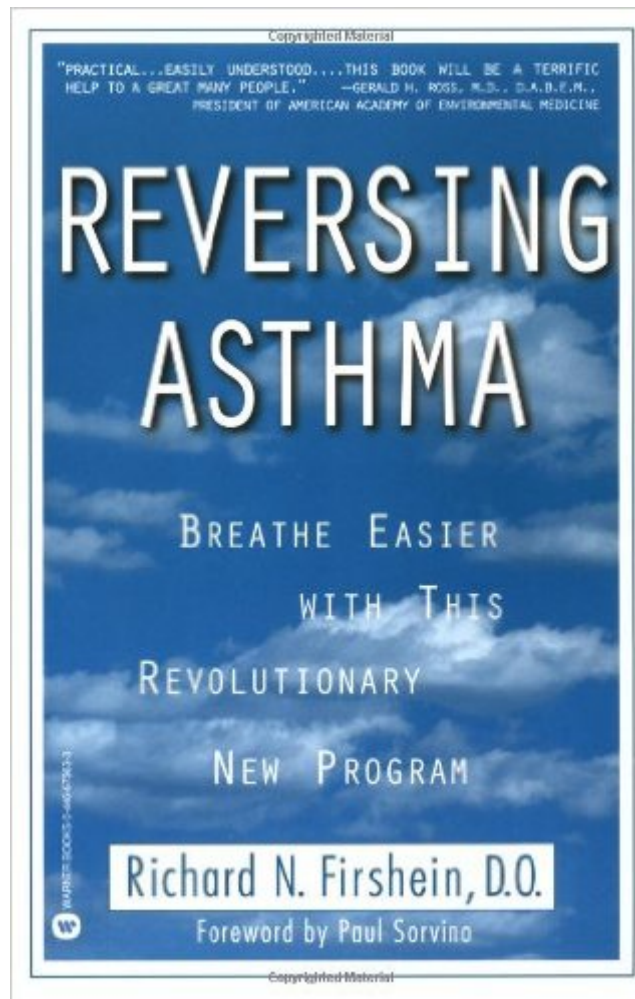


The book was found

Reversing Asthma: Breathe Easier With This Revolutionary New Program



Synopsis

Comprehensive, balanced and up-to-the minute, Reversing Asthma is destined to be the new bible for asthma treatment - giving asthma sufferers new knowledge and new choices for overcoming this frightening and debilitating disease.

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #136,455 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #9 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #13 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

I've run into people who claim that doctors who advocate getting off of medications and using alternative methods are quacks. I agree that there are many quacks out there, but Dr. Firshein is not one of them. Years ago, I was on 4 different asthma medications and now I'm completely drug free! I've had some asthma problem from time to time since getting off of the medications, but I feel that I'm now more intelligent about isolating the cause so I'm now able to control it without going to the doctor. What I find interesting is that I've virtually followed the same advice Dr. Firshein gives in his book without having read it. He outlines a method call the Comprehensive Asthma Prevention Program or CAP. In the CAP program, he outlines methods such as breathing exercises, visualization, biofeedback and locating and eliminating the source of your problem. He also talks a great deal about diet and exercise. There are certain foods which help repair the damage asthma may cause and prevent this disease from causing further damage. Exercise can't be emphasized enough for asthmatics. I see no reason why any asthma sufferer who conscientiously follows Firshein's CAP program wouldn't be able to get to the point where he/she requires no medications. I'm living proof that one can get off of asthma medications if determined. I simply refused to be

sickly and use inhalers 3 or 4 times a day. As Firshein points out, asthma medications can cause more health problems than most realize. "Locked Lung" syndrome is a condition which is caused by overdosing on an inhaler. What happens is that the patient reaches the point where his inhaler won't work as well as it had before so he keeps using it.

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