



January - February 2004

**ALLERGY-PROOF
YOUR HOME FOR
THE NEW YEAR**

**HOW TO GET THE
BEST FROM YOUR GP**

**ALLERGIC TO SEX:
3 WOMEN TELL ALL**

**"THE DAY A WASP STING
NEARLY KILLED ME"**

Food Intolerance

— how to fight back!



ALSO INSIDE... TRAPPED INDOORS: BUT I REFUSE TO GIVE IN ★ ECZEMA: WHAT'S BEST FOR YOU? ★ GET FIT TO FIGHT ALLERGIES ★ COELIAC DISEASE: IS YOUR KID SUFFERING? ★ HELP YOUR HYPERACTIVE CHILD ★ RECIPES ★ THE PERILS OF PETS ★



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