

# THE Allergy & Asthma Cure

A Complete 8-Step Nutritional Program

- Feel Well Again
- Breathe Freely
- Reduce the Need for Medications
- Lose Weight

**Fred Pescatore, M.D.**  
author of *The Hamptons Diet*

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## The Allergy and Asthma Cure: A Complete 8-Step Nutritional Program

By Fred Pescatore

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