

THE 7-DAY ALLERGY MAKEOVER

A Simple Program to Eliminate Allergies and
Restore Vibrant Health from the Inside Out



"In *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, author of the
New York Times bestseller *The Virgin Diet*

Dr. Susanne Bennett

The 7 Day Allergy Makeover A Simple Program To

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