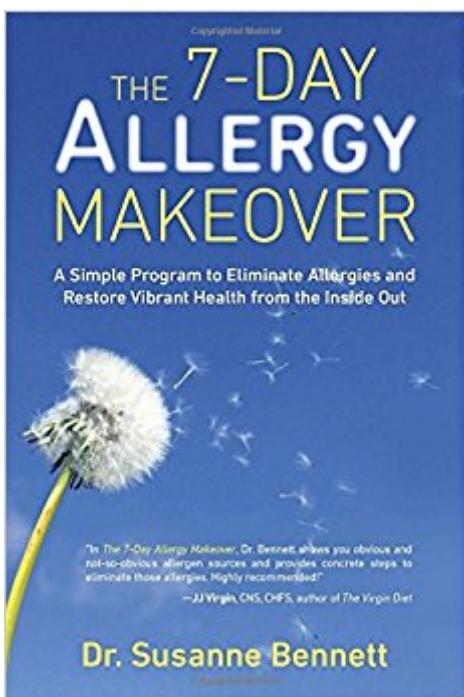


The book was found

The 7-Day Allergy Makeover: A Simple Program To Eliminate Allergies And Restore Vibrant Health From The Inside Out



Synopsis

A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally. THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing. The book lays out action-oriented, step-by-step instructions on uncovering the root cause of allergies, and makes simple but specific changes that can stop allergy symptoms from recurring. What began as a mother's desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally. As an allergy specialist, Dr. Susanne Bennett sees roughly 100 patients a week, from children to movie stars. They come to her after exhausting every resource: doctors, medicines, creams, shots, you name it. They suffer from hives, sneezing, headaches, asthma, muscle aches, swelling and digestive problems, and more. THE 7 DAY ALLERGY MAKEOVER, based on 23 years of Dr. Bennett's clinical experience, is an easy-to-implement and transformational plan for eliminating allergies from your life forever. Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies--nutrition, air quality, living environment, water, body hygiene, and emotional and mental stresses.

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Customer Reviews

Allergies can manifest in everything, from the food you eat to what you keep in your bedroom closet. In her new book The 7 Day Allergy Makeover, Dr. Bennett shows you obvious and not-so-obvious allergen sources and provides concrete steps to eliminate those allergies. Highly

recommended! • JJ Virgin, CNS, CHFS, host and co-star of TLC's *Freaky Eaters*, author of *The Virgin Diet* • Dr. Bennett has developed a foolproof method for reversing the serious problems encountered when someone suffers from allergies. I highly recommend her book and think it will change the lives of those that use it. • Marcelle Pick, RNC, MSN, OB/GYN NP, co-founder of *Women to Women*, author of *Are You Tired and Wired?* and *The Core Balance Diet* • "If allergy symptoms have taken over your life or your child's life, you simply cannot afford to be without Dr. Bennett's groundbreaking program." • Dr. Todd LePine, M.D., physician at Dr. Mark Hyman's Ultra Wellness Center, Lenox, MA, and Clinical Medical Director of Metametrix Laboratories • "The 7 Day Allergy Makeover is the first book that gives people the ability to control their own allergies. Dr. Susanne Bennett has done a phenomenal job making this complex topic simple and laying out the easy steps that will reverse years of symptoms." • Alan Christianson, NMD, author of *The Complete Idiot's Guide to Thyroid Disease*, <http://www.integrativehealthcare.com> • "The 7 Day Allergy Makeover is an easy-to-follow and complete road map to a healthier and allergy-free you. The quality of your life in all aspects is about to change once you read her book." • Dr. Charles Sophy, D.O., celebrity psychiatrist and author of *Side by Side: The Revolutionary Mother-Daughter Program for Conflict-Free Communication* • "I have been a patient of Dr. Susanne Bennett for eight years. I am very grateful to her and see the results of all her work continuing to blossom in my life." • Hallie Foote, award-winning Broadway and film actor • "Allergies are the key to many symptoms and conditions • ones that you may never even associate with an allergy! Dr. Susanne Bennett will help you uncover the underlying causes of your hard-to-treat, difficult and even disabling conditions, so you can remove the cause and move forward to enjoy full, vibrant health. This book holds the key: read it and live life as well as it can be!" • Hyla Cass, M.D., author, *Eight Weeks to Vibrant Health* • "Dr. Susanne Bennett is one of the handful of health professionals I personally turn to when I want advice for myself or my family. Even if you don't have allergies, you should read this book. It's a treasure trove of information about how exposures to common foods and substances can influence your health. The 7 Day Allergy Makeover is a must-read for everyone!" • Jonny Bowden, Ph.D., CNS, author of *The 150 Healthiest Foods on Earth* and • "The Great Cholesterol Myth" • "Dr. Susanne Bennett's 7 Day Allergy Makeover is a clear and powerful system by a seasoned and experienced expert. You will not only feel better in seven days, but you will be on the road to lifelong health after reading

