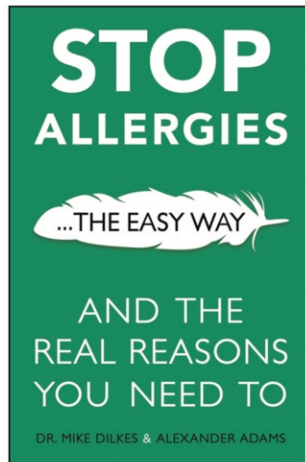
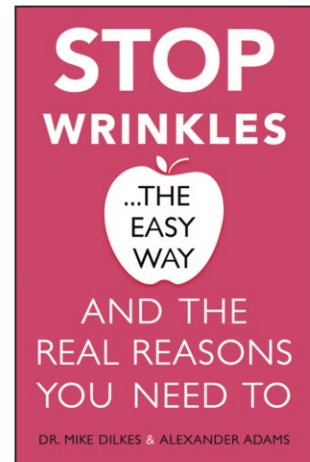


Dr MIKE DILKES,  
ALEXANDER ADAMS  
Stop Allergies & Stop Wrinkles

The bestselling authors behind *Stop Snoring* return with simple, five-minute exercises to *Stop Allergies* and *Stop Wrinkles*.



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First they debunked the myth that snoring is hard to kick and saved thousands from noisy, sleepless nights. Now, Harley Street's top Consultant ENT Surgeon Dr Mike Dilkes and Alexander Adams are back, dishing out more trademark no-nonsense advice to stop your allergies and wrinkles – the easy way!

In *Stop Allergies* the bestselling duo outline the latest medical research on managing and reducing the symptoms of Allergic Rhinitis (hay fever) in a simple and easy-to-follow format. Approximately 13 million of us in the UK are affected by hay fever but Dr Mike Dilkes and Alex Adams prove there are plenty of ways to end seasonal suffering – fast.

*Stop Wrinkles* shows us that gruelling gym routines, expensive face creams and invasive surgical procedures are not the only ways to iron-out our unwelcome crinkles, crows' feet and laughter lines. Discover the easiest way to age gracefully but gradually, today.

Packed with practical information and clear, safe advice from a leading Harley Street medical expert, this series is a must-read for anyone wishing to enjoy their life to the full, save money and feel happier.

**Dr Mike Dilkes** was a consultant Ear, Nose and Throat surgeon on London's Harley Street for over thirty years. He now runs a private clinic in south London.

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**Alexander Adams** was a clinical expert for GlaxoSmithKline, and has a talent for translating complex terminology into engaging formats.

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