



# Living With Asthma And Hay Fever (Penguin health care & fitness)

*John Donaldson*

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## **Living With Asthma And Hay Fever (Penguin health care & fitness) John Donaldson**

Asthma and hay fever are common illnesses that can occur at any age. Now there are modern medicines that can prevent attacks from taking place, as well as relievers. Using the most recent research, John Donaldson describes how most people with asthma and hay fever can live full and active lives by acquiring a full understanding of the illness and the remedies.

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