this book. • Dr. Nalini Chilkov, founder, Integrative Cancer Answers “My family and I have been patients of Dr. Susanne Bennett for over seven years. If you follow her advice, diet and recommendations you will feel so much clearer, healthier and vibrant. • Highly recommended! • Lavinia Errico, founder of Equinox

Dr. Susanne Bennett, D.C., is a holistic chiropractor specializing in allergies, clinical nutrition, environmental and lifestyle medicine, with an emphasis in pediatric and young adult health care. Combining Eastern, Western, and energetic techniques in her Los Angeles practice, she has earned nationwide recognition among physicians and patients for her pioneering efforts in treating chronic health problems that resist conventional medical treatment.

I struggled with severe allergies for over a decade. I had no idea where they came from, or what to do about them. Like most people, I tried all the conventional treatments: over-the-counter pills, nasal sprays, prescription drugs, steroids, immunotherapy, and even an invasive surgery to open up my sinuses. It cost me thousands of dollars and even more in my energy and health. While all the doctors I saw were very knowledgeable and caring, none of them would focus on the root cause of my allergies. All their recommendations and treatments were aimed at my symptoms. Looking back now, the problem was that if one of the treatments worked, I would be stuck taking that medication for the rest of my life. Sure, that would be better than suffering from my symptoms, but there had to be a better way. I searched far and wide, including spending hundreds of dollars on books from . There seem to be very good resources available for other medical conditions (MS, Hashimoto’s, and Autism, for example) and for clean eating. But it was hard to find comparatively good information on allergies. I don’t know why, considering more than 50 million people in the US alone have allergies. Maybe it’s because there is so much misinformation out there that people believe they can’t do anything about their allergies. I used to think going to the doctor was the only thing I could do. But to be honest with you, that’s not true. There is a lot you can do. And it doesn’t involve expensive medications with harmful side effects. I wish I had found this book when I first got allergies. It would have saved me hundreds of hours in doctors offices, thousands of dollars spent on treatments, and most importantly, lead me to have control over my health for the first time in my life. You will have to decide for yourself, but here is what I can tell you about this book: it is the best book specifically focused on allergies I have ever read. If you’re like me and you’re sick and tired of feeling terrible, do yourself a favor and get this book. It will

