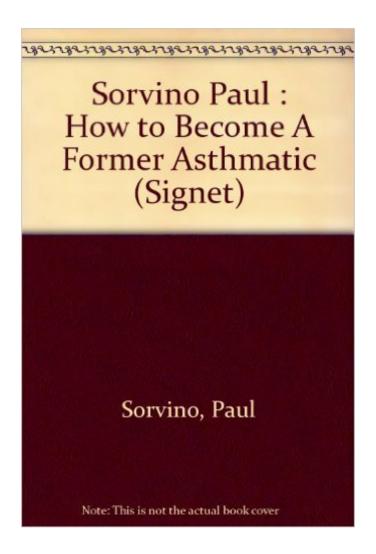
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# **How To Become Former (Signet)**





### **Book Information**

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Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

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#### Customer Reviews

This little book helped me get off asthma medication, which was ruining my health for many years. I listened to so many doctors telling me I could never get off the medicines, yet when I did it my way,trying the breathing techniques in this book, I weaned myself off of the Flovent, which made me get cataracts. I am off of the albuterol, which made my heart beat very fast. I am off any coriticosteroids, which in the long run affected my knees, & now I have no more cartiladge left, & can hardly walk. All side affects from years of taking asthma medications. This book is excellent, it changed my life, very easy to learn. I also added astragalus, stinging nettles, & sage herb to my daily vitamin intake. I am so glad I found this book!

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