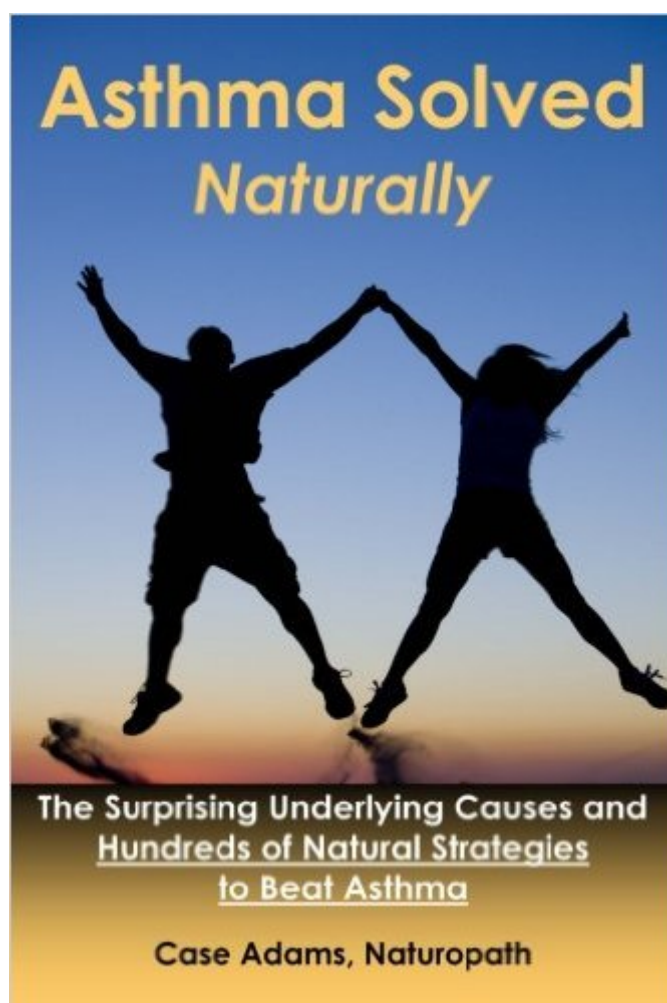


The book was found

Asthma Solved Naturally: The Surprising Underlying Causes And Hundreds Of Natural Strategies To Beat Asthma



Synopsis

Millions of people suffer from asthma, and asthma rates have been going up dramatically in the last few decades, primarily among industrialized nations. What is causing this almost epidemic surge of asthma? Is it as simple as air pollution and allergy triggers? More importantly, can asthma be reversed, and if so, how? Using over a thousand scientific references and clinical reports, "Asthma Solved Naturally" provides the surprising answers to these questions. Rejecting the 'dumbing down' of this condition as often portrayed, the author - a California Naturopath - comprehensively demonstrates the underlying causes of asthma while providing hundreds of clinically and scientifically verified inexpensive natural strategies - some thousands of years old - used successfully to eliminate asthma.

Book Information

Paperback: 444 pages

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Product Dimensions: 6 x 1.1 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,474,761 in Books (See Top 100 in Books) #178 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #190 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#) #272 in [Books > Medical Books > Allied Health Professions > Respiratory Therapy](#)

Customer Reviews

I loved this book. I am having a moderately chronic asthma problem right now. I read this book in its entirety. I am a lay person, but I am also smart. I was motivated to read and understand this book. As I write I have my nebulizer going and the mouthpiece in my mouth. This book is wonderful. Yes, there is a lot of medical stuff. However, I have found that you can read through things you don't understand completely to get at what you can understand. I have book marked the beedoodis out of Dr. Adams' wonderful, helpful, understandable book. I really need this. Thank you so much Dr. Adams. Maybe someday I won't have to medicate while I type.

This would be good for a health care professional, but is a bit overwhelming for a lay reader. Maybe they could put out a summary version.

I was disappointed in the book. It was more of a medical book, with too much extra information. I guess I was looking for something less detailed.

This book has hundreds of new ideas with regards to the causes of asthma, and the writer assumes that if you try three of them your chances of healing are pretty high! The text is also highly referenced, which adds a lot of credibility. But because of this completeness of the topic, it's not an easy read, I have spent several weeks reading and I'm still not quite finished with the book.

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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)
Dr. Psenka's Seasonal Allergy Solution: The All-Natural 4-Week Plan to Eliminate the Underlying Cause of Allergies and Live Symptom-Free
How to Survive Your In-Laws: Advice from Hundreds of Married Couples Who Did (Hundreds of Heads Survival Guides)
Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children
The Org: The Underlying Logic of the Office
Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering
Natural Relief from Asthma (Natural Health Guide) (Alive Natural Health Guides)
Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally)
The Country Almanac of Home Remedies: Time-Tested & Almost Forgotten Wisdom for Treating Hundreds of Common Ailments, Aches & Pains Quickly and Naturally
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)
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