



Curing Airborne Allergies: A Revolutionary, Safe and Natural Approach for Adults and Children

William C. Uy, Joyce Neilan

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Proper sleep and caffeine reduction are the keys to this simple but revolutionary approach to curing hay fever, other airborne allergies, and vasomotor rhinitis. The statistics are staggering: • 40+ million Americans suffer from allergies and asthma • allergies and asthma cost \$10 billion annually • in a 2001 study, almost 50% of the students had allergies or asthma in some U.S. high schools.

In the century since allergies were first identified, this is the first truly natural cure. After twenty-four years of research into allergic reactions, Dr. Uy describes • why popular theories miss the point. • how more sleep and less caffeine can eliminate symptoms. • why allergy shots are often ineffective. • how nutritious food and adequate water combat allergies. • case studies.

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