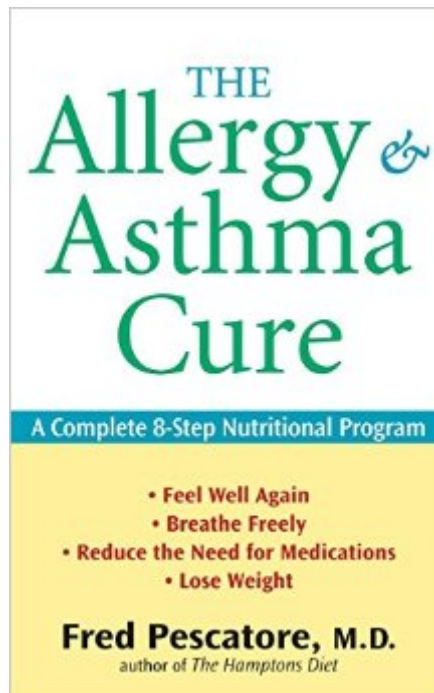


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# The Allergy And Asthma Cure: A Complete 8-Step Nutritional Program



## Synopsis

Free yourself of allergies and asthma once and for all with Dr. Pescatore's breakthrough program!"

Dr. Fred Pescatore's *The Allergy and Asthma Cure* reveals a unique and revolutionary understanding of the underlying conditions of allergy and asthma—from food triggers to the environment to nutritional deficiencies. His integrative program of both alternative and traditional treatments can dramatically improve health and vitality, safely and soundly. This book will have a prominent place in my library and I highly recommend it!"—Ann Louise Gittleman, Ph.D., C.N.S., author of the bestselling *The Fat Flush Plan*"

Conventional medicine has largely shrugged its shoulders in confusion about the causes of allergies and asthma in millions of people. In this book Dr. Fred Pescatore deals with the roots of these modern epidemics, drawing on his clinical experience, and he provides clear recommendations for turning back the tide and restoring health."— Jack Challem, author of the bestselling *Syndrome X and The Inflammation Syndrome*"

The *Allergy and Asthma Cure* is the book we have all been waiting for. Dr. Pescatore manages, in a concise manner, to summarize all the facts and presents a comprehensive healing guide that incorporates both conventional and alternative approaches. A must-read for those dealing with these issues."—Artur Spokojny, M.D., F.A.C.C., Medical Director of Integrative Medicine of Manhattan, Associate Professor of Medicine, Weill Cornell Medical College"

I believe that *The Allergy and Asthma Cure* holds the key to understanding how nutritional medicine can really work for you. Allergies (from skin conditions to seasonal types) and asthma can be cured, not just held at bay. This book shows the way. Dr. Pescatore is truly a healer."—Roberta Flack, singer/songwriter"

I have seen firsthand how *The Allergy and Asthma Cure* has changed people's lives for the better. I have started using his treatment protocols for my own patients with a remarkable success rate, and best of all with no side effects. Many of my patients are getting off their allergy and asthma medications completely. I strongly recommend this book to anyone with allergies or asthma."—Dana G. Cohen, M.D., board-certified, Internal Medicine"

This book is for anyone willing to give up his or her life as an asthmatic. I had tried every drug and treatment available and the asthma only got worse. Under Dr. Pescatore's care, I began to see results within six weeks. It's been over two years now living without an attack. His approach has changed the way I live."—Paul Goldman, patient

## Book Information

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## Customer Reviews

I read this book with very great interest. It's the most promising and sensible approach I've seen to addressing the allergy and digestive problems I've been having for many years, which my own doctors have by trying ineffectively to treat by drugging the symptoms into submission. I intend to try the program. However, I expect to have some trouble talking my doctors into supporting this.

Pescatore appears to have developed his "cure" based on a lot of clinical trial and error and some guesswork based on a rough theory that the problems are all rooted in leaky gut and candida yeast overgrowth. That kind of clinical approach is very valuable, but it takes more than that to really convince the medical community. Pescatore appears to have chosen to market his method directly to consumers via popular books and TV talk shows, rather than market it to the medical community via formal clinical studies or experimental research. Much of his suggested treatment is going to be questioned by the mainstream medical community. For instance, does it really make sense to eliminate all sugar from your diet when your body makes its own sugar from the foods you eat, so there will always still be lots of sugar in the bloodstream? Still, I have seen some medical research from other sources that hints that there really is something to his approach. For now, his approach may be the best available, though many of its details are unproven. I also find it slightly off-putting that when I go to the store to get the macadamia nut oil that he heartily recommends, I find the oil is sold by him. (Though it really is good and healthy and was probably hard to get before he started marketing it.) When I go to the web site of the blood test company he recommends, there's his ringing endorsement.

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Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma

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