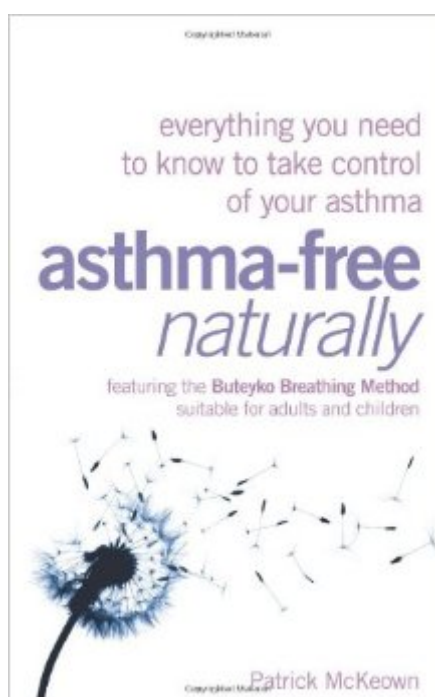


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# Asthma-Free Naturally: Everything You Need To Know To Take Control Of Your Asthma - Featuring The Buteyko Breathing Method Suitable For Adults And Children



## Synopsis

This revolutionary book teaches readers how to take control of their asthma safely and effectively without any side effects. The approach encompasses the Buteyko Breathing Method as well as guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The author was a chronic asthmatic who applied the Buteyko Breathing Method to free himself from his asthma condition. In this book, he details the Buteyko Breathing Method and provides guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The Buteyko Breathing Method is considered by many to be the single most effective self-help treatment for asthma and can be used by adults and children

## Book Information

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Best Sellers Rank: #108,390 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #7 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #10 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#)

## Customer Reviews

I used to be a relatively healthy middle age female, who have never had respiratory troubles. My story started with ordinary winter flu and consequent bronchitis, that left me coughing for month, and eventually wheezy and completely breathless. After few months of pulmonary tests, CT scans, ER visits, antibiotics and steroids (oral and inhaled), the verdict was in - I have a late offset of a non allergic moderate to severe asthma, and I'll have it for the rest of my life. I thought to myself - I just need to find the right doctor, who understands what is happening to me. Five doctors later (one GP, two asthma and allergy specs, two pulmonologists), I was pretty much where I've started, except my asthma was more or less controlled with drugs. None of the doctors had the answers to WHY and

HOW this happened to me. The next step would be to explore alternative cures. I've joined yoga class, started homeopathic treatment and continued for a year. I took few treatments of Chinese herbs and tried a couple month of acupuncture. Although yoga has been very beneficial for my body strength and flexibility, it did nothing for my asthma. None of the other treatments worked. Every time I've tried to decrease my dose of steroids, my asthma was coming back with the vengeance. Every time I increase the dose I was having harsh side effects from the drugs. My quality of life was spiraling down. I felt absolutely helpless. One day my never ending search for cure over Internet brought me across Buteyko method. Pieces and bits of information were hard to put together, but once I had a slight understanding what is it about, I started applying it during asthma attacks. It was an eye opening moment, when I was able to stop my attack without using the inhaler.

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