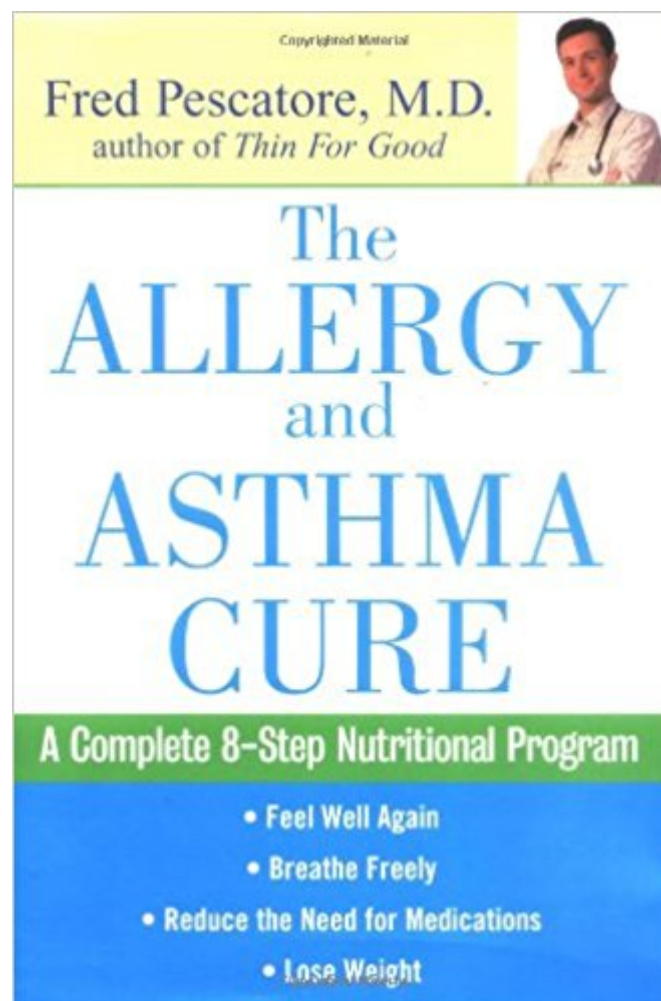




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The Allergy And Asthma Cure: A Complete Eight-Step Nutritional Program



Synopsis

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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Customer Reviews

"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, MD, 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

If you're one of the millions of allergy and asthma sufferers, most likely you've tried everything to relieve your symptoms only to find small and temporary measures of relief. That's no way to live! Fight back and take control of your symptoms once and for all with Dr. Fred Pescatore's breakthrough program, *The Allergy and Asthma Cure*. With great warmth and insight, Dr. Pescatore, whose nutritional program helped heal his own asthma, helps readers understand and diagnose allergies and asthma. By combining a unique nutritional approach with his complementary medical program integrating both traditional treatments and alternative medicine, Dr. Pescatore will liberate you from the inhalers, antihistamines, steroids, and other medications that have controlled your life until now. Dr. Pescatore shows how allergies, asthma, eczema, hives, sinus difficulties, and other allergic conditions are related to our unbalanced eating habits, which create chemical imbalances in our bodies. With Dr. Pescatore's personalized low-carb nutritional program, you can create balance in your system and feel better—starting now. Dr. Pescatore's eight-step program has been clinically tested to be safe, effective, and easy to follow. The program begins with proper nutrition, including personalized meal plans. It then adds nutritional supplements specifically targeted toward your individual symptoms and condition. Then you'll be instructed on how and why to clean up your surrounding environment to avoid allergic reactions. Offering treatments suitable for both adults and children, *The Allergy and Asthma Cure* includes: Clues to help you tell if you have food sensitivities Lists of surprising allergy and asthma triggers—including estrogen, heartburn, mold, obesity, and even thunderstorms—and how to eliminate them from your life The facts about leaky gut syndrome; what it is, what it has to do with allergies and asthma, how to determine if you have it, and what to do about it The truth about the side effects of long-term steroid use The lowdown on allergy shots A self-test to determine if you suffer from candida Personalized meal plans and delicious low-carb recipes This friendly, hands-on guide will help you take control and say goodbye to sneezing, breathlessness, nasal congestion, itchy eyes, wheezing, body itching, rashes, and the many other symptoms that—until now—never seemed to go away. Start on this program and start to feel better now!

after one month my cough has almost gone. No cough at night and only a few times in the day. Still 2 months of the healing diet to go, I am sure it will be a complete success! My doctor would have had me on an expensive drug with awful side effects, instead this is freeing me naturally, and also showing me how much the sugar in all our processed foods is making Americans ill on a daily basis. Thank you Dr Pescatore! I am 74 and my doctor basically was accepting my condition as incurable and only going to get worse. So sad, how ignorant the medical establishment is about nutrition.

