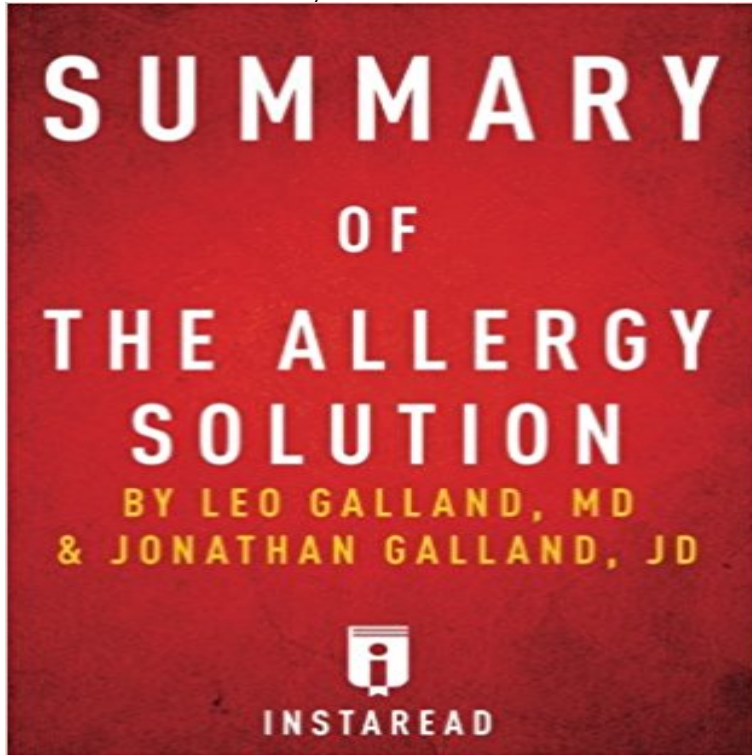


Summary of The Allergy Solution: by Leo Galland and Jonathan Galland Includes Analysis



Summary of The Allergy Solution by Leo Galland and Jonathan Galland Includes Analysis Preview: The Allergy Solution by Leo Galland and Jonathan Galland is a self-help book for people who want to understand the root causes of allergies, how they manifest biologically, and how to heal them naturally without resorting to potentially harmful drugs. In his four decades as an internist, Leo Galland has healed a range of common allergic diseases, such as hay fever and eczema, as well as an increasing number of hidden allergies, which can result in weight gain, mood swings, poor digestion, and muscle aches. In conventional allergy treatment, sufferers first try to figure out what it is that they are allergic to and then take appropriate medication to dispel the related physical symptoms. Galland, however, believes that allergic responses are the result of immune system imbalance. Therefore, to properly address symptoms, it's imperative to get to the root cause of why the immune system is malfunctioning in the first place...PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Allergy Solution: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

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