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The Allergy-Fighting Garden: Stop Asthma and Allergies with Smart Landscaping

Thomas Leo Ogren

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The Allergy-Fighting Garden: Stop Asthma and Allergies with Smart Landscaping Thomas Leo Ogren The Groundbreaking Guide to Health-Conscious Gardening

If you are one of the millions of people with allergies or asthma, this totally unique book shows you how to avoid plants that trigger allergies and to create a garden that will actually protect you by trapping pollen and cleaning the air around you. This revolutionary approach combines the best of horticulturist Thomas Ogren's previous books—*Allergy-Free Gardening* and *Safe Sex in the Garden*—into a full-color guide, including hundreds of new and updated plant listings and photographs.

Ogren's innovative system for combating allergens is based on the crucial matter of plant sex. By replacing troublesome male plants in your yard with pollen-blocking female "pollen screens," allergy sufferers can reduce or eliminate their symptoms. More than 3,000 plant listings are included, accompanied by an easy-to-use allergy ranking scale of 1 to 10. With many new pollen-free plants to choose from, as well as clearly marked "worst offenders" to avoid, this is the ultimate resource for home gardeners and professionals alike who want to build healthy, safe, and beautiful gardens that everyone can enjoy.

From the Trade Paperback edition.

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