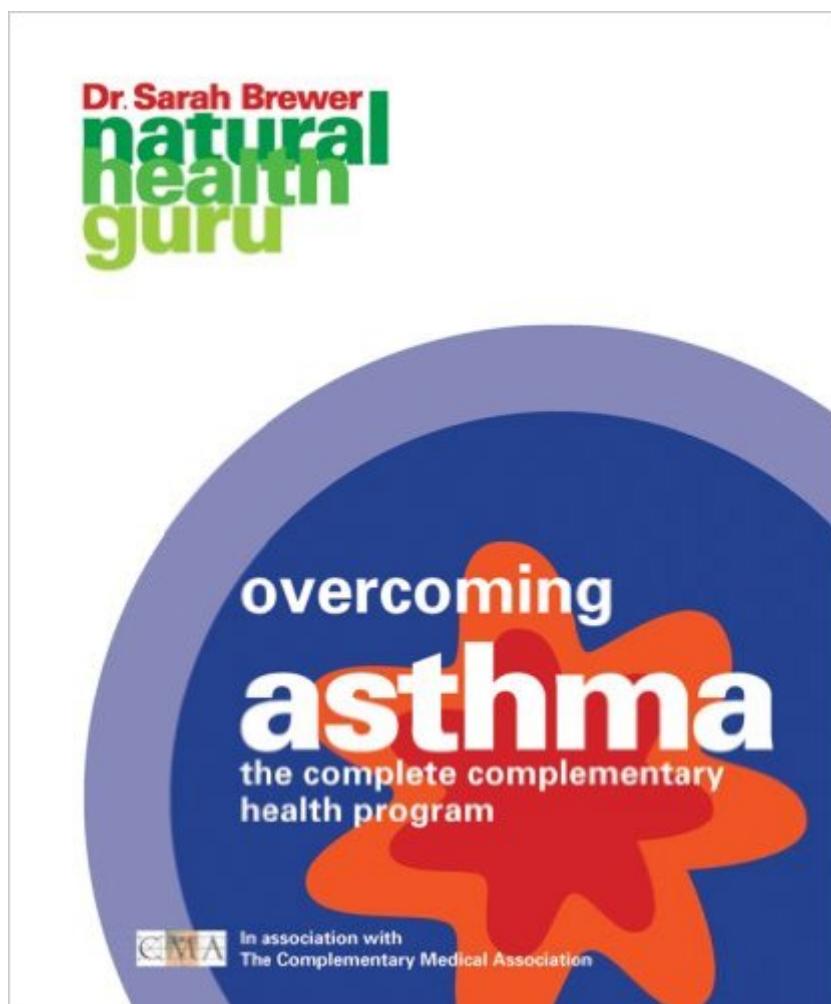


The book was found

Overcoming Asthma: The Complete Complementary Health Program (Natural Health Guru)



Synopsis

This unique health reference provides a highly authoritative yet easy-to-follow series of complementary medicine and self-care treatments, specially designed to support the conventional medications for asthma. The internationally acclaimed Dr. Sarah Brewer offers a pioneering approach of tailor-made programs based on the premise that we're all unique, and have different requirements in accordance with our age, gender, lifestyle, and genetic background. Learn to understand what your doctor is prescribing and why, then complete the included questionnaire and you'll find whether to embark upon The Gentle Program, The Moderate Program or The Full-strength Program. Each pathway guides you through daily nutritional plans, as well as exercise regimes and lifestyle changes, all of which empower you to make real improvements to your health.

Book Information

Series: Natural Health Guru

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Product Dimensions: 9.1 x 7.5 x 0.8 inches

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,982,931 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #437 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #455 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

This book is not current on all the up to date procedures, thoughts or meds but it is very insightful and informative. I would suggest reading if you have asthma you should know your health conditions so you can better take care of yourself and to be your advocate.

This author gives a very well rounded view of dealing with asthma holistically. The book also gives insight into the traditional medical methods of dealing with asthma. I would highly recommend purchasing this book.

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