teach you where your allergies came from, and what to do about them. I have read many books on health and wellness, and I was impressed by how many unique recommendations are made in this book that nobody else is talking about. Each of the 7 days in the book represents a different aspect of your health or environment that you can improve to treat your allergies. The different days are the way the author has categorized her protocol. The treatments will take you longer than 7 days to implement, and the author explains this in the introduction. However after reading some of the other reviews, it sounds like many people start feeling better in one to two weeks. For me it took a little longer. My favorite thing about the book is the way the author talks about the science behind allergies and getting better, but in a way that anyone can understand. It will help you so much to know what is going on inside your body when you are having your allergy symptoms. When the author explains how her recommended treatments help your body heal itself, it makes it easier and more motivating to follow the treatment plan. Another thing about the book I found helpful was the personal stories of patients the author treated in her practice. Having real live examples of people with the same problems as you, and what certain treatments did for them, helps you follow your own program to get better. But the best thing about the book by far is that it focuses on bringing you natural and permanent relief from your allergies. It seeks to treat your allergies at their root cause so you aren't stuck taking some medication for the rest of your life. On top of that, there are many unexpected benefits that come with following the recommendations in the book. I feel the changes I have made will probably add years to my life. Plus, on a day-to-day basis I have more energy, sleep better, think more clearly and am much calmer. I know it sounds too good to be true, but it makes sense because all these things are connected to your basic health, just like allergies. Whatever you do, please don't continue to suffer from your allergies. When you first look for help it seems that there is nothing you can do to get rid of your allergies. You will be told your only option is to manage your symptoms with expensive medication. Keep digging deeper. You don't have to be stuck with your allergies for the rest of your life. There are natural ways to get better permanently. For me, these methods have given me control of my health for the first time in my life.

Besides reading the book and putting most of all the techniques to work in mine & my wife's lives we have also signed up for the (5) week "Heal Your Gut" program over the internet (live with Dr. Bennett). Dr. Bennett is fantastic!!! She has a great wealth of knowledge in so many different fields and knows the answers to every question off the top of her head during the Q & A period following the 1 hour program. So far for the last 4 programs she has stayed on the line and answered

questions for about an hour each week. WOW!!!!Her teaching is very interesting and practical.Since going on the overall program I have lost 24 pounds and am now at my optimal weight.The new way I have learned to eat fills me up and I don't even miss the foods I used to be addicted too.I have been on diets before and always gained the weight back. This time I have no desire to change back, unlike before.I have more energy and have learned what it is that effects my stomach and gut in regards to the kinds of foods that trigger gassy reactions from the stomach or gut and what to do to stop it.I have not started taking the "Gut Support" supplements yet but they are ordered for my wife and I and should be receiving them this week sometime.Mine and my wives stomachs are already much, much flatter and healthier.We still have a ways to go to heal our guts but were well on our way. I would probably be mostly healed by now but a business/pleasure trip came up right in the middle of the program and we couldn't be as judical about following the entire program.Dr. Bennett knows how to make this dream a reality for all.....She is the real deal.In two to three more weeks I plan to be completely better.Thanks Dr. Bennett for taking all the extra time to help us, we can all tell you really care about us and you continue to amaze us with your easy solutions that work that we have been looking for for years.

As a surgeon who was recently diagnosed with adult-onset allergies, I could not order Dr. Susanne Bennett's The 7-Day Allergy Makeover fast enough. I was delighted to see Dr. Susanne's combination of facts and practical action items held new information that I could use right away. I love the way she breaks down each chapter and I find myself returning to her book on a weekly basis to find more clues to feeling better. I am already finding I need less allergy medication and that is a real blessing.I have recommended Dr. Susanne's book to patients, family and friends. This is a must read for anyone who has allergies (most of us, I would venture a guess). Please don't spend another day miserable. Order this book today!

My allergist had already recommended a few things in Ms. Bennett's book, but he is a traditional doctor. Allergy shots and lots of drugs have not helped by allergies at all. Ms. Bennett's training is holistic in nature and more independent of agenda-driven "education." I'll be implementing her suggestions and hope to finally see improvement in my symptoms.

this book is so amazing! I am following her guidelines and it really helps. I am gluten intolerant and have allergies to various foods. I am constantly having a swollen abdomen. This is helping me along with the 10 day detox diet from Dr. Mark Hyman.

My son has struggled with severe asthma and allergies since he was two and it has continued to get worse the older he became. It has cost him so many things in his life of 27 years, that he was giving up. This book was kind of a last resort, but instead it is changing his life and he is discovering things he never knew affected him. I would HIGHLY recommend this book to anyone that struggles with asthma and allergies, but be prepared to change many things along the way.

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