



# Allergies: The Complete Guide to Diagnosis, Treatment, and Daily Management

*Margaret Miner, Stuart H. Young*

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Fifty million Americans suffer from allergies, and together they spend nearly \$500 million per year on over-the-counter medicines that promise -- and don't always deliver -- relief. Now two specialists in allergy medicine reveal how to manage allergies safely and effectively, and live more comfortable, symptom-free lives.

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