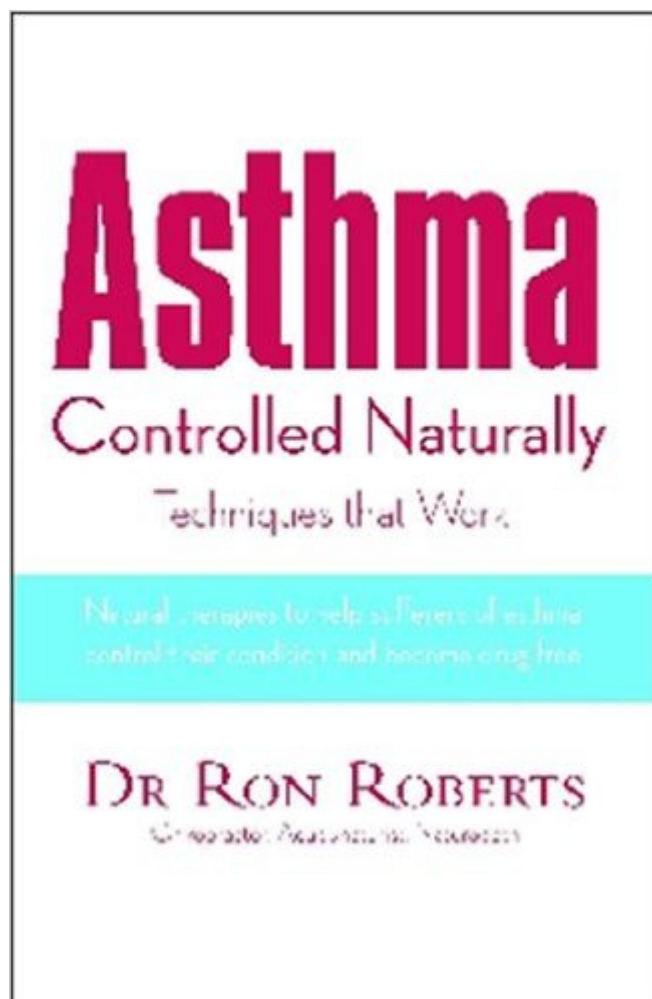


The book was found

Asthma Controlled Naturally



Synopsis

Asthma is an epidemic in Western countries and is a life-threatening condition for many sufferers. Most people with asthma are prescribed medication -but what else can they do to improve their health? Dr Ron Roberts is a naturopath, acupuncturist and chiropractor, with a long history of working with sufferers of asthma. *Asthma Controlled Naturally* explains how complementary treatments can be used to alleviate the symptoms of asthma. He provides detailed explanations of how breathing exercises, dietary adjustments and a range of therapies can help people affected by asthma.

Book Information

Paperback: 240 pages

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Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #4,531,253 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Children's Health > Asthma](#) #109 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #495 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#)

Customer Reviews

I was disappointed by this book. It really doesn't cut to the chase and tell the reader that asthma is an inflammatory disease and that sugar and foods that rapidly raise blood sugar are inflammatory.. Nor does it inform the reader about the inflammatory effects of nut, seed, and vegetable oils. These polyunsaturated oils are in all processed foods and part of the reason processed foods are bad for us. The good point of the book is it is very holistic and informs the reader about many different options for treating asthma. Everything from homeopathy to body works. It also gives a broad overview as to possible sources of asthma problems from environmental exposures. It also discusses the positive effects of breathing exercises on asthma. It also mentions that cooking with a gas stove for an hour can trigger an asthmatic attack in a child in the home. The obvious solution is get rid of the gas stove and gas heat and get electric. If one were to also buy a book like *Allergies*

and Asthma by Dr Pescatore, then I could see this book being more useful. That is because Dr Pescatore focuses almost exclusively on diet and supplementation, the area that this book is weakest in. If the diet therapy of Dr Pescatore didn't work one would want to read this book to scan for other possible solutions.

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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 Controlled Naturally Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Asthma Survival: The Holistic Medical Treatment Program for Asthma Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program The Asthma Breakthrough: Breathe Freely-Naturally! Asthma : Breathe Again Naturally and Reclaim Your Life Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement)

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