



Asthma: Breath More Easily with Safe and Effective Natural Therapies (Paperback)

By Jonathan Berkowitz

Basic Health Publications, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. The natural approach presented in this handbook seeks to help sufferers of asthma to breathe more easily. While drugs have proved lifesaving for many people, the long-term answer for asthma sufferers is in learning how to embrace a healthy lifestyle. Jonathan Berkowitz shows how dietary changes, exercise, environmental controls, supplements and herbs can alleviate your symptoms safely and effectively, without the side effects of conventional drugs. Berkowitz is an asthmatic as well as a physician.



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Reviews

It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

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It is one of my favorite publications. It is among the most awesome publication I have gone through. I am just quickly will get a delight of reading through a published publication.

-- **Prof. Martin Zboncak DVM**