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## You Too Can Be Free from Asthma: For Asthma, Preventing Its Attack Is More Beneficial Than Treating Its Symptoms After It Already Occurs.

By MD Phd James Z Liu

Createspace, United States, 2012. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For you or a loved one, it is worrisome to have frequent asthma flare-ups. Although a rescue inhaler is a wonderful thing, life can be so much better if you no longer have to worry about your asthma flaring up. No one wants to be short of breath in the middle of some very important or fun activity. Can you have such a wonderful dream? Why not! Your dream may come true if you read this book to find out how to control your asthma. There are more than 200 cold viruses and numerous allergens that can trigger your asthma. The good news is that there is a safe and effective procedure that you can use to eliminate these harmful substances from your upper airway; thus decreases the chance of reaching the critical point of triggering an asthma attack. This book paves the way toward freedom from asthma for days, weeks or even months, depending on your specific asthma triggers and how much you wish to be free of asthma. The method can be performed by anyone over...



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