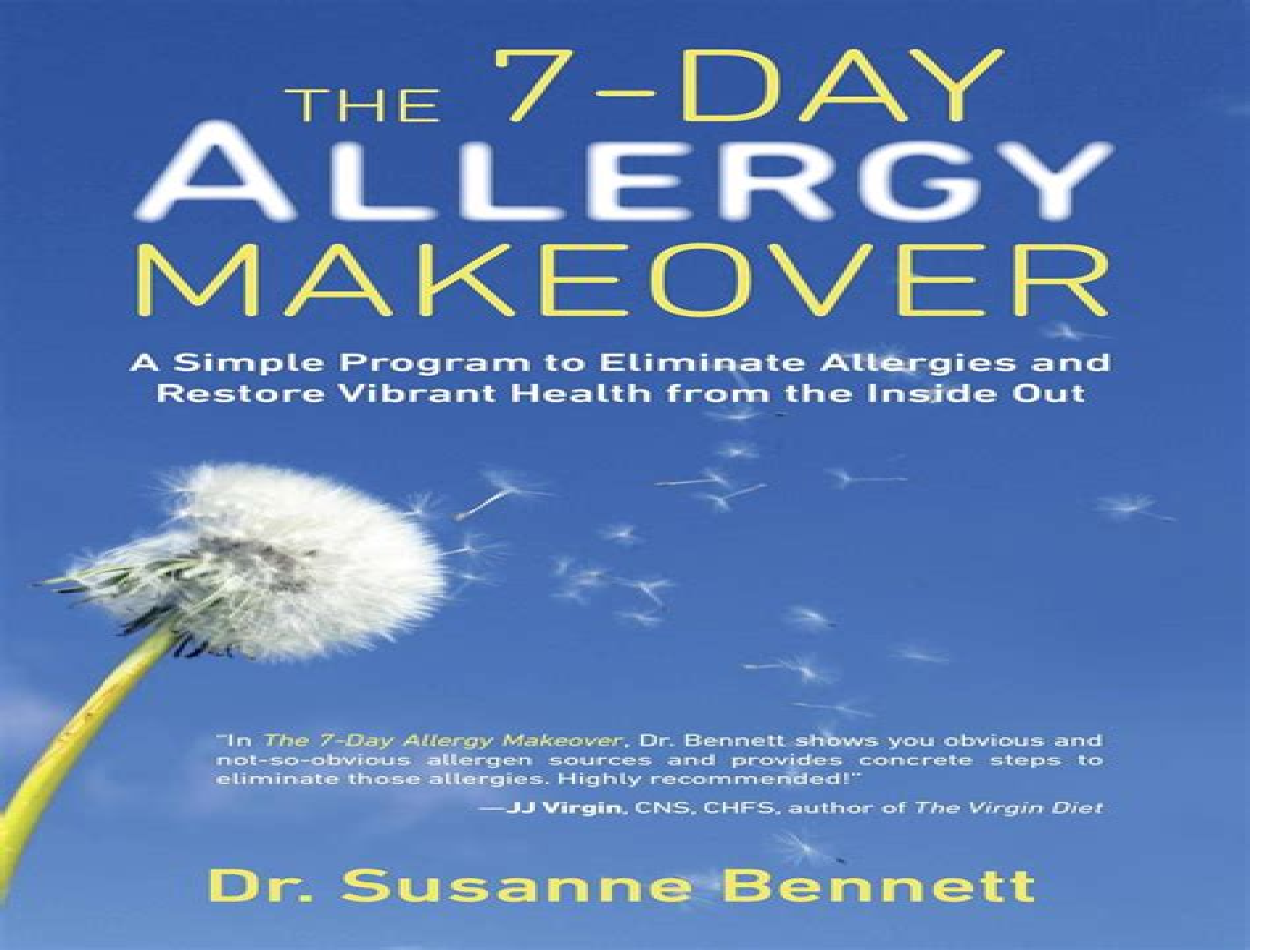




THE 7-DAY ALLERGY MAKEOVER

**A Simple Program to Eliminate Allergies and
Restore Vibrant Health from the Inside Out**

"In *The 7-Day Allergy Makeover*, Dr. Bennett shows you obvious and not-so-obvious allergen sources and provides concrete steps to eliminate those allergies. Highly recommended!"

—JJ Virgin, CNS, CHFS, author of *The Virgin Diet*

Dr. Susanne Bennett

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The 7-Day Allergy Makeover Susanne Bennett, 2014-03-04 A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing The book lays out action oriented step by step instructions on uncovering the root cause of allergies and makes simple but specific changes that can stop allergy symptoms from recurring What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally As an allergy specialist Dr Susanne Bennett sees roughly 100 patients a week from children to movie stars They come to her after exhausting every resource doctors medicines creams shots you name it They suffer from hives sneezing headaches asthma muscle aches swelling and digestive problems and more THE 7 DAY ALLERGY MAKEOVER based on 23 years of Dr Bennett's clinical experience is an easy to implement and transformational plan for eliminating allergies from your life forever Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies nutrition air quality living environment water body hygiene and emotional and mental stresses *7 napos program az allergia ellen* Dr. Susanne Bennett, 2018-02-28 Miként szabadulhatunk meg a kóros allergiától Dr Susanne Bennett holisztikus kiropraktor több mint húsz éves klinikai tapasztalatait összegzi és feltárja az életnek megnehezített netek valódi okait 7 napos programjban a teljes körű allergia gondjait a gardr beszékről nyílgig sorra veszi a nyílvál vagy éppen meglepő allergiáknak sokat a konkrét lépéseket ajánl otthonunk szervezetnek megtisztítására érdekében Ha kíváncsi a tanácsait ajánl sokkal egészségesebbnek és energikusabbnak rezzük majd magunkat **The Adrenal Reset Diet** Alan Christianson, NMD, 2018-09-18 Go from wired and tired to lean and thriving with The Adrenal Reset Diet Why are people gaining weight faster than ever before The idea that people simply eat too much is no longer supported by science The emerging idea is that weight gain is a survival response Our bodies are under attack from all directions an overabundance of processed food a polluted world and the pressures of daily life all take their toll These attacks hit a very important set of glands the adrenals particularly hard The adrenal glands maintain a normal cortisol rhythm cortisol is a hormone associated with both stress and fat storage When this rhythm is off we can become overwhelmed more quickly fatigued gain weight and eventually develop even more severe health issues such as heart disease or diabetes In The Adrenal Reset Diet Dr Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs His patient tested weight loss program is the culmination of decades of clinical experience and over 75 000 patient care visits In a study at his clinic participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days What can you expect Learn whether your adrenals are Stressed Wired and Tired or Crashed and which adrenal tonics exercises and foods are best for you The clinically proven shakes juices and other delicious recipes to use for your Reset New ways to turn off the triggers of weight gain with

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