



# Action Plan for Allergies

*William Briner*

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Relieve symptoms from allergic reactions, hay fever, and asthma!

*Action Plan for Allergies* was developed in conjunction with the American College of Sports Medicine, the largest sports medicine and exercise science organization in the world. This book shows you how to take control of your health, boost your energy, and reduce or eliminate the need for medication with the latest scientific research and proven exercise plans.

Because fitness level, diet, environment, and medication—such as albuterol, loratidine, diphenhydramine, and salmeterol—affect allergies, *Action Plan for Allergies* allows you to tailor the exercise programs to your individual needs.

Including information on creating an allergen-free environment, as well as techniques for desensitization and increasing tolerance, *Action Plan for Allergies* is a comprehensive resource for managing your symptoms and leading a freer, healthier life.

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