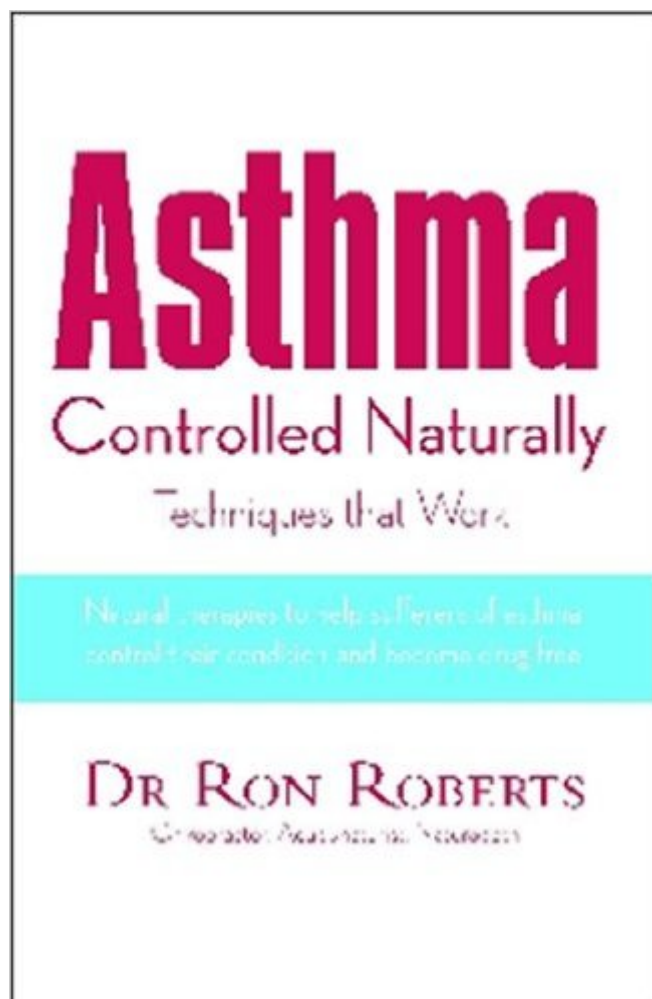


The book was found

Asthma Controlled Naturally



Synopsis

Asthma is an epidemic in Western countries and is a life-threatening condition for many sufferers. Most people with asthma are prescribed medication -but what else can they do to improve their health? Dr Ron Roberts is a naturopath, acupuncturist and chiropractor, with a long history of working with sufferers of asthma. *Asthma Controlled Naturally* explains how complementary treatments can be used to alleviate the symptoms of asthma. He provides detailed explanations of how breathing exercises, dietary adjustments and a range of therapies can help people affected by asthma.

Book Information

Paperback: 240 pages

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Average Customer Review: 3.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #4,531,253 in Books (See Top 100 in Books) #32 in Â Books > Health, Fitness & Dieting > Children's Health > Asthma #109 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #495 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases

Customer Reviews

I was disappointed by this book. It really doesn't cut to the chase and tell the reader that asthma is an inflammatory disease and that sugar and foods that rapidly raise blood sugar are inflammatory.. Nor does it inform the reader about the inflammatory effects of nut, seed, and vegetable oils. These polyunsaturated oils are in all processed foods and part of the reason processed foods are bad for us. The good point of the book is it is very holistic and informs the reader about many different options for treating asthma. Everything from homeopathy to body works. It also gives a broad overview as to possible sources of asthma problems from environmental exposures. It also discusses the positive effects of breathing exercises on asthma. It also mentions that cooking with a gas stove for an hour can trigger an asthmatic attack in a child in the home. The obvious solution is get rid of the gas stove and gas heat and get electric. If one were to also buy a book like *Allergies*

and Asthma by Dr Pescatore, then I could see this book being more useful. That is because Dr Pescatore focuses almost exclusively on diet and supplementation, the area that this book is weakest in. If the diet therapy of Dr Pescatore didn't work one would want to read this book to scan for other possible solutions.

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