

# A B C D E F G H Children's Health

## Understanding Allergies

(NAPSA)—An ingenious approach may help reduce what could be one cause of asthma and allergies for the estimated 45 million American children affected by them.

According to leading specialists in environmental medicine, our environment could be causing a growing number of children to be sick. Some estimate more than 40 million people have some sort of environmental illness due to allergic or toxic reactions to various substances in the environment, adding that our air, food, water, homes and schools are polluted with over 70,000 chemicals.

A book recently published in paperback format, *Clear Body Clear Mind* by L. Ron Hubbard, says pollutants and toxins are stored in the body's fatty tissues for long periods of time and can have a significant effect on health. The book outlines a program including a carefully balanced combination of moderate aerobic exercise, vitamin and mineral supplementation and intermittent sauna to eliminate the toxins from the body through perspiration. Though the program makes no medical claims, it has undergone 12 independent scientific studies that are considered to have validated its safety and effectiveness.

The program has been successfully completed by over 250,000



**Toxins that could be contributing to allergic reactions may be reduced with the help of an intriguing health regimen.**

people worldwide. While the benefits vary person to person, many say it also helps them think more clearly and increases their general happiness.

Says Judy Adams, whose son Neil completed the program, "It's been three years since he did the program and almost all his allergies have been relieved." Once allergic to horses, Neil can now ride them in competitions.

You can find the book in local bookstores and learn more about the program online at [www.clearbodyclearmind.com](http://www.clearbodyclearmind.com).