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Neals Yard Natural Remedies

Susan Curtis, Pat Thomas, Fran Johnson

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particular allergy such as hayfever you can go straight to that section for advice and third the A Z of allergens gives specific advice on testing to find out whether you do have an allergy to that substance and if so how best to avoid it in everyday life **Book** ,2013-01-01 Scrapbook containing letters souvenir programmes and various news cuttings

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