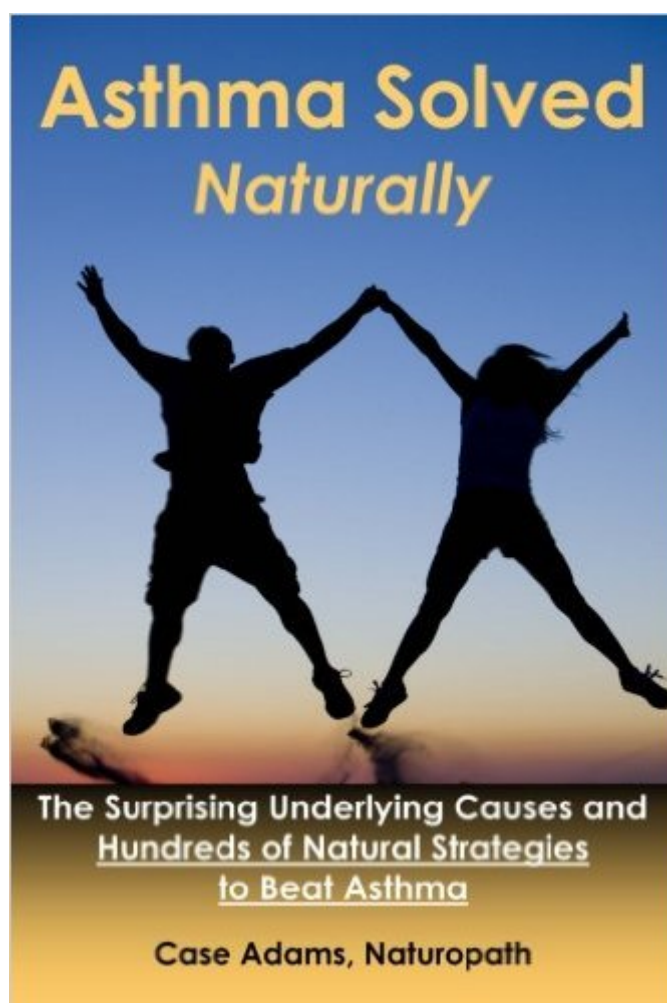


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# Asthma Solved Naturally: The Surprising Underlying Causes And Hundreds Of Natural Strategies To Beat Asthma



## Synopsis

Millions of people suffer from asthma, and asthma rates have been going up dramatically in the last few decades, primarily among industrialized nations. What is causing this almost epidemic surge of asthma? Is it as simple as air pollution and allergy triggers? More importantly, can asthma be reversed, and if so, how? Using over a thousand scientific references and clinical reports, "Asthma Solved Naturally" provides the surprising answers to these questions. Rejecting the 'dumbing down' of this condition as often portrayed, the author - a California Naturopath - comprehensively demonstrates the underlying causes of asthma while providing hundreds of clinically and scientifically verified inexpensive natural strategies - some thousands of years old - used successfully to eliminate asthma.

## Book Information

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Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (4 customer reviews)

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## Customer Reviews

I loved this book. I am having a moderately chronic asthma problem right now. I read this book in its entirety. I am a lay person, but I am also smart. I was motivated to read and understand this book. As I write I have my nebulizer going and the mouthpiece in my mouth. This book is wonderful. Yes, there is a lot of medical stuff. However, I have found that you can read through things you don't understand completely to get at what you can understand. I have book marked the beedoodis out of Dr. Adams' wonderful, helpful, understandable book. I really need this. Thank you so much Dr. Adams. Maybe someday I won't have to medicate while I type.

This would be good for a health care professional, but is a bit overwhelming for a lay reader. Maybe they could put out a summary version.

I was disappointed in the book. It was more of a medical book, with too much extra information. I guess I was looking for something less detailed.

This book has hundreds of new ideas with regards to the causes of asthma, and the writer assumes that if you try three of them your chances of healing are pretty high! The text is also highly referenced, which adds a lot of credibility. But because of this completeness of the topic, it's not an easy read, I have spent several weeks reading and I'm still not quite finished with the book.

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Blood Pressure, High BI)

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