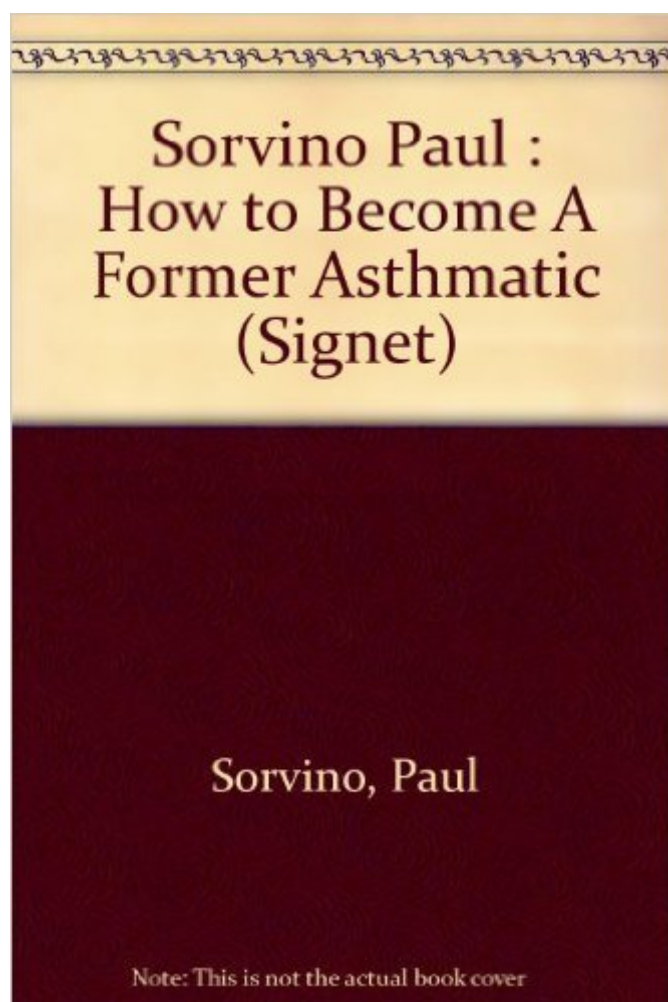


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# How To Become Former (Signet)



## Book Information

Series: Signet

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #4,271,510 in Books (See Top 100 in Books) #101 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#)

## Customer Reviews

This little book helped me get off asthma medication, which was ruining my health for many years. I listened to so many doctors telling me I could never get off the medicines, yet when I did it my way, trying the breathing techniques in this book, I weaned myself off of the Flovent, which made me get cataracts. I am off of the albuterol, which made my heart beat very fast. I am off any corticosteroids, which in the long run affected my knees, & now I have no more cartilage left, & can hardly walk. All side effects from years of taking asthma medications. This book is excellent, it changed my life, very easy to learn. I also added astragalus, stinging nettles, & sage herb to my daily vitamin intake. I am so glad I found this book!

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