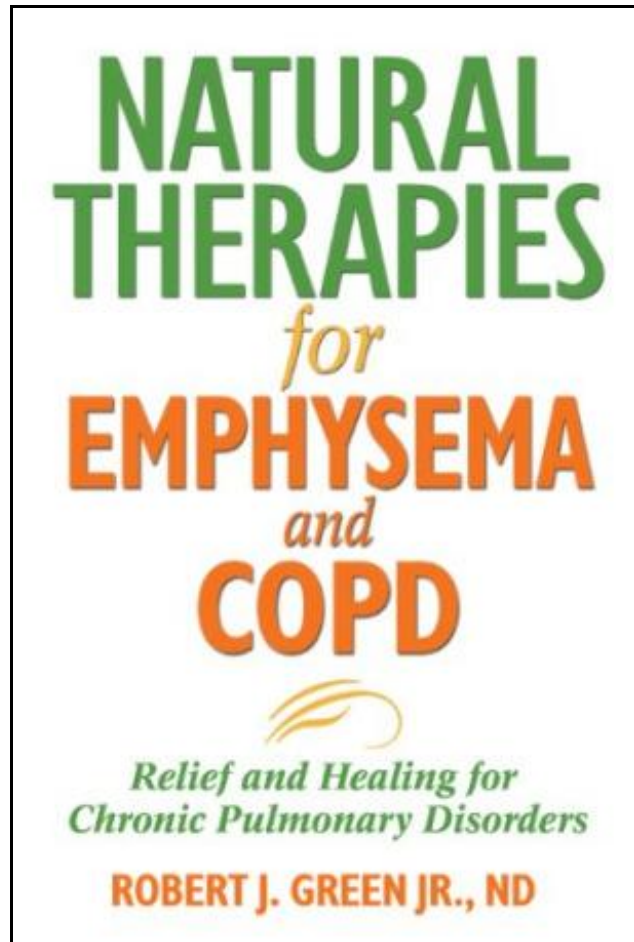


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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Therapies for Emphysema: Relief and Healing for Chronic Pulmonary Disorders, Robert Green, Worldwide, as many as 293 million people suffer from chronic obstructive pulmonary disease (COPD). Yet conventional approaches to treatment, with their regimes of drugs and unceasing physical therapy, provide neither cure nor significant relief. In "Natural Therapies For Emphysema", Robert Green shows that alternative holistic therapies ranging from herbs to homoeopathy offer great promise in relieving COPD's debilitating symptoms. Starting with the basics of the physiology of respiration, Green presents a comprehensive programme that includes detoxification, dietary changes, nutritional supplements and herbal medicine; breathing techniques and exercise options such as aerobics, yoga, qigong and tai chi; and alternative therapies such as homoeopathy, acupuncture, and massage - noting how and why each therapy works. He, also, details how to stop smoking, includes resources for alternative health practitioners and provides sources for the alternative products recommended. He explains the benefits of detoxification, dietary changes, and food combining details of 45 suggested herbs and 26 nutritional supplements as well as information on how to stop smoking.



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