



# **Liberation from Allergies: Natural Approaches to Freedom and Better Health (Complementary and Alternative Medicine)**

*Chris D. Meletis*

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# Liberation from Allergies: Natural Approaches to Freedom and Better Health (Complementary and Alternative Medicine)

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**Liberation from Allergies: Natural Approaches to Freedom and Better Health (Complementary and Alternative Medicine)** Chris D. Meletis

In this comprehensive book, a naturopath explains why allergies occur and what works?and doesn't?to alleviate them.

*Liberation from Allergies* offers research on non-drug ways to control allergies, as well as ways in which naturopathic approaches can be combined with traditional medicine. It looks forward, discussing developments on the horizon, including current testing of vaccines for some food allergies.

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