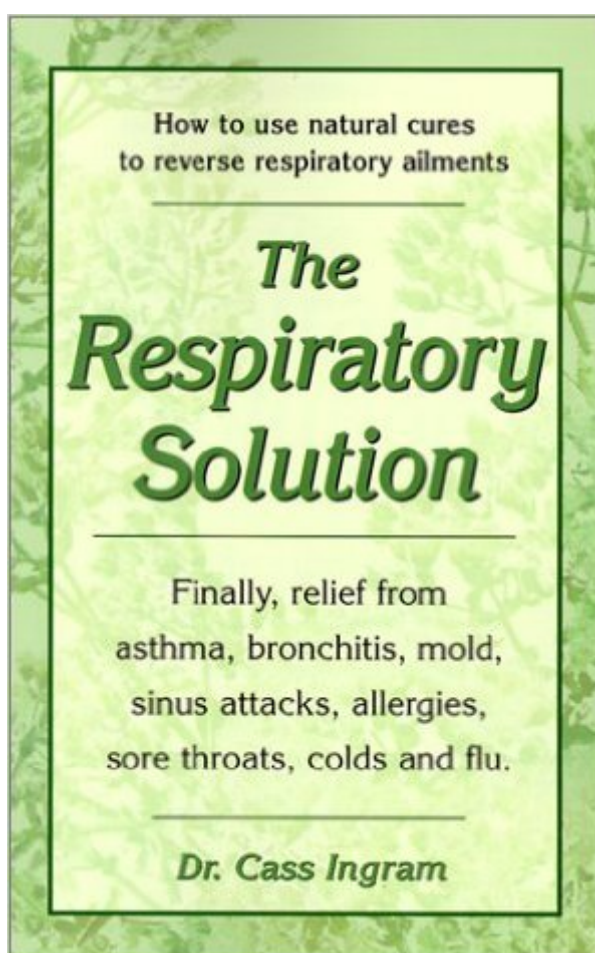


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# The Respiratory Solution: How To Use Natural Cures To Reverse Respiratory Ailments : Finally, Relief From Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, Cold



## Synopsis

Dr. Ingram gives you all the solutions you need for reversing respiratory complaints from A to Z. The solutions are all natural and herbal. Learn how: mold is the cause of sinus infection and bronchitis and how to reverse it sleeping position and how you breathe matters in both causing respiratory problems and reversing them natural cures, such as spice oils, oil of oregano, and raw honey, reverse virtually all respiratory complaints mold and fungus infections are a greater cause of respiratory disease than any other factor tough viruses, including the flu virus, can be quickly destroyed with natural cures --This text refers to an out of print or unavailable edition of this title.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (18 customer reviews)

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## Customer Reviews

The Respiratory Solution contains considerable information on dealing with respiratory ailments using natural medicines. Written by Dr. Cass Ingram, a physician and author, this book provides lots of advice for staying healthy in a world that is largely polluted."There are hundreds of pollutants in city air. The majority of these pollutants arise from vehicular exhaust. Industrial exhaust fouls the air with a host of toxins, including mercury, lead, arsenic, cadmium, beryllium, sulphur dioxide, carbon dioxide, carbon monoxide, dioxins, toxic hydrocarbons, and thousands of others. Jet exhaust is an enormous contributor to air pollution. In cities with international airports the air may be so polluted as to be deemed virtually cancerous." (pages 25, 26)While most people are aware that pollution affects health, they may not be aware of some simple things that can be done to improve health. Dr. Ingram covers subjects such as the importance of deep breathing, sleeping positions and minimizing exposure to chemical pollutants and basement air. Dr. Ingram states that "...relaxed

deep breathing is such a powerful technique that it may by itself result in an immediate improvement in health." (pages 16, 17) Dr. Ingram also says that it is dangerous to breathe through the mouth and that stomach sleeping is the most dangerous position in which to sleep. After providing practical information dealing with breathing, sleeping, pollution, germs, mold, food allergies and the power of spice extracts, Dr. Ingram spends much of the book writing about "Respiratory Illnesses and Their Natural Cures" - everything from actinomycosis to whooping cough and including ailments such as asthma, bronchitis, colds, emphysema, flu, hay fever, pneumonia, sinusitis and smoke inhalation.

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The Respiratory Solution: How to Use Natural Cures to Reverse Respiratory Ailments : Finally, Relief from Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, cold 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) Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) Sinus Survival: The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis Breathing Free: The Revolutionary 5-Day Program to Heal Asthma, Emphysema, Bronchitis, and Other Respiratory Ailments The Mold Cure: Natural and Effective Solutions to Mold Growth, Allergies, and Mycotoxins The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions The Whole Family Guide to Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies Herpes: 50 Ultimate Herpes Cures: How to eliminate Herpes for life and never suffer from outbreaks again (Herpes Treatment, Genital Herpes, Herpes Zoster, ... Simplex, Herpes Virus, Cold Sore, Health) HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) No More Allergies, Asthma or Sinus Infections: The Revolutionary Approach Respiratory Therapy: 66 Test Questions Student Respiratory Therapists Get Wrong Every Time: (Volume 1 of 2): Now You Don't Have Too! (Respiratory Therapy Board Exam Preparation) All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) Naturally

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