It was back in 2008 and my allergies and asthma were at it's worse. My emergency inhaler wasn't helping much and my other asthma medicines didn't seem to bring me relief. When I went to my doctor he said I had COPD and started me on some new medicine but that didn't help either. I was desperate because I felt like I wasn't going to live much longer not being able to breath right. I started a google search and eventually came across this book and three others about allergies and asthma. I started the diet plan it mentioned (restricting everything that had sugar in it) and it really worked. After a couple of weeks I was breathing so well I was able to put my asthma medications away ; it was wonderful. I got into a good eating habit during this period but then came a long vacation period and I fell away from the diet plan. My breathing issues started again but not as bad as it was back in 2008. Now; I plan on purchasing this book again but for my Kindle so I won't loose it again. It was difficult avoiding all the foods mentioned in the book but when you are desperate you are willing to try anything and it helped and I believe it will help me again if I run into the serious issues again.

I thought this was more for food allergies. This is my fault as someone suggested it to me because my son has tons of allergies. I really did enjoy the read. I kind of skimmed past the parts that were about asthma. I read all of it about the allergies. I really like how it was mostly divided so that if you have one and not the other you did not have to read it all. It was overall a good read.

Was one of those books. It spent 75% of the time describing what the symptoms are and how the mainstream medicine is dealing with it pharmaceutically. For someone who is looking for nutritional info and a focus on cure, as the title suggests this right of the bat is a dealbreaker. The paragraphs I liked were the ones explaining the different nutritional tests giving also an opinion on which one he thinks its best. The tests are the "RAST", "Cytotoxic test", "Histamine Release Test", "ALCAT Test". Alcat test is endorsed.

I read this book with very great interest. It's the most promising and sensible approach I've seen to addressing the allergy and digestive problems I've been having for many years, which my own doctors have by trying ineffectively to treat by drugging the symptoms into submission. I intend to try the program. However, I expect to have some trouble talking my doctors into supporting this.

Pescatore appears to have developed his "cure" based on a lot of clinical trial and error and some guesswork based on a rough theory that the problems are all rooted in leaky gut and candida yeast overgrowth. That kind of clinical approach is very valuable, but it takes more than that to really convince the medical community. Pescatore appears to have chosen to market his method directly to consumers via popular books and TV talk shows, rather than market it to the medical community via formal clinical studies or experimental research. Much of his suggested treatment is going to be questioned by the mainstream medical community. For instance, does it really make sense to eliminate all sugar from your diet when your body makes its own sugar from the foods you eat, so there will always still be lots of sugar in the bloodstream? Still, I have seen some medical research from other sources that hints that there really is something to his approach. For now, his approach may be the best available, though many of its details are unproven. I also find it slightly off-putting that when I go to the store to get the macadamia nut oil that he heartily recommends, I find the oil is sold by him. (Though it really is good and healthy and was probably hard to get before he started marketing it.) When I go to the web site of the blood test company he recommends, there's his ringing endorsement. Pescatore Inc is there wherever I go. He's certainly not nearly as bad as other "show doctors" who build financial empires on dubious weightloss theories. His book clearly distinguishes between established medical fact and his own approaches. He's clearly aware of mainstream medical research and has been integrating it into his approach as far as possible. There's no crystal waving here. It's not quite science, but it's close, and it's may be the best we are going to get for a while. And his suggested treatment is, at the very least, less likely to do harm than all the medications my doctors have been suggesting.

This title is a little misleading. Allergy and asthma are seriously linked. If you don't have both this is not as useful as you'd think.

This book basically says that candida yeast overgrowth is behind most asthma and allergy cases. There seems to be growing evidence that there is atleast some truth. Book includes practical methods how to get rid of it too.

I have only been doing this for two months, but so far it isn't working.

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