



Asthma Treatment 101: Treatment for Beginners ((2nd Edition + Bonus Chapters) - Diet, Cures and Natural Remedies to Be Asthma-Free Naturally

By Craig Donovan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Having asthma can be intimidating! There are many dos and don'ts, a variety of different medications for different purposes, lots of advice to be had from family, friends, and even strangers, and plenty of misinformation always available. For example, you may have heard that asthma is mostly due to psychological weakness (it's all in your head?). Someone may have recommended a special diet to you; someone else may have suggested that you stay away from those same foods. You may have been told that asthma medications can be addictive and shouldn't be taken regularly. Or you may even believe that asthma goes away when you are feeling well, so that there is no need for medicines to treat asthma except when you are sick. After reading this short book, you will have a better understanding about asthma and its treatment. You will be able to explain - to yourself and to others - what asthma is, how it is best prevented, and how it can be treated. It is true that having asthma...



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