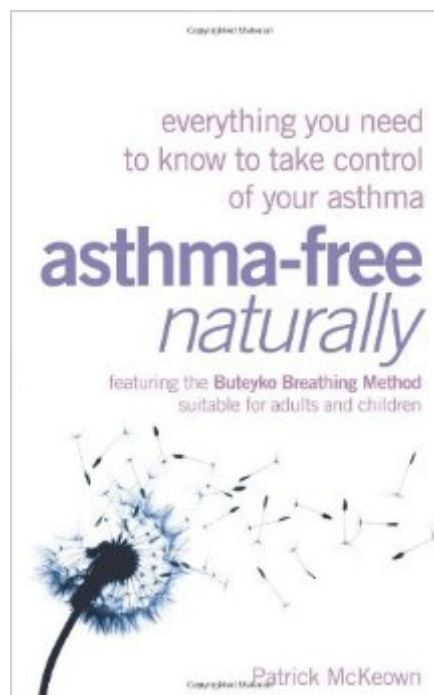


The book was found

Asthma-Free Naturally: Everything You Need To Know To Take Control Of Your Asthma - Featuring The Buteyko Breathing Method Suitable For Adults And Children



Synopsis

This revolutionary book teaches readers how to take control of their asthma safely and effectively without any side effects. The approach encompasses the Buteyko Breathing Method as well as guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The author was a chronic asthmatic who applied the Buteyko Breathing Method to free himself from his asthma condition. In this book, he details the Buteyko Breathing Method and provides guidance on diet, sleep, physical activity, and other lifestyle changes that can provide a natural alternative to Asthma medications. The Buteyko Breathing Method is considered by many to be the single most effective self-help treatment for asthma and can be used by adults and children

Book Information

Paperback: 320 pages

Publisher: Conari Press (September 1, 2008)

Language: English

ISBN-10: 1573243728

ISBN-13: 978-1573243728

Product Dimensions: 5.3 x 0.7 x 8.4 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (65 customer reviews)

Best Sellers Rank: #108,390 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #7 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #10 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

I used to be a relatively healthy middle age female, who have never had respiratory troubles. My story started with ordinary winter flu and consequent bronchitis, that left me coughing for month, and eventually wheezy and completely breathless. After few months of pulmonary tests, CT scans, ER visits, antibiotics and steroids (oral and inhaled), the verdict was in - I have a late offset of a non allergic moderate to severe asthma, and I'll have it for the rest of my life. I thought to myself - I just need to find the right doctor, who understands what is happening to me. Five doctors later (one GP, two asthma and allergy specs, two pulmonologists), I was pretty much where I've started, except my asthma was more or less controlled with drugs. None of the doctors had the answers to WHY and

HOW this happened to me. The next step would be to explore alternative cures. I've joined yoga class, started homeopathic treatment and continued for a year. I took few treatments of Chinese herbs and tried a couple month of acupuncture. Although yoga has been very beneficial for my body strength and flexibility, it did nothing for my asthma. None of the other treatments worked. Every time I've tried to decrease my dose of steroids, my asthma was coming back with the vengeance. Every time I increase the dose I was having harsh side effects from the drugs. My quality of life was spiraling down. I felt absolutely helpless. One day my never ending search for cure over Internet brought me across Buteyko method. Pieces and bits of information were hard to put together, but once I had a slight understanding what is it about, I started applying it during asthma attacks. It was an eye opening moment, when I was able to stop my attack without using the inhaler.

[Download to continue reading...](#)

Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) ABC to be Asthma Free. Buteyko Clinic self help book for children The Illustrated Practical Guide to Water & Rock Gardening: Everything You Need To Know To Design, Construct And Plant Up A Rock Or Water Garden With Directories Of Suitable Plants And How To Grow Them Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) HASHIMOTOS: Hashimotos Thyroiditis, Everything You Need to Know About Hashimotos Disease, Treatments, and Diet Plans to Lead a Productive Life: Hashimotos ... and Take Control of Hashimotos Thyroiditis) Grain Free Paleo Breads: Suitable for Paleo, Gluten Free, SCD and GAPS (Grain Free Paleo Cooking Book 1) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) Toy Making and Toy Games: How To Make Your Own Simple Wooden & Paper Toys and Easy to Play Games - Suitable for Toddlers, Kids and Adults! Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) Planning Your First Ladyboy Trip To The Philippines: Everything you need to know to take a

vacation to the Philippines and find transsexuals. Cat: Cats: Kittens: How to Take Care of Your Cat: Advice from a Cat Person: Everything You Need to Know from First Days to the Rest of Their Lives Positive Options for Children with Asthma: Everything Parents Need to Know (Positive Options for Health) Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Everything You Need to Know About Gluten Intolerance in Children + Gluten Free Recipes! (allergies)

[Dmca](#)