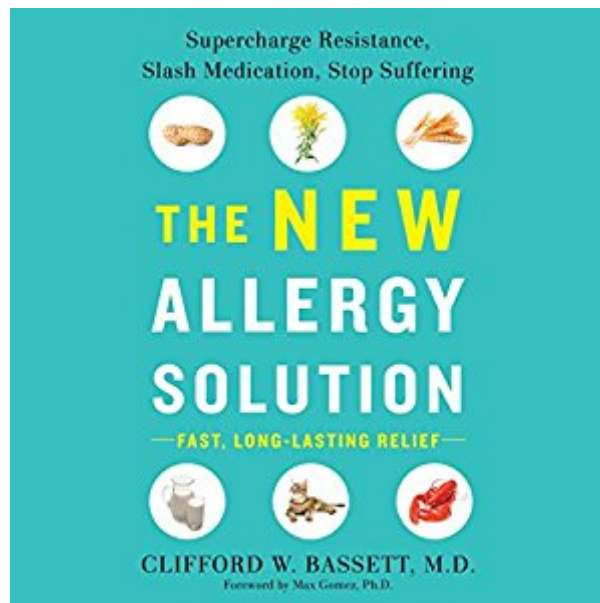




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# The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering



## Synopsis

One of America's top allergy doctors offers a revolutionary, full-body approach to diagnosing, preventing, and treating allergies - in many cases, for good. Millions of Americans currently suffer from allergies, and the rate is growing. Climate change, globalization, air pollution, and oversanitization of the environment in the early years of life are just a few of the causes that, taken together, have introduced new allergens into our environment that are wreaking havoc and causing needless suffering. This "new allergen marketplace" requires a new allergy solution. According to Dr. Clifford W. Bassett, traditional remedies focus on treating symptoms but leave allergy sufferers vulnerable to continued bouts of misery. Dr. Bassett argues that when we consider a person's genetics, environment, and overall health, we can more effectively identify - and take appropriate action to forestall - symptoms before they even begin. For the first time, Dr. Bassett presents the unique integrative approach he's used in his Manhattan offices for two decades to vanquish allergy symptoms for countless individuals. In addition to explaining what allergy is (and isn't) and identifying key triggers - from nuts to gluten to the nickel commonly used in cell phones - Dr. Bassett offers both medical and nonmedical alternatives to treatment and specific proactive steps to protect against common allergens. Allergens are here to stay, but with The New Allergy Solution, your life need no longer be ruled and ruined by allergy. The New Allergy Solution strives to enhance your well-being through strategies for a greater sense of control, giving you more freedom to do what you love.

## Book Information

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## Customer Reviews

This book serves many purposes. It is based on Science and is such a great book of common sense and obviously, the culmination of many years of medical knowledge obtained from a caring Allergist with over 25 years in practice. This book would assist anyone in understanding the various allergic conditions to help both themselves and family members live a healthier life, in dealing with allergies, asthma, and very complex odd allergic reactions that we have all scratched our heads along with our doctors in finding the perfect solution. I would highly recommend this book to anyone who has not found the solution to their allergic problems and who wants to explore the up to date research in new solutions to age old problems.

This book gave me a better understanding of my Asthma and allergy symptoms.

Good book.

This book is a comprehensive, reader friendly guide to understanding and dealing with your allergies. If you are among the millions who suffer from allergies this is a must read. By it, read it, use it as a reference. Live better.

THE NEW ALLERGY SOLUTION is a useful book with a misleading title. Given the fact that the title uses the words 'new' and 'solution' you might be expecting --like me-- some bogus... or alternatively, New & Exciting remedy. BUT what you actually get is a really good book of explanations and approaches to combating allergies. Dr. Bassett is my kind of doctor, by the way. He understands science. He understands that there are theories worth testing on an individual basis and he realizes that some of our current theories of allergies will be abandoned or modified in the future. Which is to say he's not at all flaky. \*Early exposure of little ones to peanuts is an example of where he is willing to engage newer research and help parents to decide whether this strategy is appropriate for their child. This new concept is based a study that looked at two very similar populations of a Jewish families in Great Britain and Israel. The young children in Israel were exposed to a peanutty snack that is popular there, and their incidence of peanut allergies is much lower than the UK children where peanuts are not as common. \*With some medical guidance\*, he sees no reason not to give this a try.--What you'll find in this book is the latest scientific understanding of allergies. This includes some of the latest thinking about why allergies exist at all.--You will get some vocabulary and approaches that will help you to discuss your allergies with your doctor.--There are some lists and questions to help you identify what you know about allergies.

As well you will get some good material that pretty much shows that if it exists, someone somewhere will be allergic to it.--This book covers Indoor and Outdoor allergies. It covers food and environmental allergies--be they organic or inorganic.SUMMARYThere are solutions covered in this book and they range from neti pots to meds to yoga to psychologically destressing and more. There is information to help you decide whether you are being bothered by allergies or an illness. This book covers indoor and outdoor allergies and it gives strategies for dealing with the symptoms, and actually desensitizing yourself to your allergen.I found it to be a useful resource that I'm going to keep on the family shelves.

As I watch the warnings on pharmaceutical ads and then read THE NEW ALLERGY SOLUTION with its deliberately catchy subtitle "fast-long-lasting relief," I'm tempted to provide a few warning labels for Dr. Clifford Bassett's book.Warning: Packed with useful facts and info, such as:--Many nasal allergy sufferers have nighttime sleep disturbances.--Teenage girls are more at risk for asthma than boys because of hormonal changes (even though teenage boys also have said hormonal changes).--That is why we need more female trees (see page 93).--If you're curious about how allergy-provoking a plant is, there's a scale for that: the Ogren Plant Allergy Scale (OPALS).--The NASA Clean Air Study provides a list of houseplants that filter allergens from indoor air.--Handheld meters measure moisture levels in the home and may help to measure Alternaria mold in the home (the most common type of mold that affects people).--The majority of those who suffer from eczema have another type of allergy (hay fever or asthma). This has been true for your reviewer.--A Nickel Test Kit can detect whether your cell phone case contains nickel and is making you itch.--Oral allergy syndrome (OAS) is triggered by plants.--Eating more n-3 fatty acids (flaxseed, etc) is associated (in one study) with a lowered risk of allergy sensitization and allergic rhinitis.--Yoga breathing techniques such as Pranayama and Buteyko can help relieve allergies and stress.Warning: This book is humorous at times with cute headings in text boxes that break up the technical information. The book is well-designed with lots of lists and a quiz.Warning: this book is full of common sense and doesn't automatically embrace a magic pill or the "hygiene hypothesis," i.e. that we wash our hands too much and that is why we have increased allergens. It recognizes the nuances of our world, the upsides of progress as well as the downsides ("There is no free lunch. In fact, it now turns out that that lunch may contain some food that makes you or your child break out") and adapts. It also discusses introducing potential allergens such as peanuts into children's diet early (we have a peanut allergy sufferer in the family so this is an important subject).Warning: this book requires lifestyle modifications and awareness. It's a holistic/scientific and investigative

approach to health. Warning: this book is essential as health reference.

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