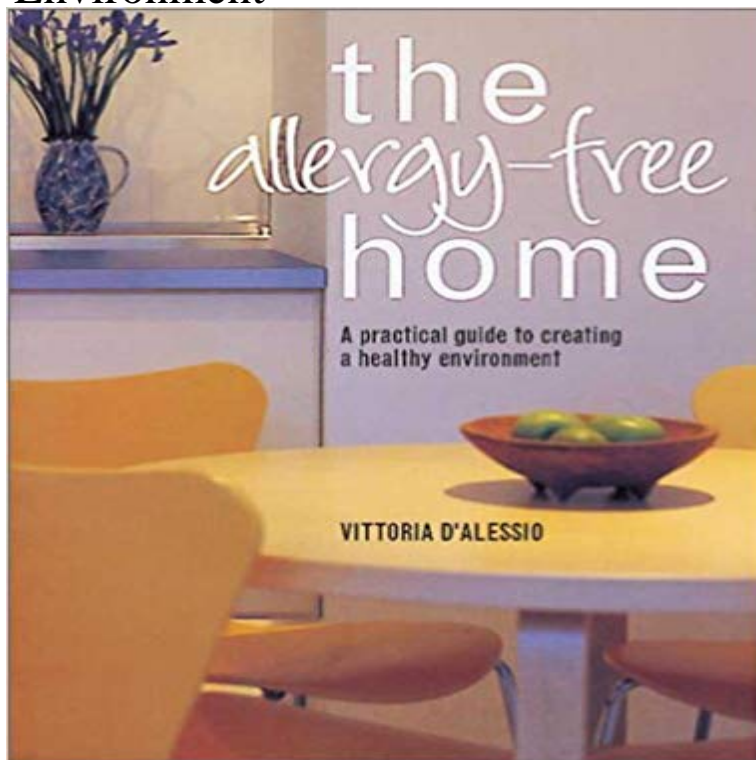


The Allergy-Free Home: A Practical Guide to Creating a Healthy Environment



Addressing allergy relief with a home-design approach, this guide teaches how to plan, organize, and decorate a home to create healthful surroundings for sufferers of all types of allergies. Beginning with a list of allergy symptoms, this guide leads allergy sufferers through diagnosis, pinpoints the probable causes for each symptom, and provides practical solutions and strategies to implement in the home. Beautiful color photographs illustrate how to put these concepts into practice and provide home designers with inspiration.

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