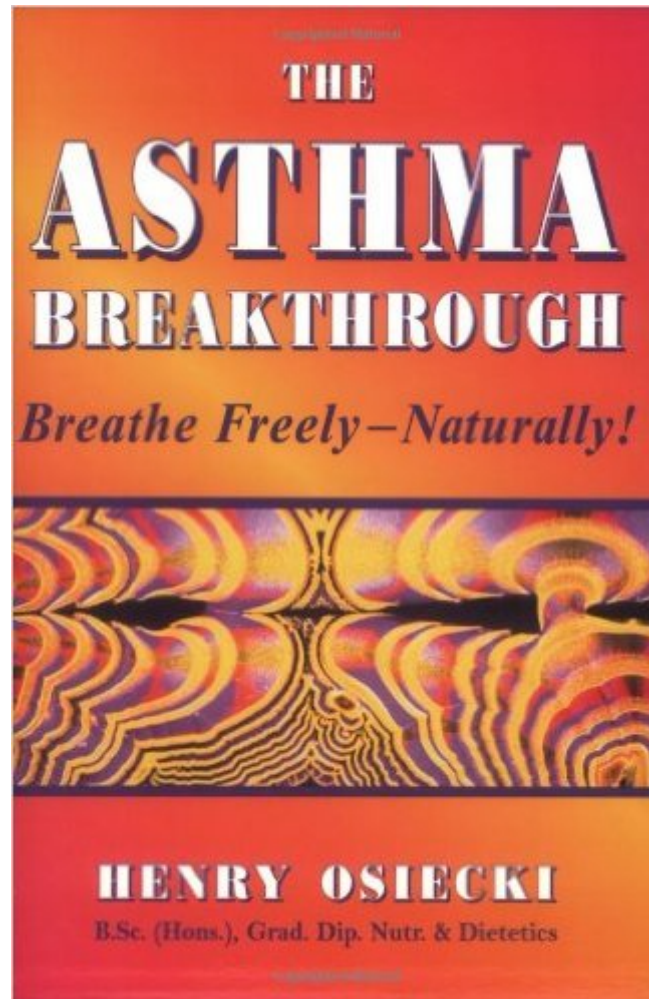


The book was found

# The Asthma Breakthrough: Breathe Freely-Naturally!



## Synopsis

The Asthma Breakthrough is an innovative and refreshingly positive guide that explores a wide range of practical, safe, and effective treatments for this often debilitating condition. The book begins by looking at the causes of asthma, while subsequent chapters discuss available treatment options, including conventional medications, nutrition, exercise, relaxation and breathing, herbalism, naturopathy, yoga, and negative ion therapy. Also included is information on children and asthma, as well as the problems commonly associated with the disorder, such as hay fever and sinusitis.

## Book Information

Paperback: 176 pages

Publisher: Square One; 2 edition (February 15, 2007)

Language: English

ISBN-10: 1890612227

ISBN-13: 978-1890612221

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,654,172 in Books (See Top 100 in Books) #86 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #409 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #428 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#)

## Customer Reviews

I've read a lot of allergy books to help my daughter with her allergies. Allopathic medicine has hardly helped. In the process I've gotten to know a lot of other children with allergies and asthma. Several of us have really followed many of the suggestions in this book with fantastic results. Namely we have followed the supplement suggestions in the book, avoided the chemicals mentioned, and following the protocols for rotation and elimination diets. This is by far the most jam-packed-with-information book on the subject I have found. I wish the title made it clear that this will help with more than asthma, as it has helped my daughter with her allergies too. I also found Chris Reading's book Trace Your Genes to Health invaluable.

Very highly recommended and informative reading for anyone suffering from asthma, this expanded and updated second edition of The Asthma Breakthrough: Breathe Freely--Naturally by Henry

Osiecki (an international lecturer in clinical nutrition at universities, colleges, and professional seminars) is an extensively researched and expertly presented study of the innovative, safe and effective nutritional and natural medical information for dealing with asthma. Introducing readers to a vast understanding of the crippling disorder, *The Asthma Breakthrough* offers readers helpful strategies for a greater more healthy and active life despite allergy based asthmatic conditions. *The Asthma Breakthrough* is a an invaluable addition to alternative medicine library reference collections and would prove of great value for medical practitioners treating asthmatic patients, as well as non-specialist general readers with asthma disorder.

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The Asthma Breakthrough: Breathe Freely-Naturally! 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) Asthma : Breathe Again Naturally and Reclaim Your Life Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma Reversing Asthma: Breathe Easier with This Revolutionary New Program The Everything Parent's Guide to Children with Asthma: Professional advice to help your child manage symptoms, be more active, and breathe better Breathe Easy, Young People's Guide to Asthma Cure Diabetes Forever: Step-By-Step Breakthrough Book To Reverse Your Type 2 Diabetes Naturally And Forever, Super Fast In The Next 30 Days Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Asthma Survival: The Holistic Medical Treatment Program for Asthma Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages 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) How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program Asthma Controlled Naturally

