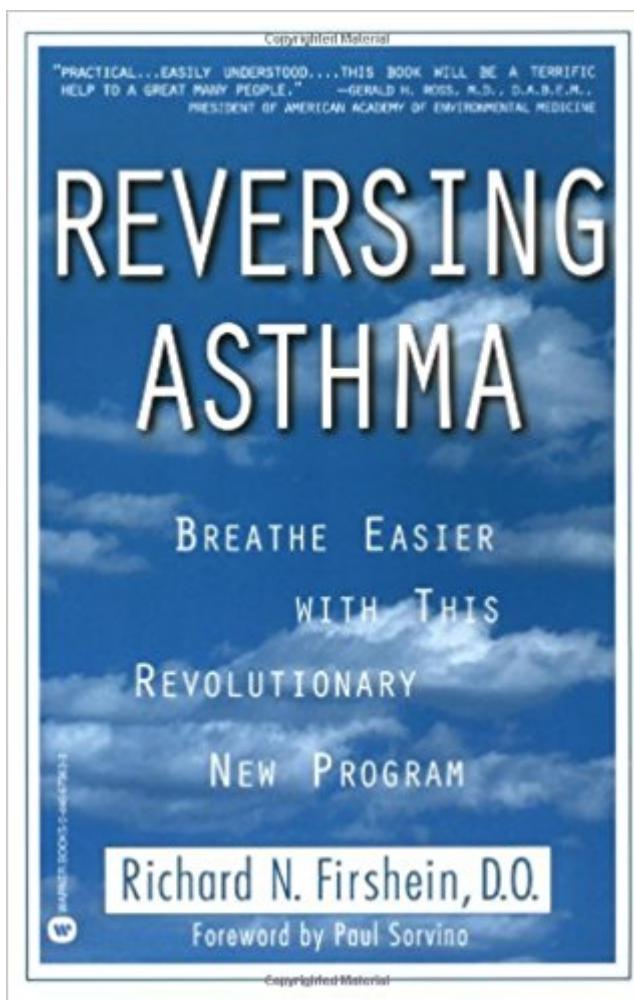


The book was found

# 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

Paperback: 384 pages

Publisher: Grand Central Publishing; 1 edition (April 1, 1998)

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Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.2 out of 5 stars 36 customer reviews

Best Sellers Rank: #1,111,262 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #133 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #146 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

## Customer Reviews

I purchased this book and a few others to research improving and reversing my asthma naturally. To be honest, I didn't find this book contained anything that wasn't common sense or that I didn't already know after reading online articles for the last few years. Most asthma is caused by a trigger, and you have to avoid that trigger. To be fair, I read a lot about how the body works, and have already reversed an auto-immune hypothyroid condition and strengthened weakened adrenals over the last few years, so there is a lot of crossover with how asthma and allergies are related to these conditions. For someone who is just starting their research and wants to focus specifically on asthma, this will probably be an informative read, and the suggestions will probably help. It just happened that by the time I purchased this book, I was familiar with the information in it and already doing everything it suggested regarding lifestyle and supplements, so I found it underwhelming. My asthma has improved through these things as well as with desensitization therapy, and I rarely need my rescue inhaler anymore, but it still severe enough that I have not been able to reduce my preventer medication, especially when grass season comes around. What I found really helpful was that another reviewer of this book (or possibly another asthma book I was looking at) recommended

the following book: *Asthma-Free Naturally: Everything You Need to Know About Taking Control of Your Asthma*--Featuring the Buteyko Breathing Method Suitable for Adults and Children. It discusses some radical, but interesting and scientifically sound concepts about the causes of asthma and how to improve it. I purchased that book also and read it and have found that I am finally seeing some additional improvements, and made additional lifestyle changes by means of changing the way I breathe. In summary, if you are starting your research and looking for ways to be healthier, buy the book on this page. If you are beyond that point and want to attempt reversing it, it's time to progress to the book about the Buteyko breathing method.

Why didn't a US physician discuss this with me? I have had asthma since 1980 and been prescribed a variety of medications. I feel like I am in control now. By using these activities I brought my pulse rate down. I am aware of my breathing and its role in asthma. I am going to reverse this disease and no longer call it mine.

Full of very useful information.

This is a good book. There is only one other book *Allergies and Asthma Cure* by Pescatore that is designed to get one off medications. but this book is funneling patients towards the Functional medicine with lots of high tech testing approach that is exorbitantly expensive if you don't have insurance.. So buy both books. But then this book is wider in scope and discusses breathing exercises that is helpful for most patients have insurance.

This book was very informative and accurate. The exercises are great too. I would recommend this book to anyone with an uncontrolled asthma problem. Try to stay off the steroids and antibiotics which eventually bring on diabetes.

because i never read any book like this that teaches you how to improve asthma and prevent it. This doctor it guides you like you are in his surgery.

Great book for an asthmatic. Lots of great self help information

Excellent book and very easy to understand .Some of the vitamins which are to be taken along with the medicine works wonders for the body.

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