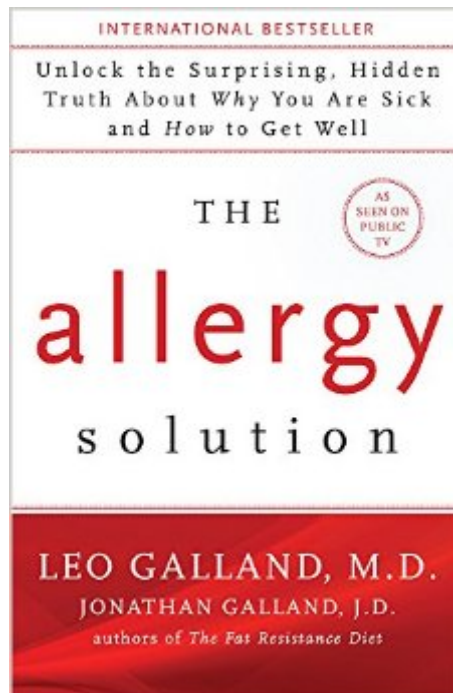


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# The Allergy Solution: Unlock The Surprising, Hidden Truth About Why You Are Sick And How To Get Well



## Synopsis

**INTERNATIONAL BESTSELLER** An epidemic of allergies is spreading around the world. One billion people suffer from allergic diseases such as asthma, hay fever, eczema, and food allergies. But this is just the tip of the iceberg. In this groundbreaking book, award-winning doctor Leo Galland, M.D., reveals the shocking rise of hidden allergies that lead to weight gain, fatigue, brain fog, depression, joint pain, headaches, ADHD, digestive problems, and much more. Astonishing new research shows how each of these is linked to the immune imbalance that is at the root of allergy. A brilliant clinician, Dr. Galland has unlocked the power of this breakthrough science to help thousands of patients who have struggled with mysterious symptoms answer the question: "Doctor, what's wrong with me?" Here, he is joined by his son, Jonathan Galland, J.D., a passionate health writer and environmental advocate, in exposing the truth that just as the earth's environment is out of balance, our bodies are out of balance. The modern world, with pollution, unhealthy eating habits, lack of exercise, and excessive exposure to antibiotics, is fueling the rise in allergies. *The Allergy Solution* takes an in-depth look at how we can balance immunity through nutrition and lifestyle to reverse allergies without drugs. It offers an easy nutritional program, starting with a Three-Day Power Wash designed to "clear the tracks," to help us take back control. Do you suffer from asthma, eczema, or sinusitis? Are you sick of pain, fatigue, brain fog, weight gain, depression, anxiety, or wondering what is behind your mysterious symptoms? Let Dr. Galland's clinical experience and unique insights into cutting-edge science guide you back to health.

## Book Information

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## Customer Reviews

The story is familiar to so many of us: You feel ill. Maybe things came on dramatically, maybe slowly, but your declining health is interfering with your otherwise amazing life. Nothing you've tried on your own has fixed it, so you go to a doctor, who orders tests - maybe a lot of them. For most people, this is where they get their answers. But for many, the tests come back with nothing remarkable; you're sent home with instructions to "reduce stress" or "wait to see if it goes away." But you do, and it doesn't. So you go to another doctor. And another. And another. You see countless specialists, you stay up all night reading studies and doing research to try to figure things out on your own, you try goofy woo-woo things that you know won't work because you're so desperate you need to try something - anything. The lack of answers makes you wonder if you're just lazy, or defective, or a hypochondriac. But no matter what you do, no matter how much you try to convince yourself you'll be fine, you don't feel better. The information in this book allows people with difficult-to-diagnose illnesses take action on their own, both to understand what might be causing their condition and to address it decisively. Not everyone's undiagnosed problems are associated with non-IgE allergy, but many, many are - and if yours is, you'll finally find some relief. And if allergy is not related to your problem, well - all you've lost is a bit of time and a few days of adjusted diet, and you'll have ruled out one more thing that will bring you a step closer to someday finding a solution to your problem. Well-researched, well-cited, well-written, and easy to understand, I hope this information helps you in the same way it has helped me.

The gist of Dr. Galland's solution is to start with an elimination diet, easier said than done. If you have a latex allergy (and who doesn't these days) he says to leave avocado and banana out of the 3-Day Power Wash smoothie. Well, a smoothie of strawberries, tea, greens, and chia seeds is a bit grim. But the science behind all the allergens in our lives reveals unexpected facts: garden tomatoes and ragweed season coincide to tip some people over the edge into full-blown misery, birch pollen and apples team up too. He describes the trade-offs of medication vs eliminating allergens AND when to foods to which we're only sensitive, not truly allergic. A very good compendium of allergy facts, with some solutions, not exactly "The" solution.

Dont wait until allergies rule your life to read this book! It allows you to understand how your eating habits and your environment influence your health and gives you helpful guidelines to avoid getting sick! I loved reading the case studies too, fascinating!

Dr Galland's book is an excellent resource for anyone suffering from allergies. He presents

information in a clear and understandable format based not only upon clinical research but years of being an outstanding physician. I plan on recommending this book to all of my patients with allergies.

This book is amazing if you aren't allergic to the Power Wash and diet you're given. I, unfortunately, have a true allergy to wheat and go into shock immediately. I'm having to follow a low nickel diet and that eliminates a lot. Add to that the cross pollination of foods to trees and grass I'm allergic to and I can't eat much. This diet/plan isn't for everyone. For those with mild allergies it will help.

this book has nothing new to report, except that Strawberries are supposed to be good for you. Strawberries, even organic ones, are full of chemicals that are harmful. Here's the scoop: Even organic strawberries come from plants that spend time on nurseries that use "millions of pounds of toxic chemicals," including methyl bromide, before being transplanted to organically managed fields, The New York Times reports. Not to mention non-organic strawberries--full of mold inhibiting chemicals as well. Aside from the strawberry issue, this book says what we already know to eliminate. I haven't eaten flour or sugar in 15 years, yet I have arthritis. My allergies are better with the occasional skin flareup; but this author and his son aren't giving us anything revolutionary. So, I am very disappointed.

Along with Dr Davis' Wheat Belly, Dr Hyman's Blood Sugar Solution, Dr Perlmutter's Grain Brain ... we are correcting our lives from the last 40+ yrs by eating food as medicine! If we change now we definitely have better futures ahead.

What a great book. There is so much important and helpful information in this book and it doesn't just cover allergies but all the things going on in your body that you may not even realize are due to allergic reactions. Like how important the health of your gut is in keeping your entire body in balance. If you are having a chronic health issue and you and your doctors are at a loss as to the cause and how to possibly treat it by putting your body back in balance, then this is the book for you. It really has helped my stomach issues by balancing my pH levels. Great job and thanks...

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