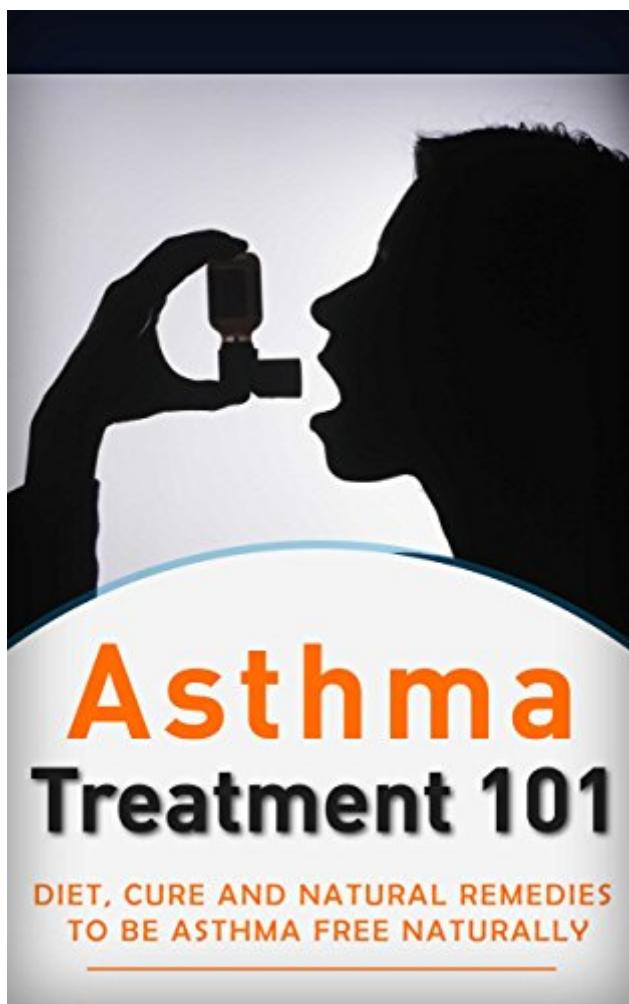


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# **Asthma: Treatment For Beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures And Natural Remedies To Get Rid Of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1)**





## Synopsis

Difficulty breathing? What do you know about Asthma and how can you deal with it? Read this simple guide and learn more today 2nd EDITION REVISED AND EXPANDED + 2 BONUS CHAPTERS Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Having asthma can be intimidating! There are many "dos and don'ts," a variety of different medications for different purposes, lots of advice to be had from family, friends, and even strangers, and plenty of mis-information always available. For example, you may have heard that asthma is mostly due to psychological weakness ("it's all in your headâ •?"). Someone may have recommended a special diet to you; someone else may have suggested that you stay away from those same foods. You may have been told that asthma medications can be addictive and shouldn't be taken regularly. Or you may even believe that asthma goes away when you are feeling well, so that there is no need for medicines to treat asthma except when you are sick. After reading this short book, you will have a better understanding about asthma and its treatment. You will be able to explain â " to yourself and to others â " what asthma is, how it is best prevented, and how it can be treated. It is true that having asthma may sometimes be intimidating. But knowing the facts about asthma can put you in control again. We can't make asthma "just go away," but this book can help you take charge of your asthma. In this book, you will learn... Chapter 1: Asthma at a Glance Chapter 2: Asthma Causes and Symptoms Chapter 3: Natural Treatments for Asthma Chapter 4: Herbs to relieve Asthma Symptoms Chapter 5: Preventing Asthma Bonus Chapter: Asthma Myths vs. Facts Bonus Chapter: Famous People with Asthma Much, much more! Read what other people have to say "This book contains proven steps and strategies on how to effectively manage asthma and keep it under control for the rest of your life. The author explains the plans as well as healthy diet and supplementation." - Adison Young - "Honestly, Iâ™ve been looking for ages for a book like this. Not only does it bring to the reader in understandable terms the causes and natural remedies for asthma, it really explains in a deep way what asthma is and why is it so hard to treat"- Martha L. - Download your copy today! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute. Take action today and download this book for a limited time discount of only \$2.99! Learn today what you can do about Asthma! Tags: Asthma book; Asthma books; Asthma breathing exercises; get rid of Asthma naturally; Asthma for dummies; Asthma all natural solutions; Asthma children information; Asthma and copd; Asthma diet; Asthma allergies children; Asthma and allergies; Asthma and breathing; Asthma articles; Asthma clear; Asthma men; Asthma education; Asthma women; Asthma guide for people of all ages; Asthma medical breakthroughs; Asthma in the workplace; asthma; asthma

books; breathing; asthma relief; asthma treatment; asthma cure; asthma and exercise; Asthma lungs; Asthma questions you have; Asthma kids; Asthma treatment introduction; Asthma allergens to remove at home; Asthma treatment drugs; Asthma cure exercise kindle book; Asthma causes; Asthma cure permanently; Asthma all natural; Asthma help book; asthma relief; asthma solutions book; asthma adults; asthma cures; asthma; asthma treatments; asthma therapies; asthma 101; breathing problems; asthma tips; asthma advice; asthma medical; asthma condition; asthma smoking; asthma relief

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## **Customer Reviews**

Anyone's best defense against asthma is having the proper knowledge. Knowing and understanding asthma more will lead you to knowing how to cure it too. This book is a springboard of knowledge about asthma. The discussion made on each topic about it has been done accurately and I can see that they were well-searched too. I got a lot of info that I know I will need in order to combat this ailment. What is great about this book is that it has some pertinent info about the herbs that can be used to treat asthma as well as the myths and the facts about it. More knowledge, more ways to combat it. This is what this book is all about.

This book in simple and understandable form tells what asthma is, how to recognize its symptoms,

how to relieve asthma attacks and how to live a full life despite his illness. It contains various tips on how to facilitate natural resources asthma attacks. I recommend to all people who want to learn more about asthma and how to treat it.

What I love about this book is the tremendous information it gives especially to people like me who was recently diagnosed with Asthma. It shares facts about Asthma - its different types, causes and symptoms. Plus, it gave me a lot of ideas on how to handle Asthma through natural and herbal solutions. Certainly worth reading if you want to learn more about this condition.

Newly diagnosed as an adult with asthma, I am reading all I can on the subject to better inform myself. I'm very happy to have found this ebook. It's not a lengthy book that delves into the minute details. Rather it is a short read with topics highlighted so I could read the parts that pertained to me (ie humidity, weather conditions) and skip over those that don't (ie children with asthma, pregnancy). It's an easy to understand read and I have learned enough to help me refine me future reading yet come away feeling like I am better equipped to handle the disease. I recommend it to anyone new to asthma, especially those wanting a better understanding along with suggestions of actions to take to manage the disease.

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