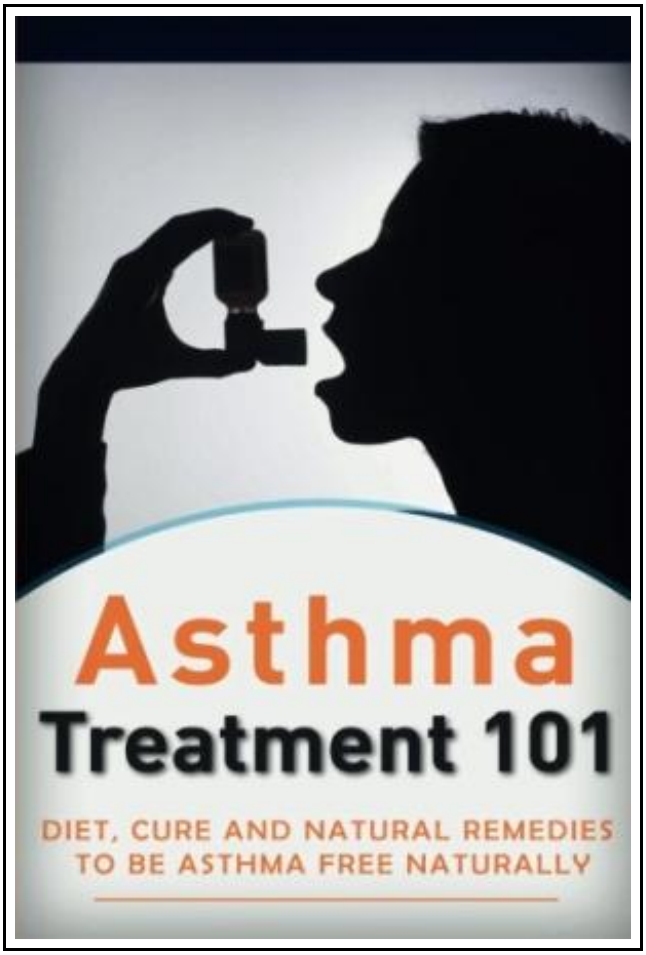
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Having asthma can be intimidating! There are many dos and don ts, a variety of different medications for different purposes, lots of advice to be had from family, friends, and even strangers, and plenty of mis-information 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 may sometimes be intimidating. But knowing the facts about asthma can put you in control again. We can t make asthma just go away, but this book can help you take charge of your asthma. In this book, you will learn. Chapter 1: Asthma at a Glance Chapter 2: Asthma Causes and Symptoms Chapter 3: Natural Treatments for Asthma Chapter 4: Herbs to relieve Asthma Symptoms Chapter 5: Preventing Asthma Bonus Chapter: Asthma Myths vs. Facts Bonus Chapter: Famous People with Asthma Much, much more! Read what other people have to say This book contains proven steps and strategies on...

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