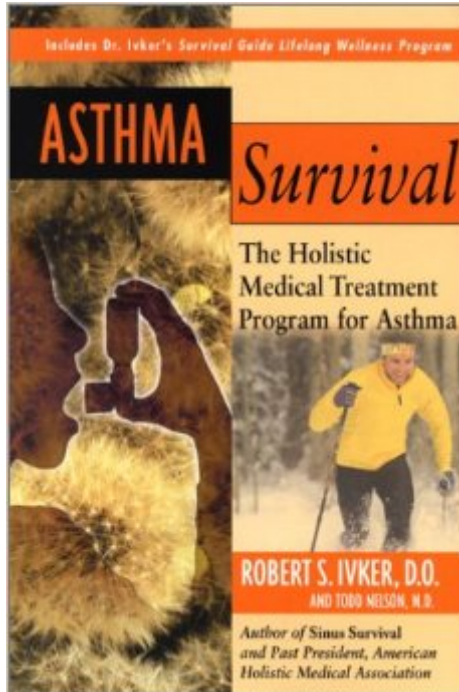


The book was found

Asthma Survival: The Holistic Medical Treatment Program For Asthma



Synopsis

Modeled directly on the bestselling Sinus Survival, here is the most integrative, complete asthma-relief guide available today. Here's why asthma sufferers can't afford to be without Asthma Survival: It features a Quick Fix, fast-start program. The Quick Fix allows the reader to begin the most important aspects of the program immediately without having to read the whole book. It is one of the only books to address the huge overlap of allergies (90 percent of asthmatics have them) and sinusitis (nearly 70 percent of asthmatics have them). It provides specific, integrated instructions for a dietary supplement plan. It lays out its New Life Eating Plan as one of the most profound ways to slow the disease. It gives a balanced, comprehensive approach to herbal choices that are most accepted within the holistic medical community. It offers a simple, powerful introduction to the most important breathing exercises. It offers the only book to propose a unified theory of emotional causes of this disease based on worldwide trends and statistics of familial patterns

Book Information

Paperback: 304 pages

Publisher: Tarcher (August 27, 2001)

Language: English

ISBN-10: 1585421243

ISBN-13: 978-1585421244

Product Dimensions: 5.5 x 1 x 8.3 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #1,722,170 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #206 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #220 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

I bought this book for a friend, and because my daughter and I spent considerable time trying to solve a breathing problem she had. The first line of recommendation from a professional was to try an expensive prescription with side effects. I like how Dr. Ivker reviews conventional and holistic treatments for asthma. In our family, we have found that sinus and ear problems respond to eliminating certain trigger foods. We went to a teaching hospital for some extensive testing and found that the breathing problem was a tendency for the vocal cords to close up during stress.

Asthma drugs don't treat that. Only certain exercises and stress reduction help. I understand that if my child had true asthma, a breathing emergency could occur. I do think that the short term rescue prescription would have been enough until the situation was sorted. No lung capacity reduction was ever measured, right from the start. I bring this up because there is more to treating conditions than drugs. Having used Dr. Ivker's other book, Sinus Survival, to keep my sinus headaches away mostly through diet changes, I share my experiences. No sinus headaches in over 30 years. How did you do it, they ask. Well, no wheat, dairy or eggs. "Oh, I couldn't do that". It's inexplicable to me why a simple change that can utterly change your health is considered "too much", when drugs and surgery are not. If you are ready to try to let go of or reduce dependence on drugs, this doc has some helpful information. It's beyond that, and he's not anti drugs, he's just pro using all the life changes possible to be more healthy.

This is a good book that looks at the links between food allergy, candida, fungus and asthma, and offers good advice on diet herbs, supplements and alternative therapies. One thing I didn't like as much is that 2 out of 7 chapters are devoted to healing your mind and spirit. Although I am a big believer in the mind body connection and wouldn't mind a few pages on affirmation and positive thinking, it went a little too much into concepts like play and passion, dealing with anger, work and play, optimism, forgiveness, altruism, and emotional causes of asthma. I thought that the emotional causes of asthma part was also too much of the outdated theory of let's blame the parents or the patient for the imbalance. I would rather forgo blame and work on where to go from here. This part of the book took it a little too far out of serious naturopathic medicine and into self help book for me. Even so there is enough good information for the person looking for alternative treatments for asthma that it is worth the read. I did prefer "Reversing Asthma" although it is a few years older. But I would recommend this book.

This book is a super source of medically-sound information about treating asthma, including a great section on supplements. And don't let anyone tell you that what you eat can't make a difference!

This is a great comprehensive book. I really like the author's approach. He gives both a short-term solution to some problems and some ideas on how to continually improve your health and vitality throughout your life.

This book is a really different type of book, and lets you look into your whole health, both mental,

and physical to see where problems may lie. I found it to be a big help for my son, and refreshingly different.

[Download to continue reading...](#)

Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) Asthma Survival: The Holistic Medical Treatment Program for Asthma Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Sinus Survival: The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Sinus Survival: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) Bushcraft Survival Guide: Important Bushcraft Skills To Survive In The Wild: (Bushcraft Outdoor Skills, Bushcraft Carving, Bushcraft Cooking, Bushcraft ... Survival Books, Survival, Survival Books) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural

cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1)

[Dmca](#)