



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

Fred Pescatore

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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

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Ann Morgan:

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Sylvia Grable:

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