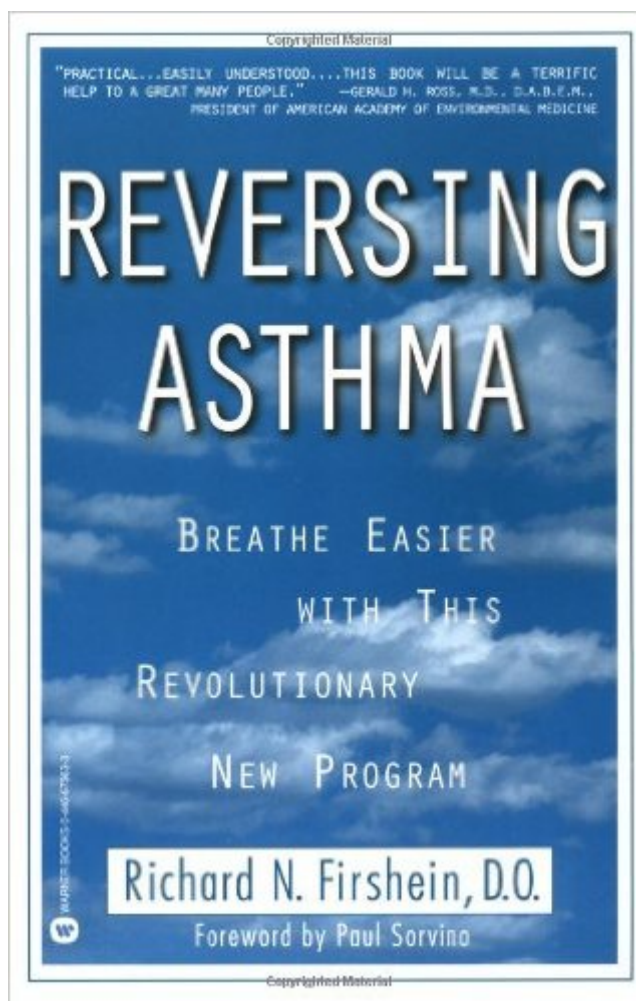


The book was found

Reversing Asthma: Breathe Easier With This Revolutionary New Program



Synopsis

Comprehensive, balanced and up-to-the minute, *Reversing Asthma* is destined to be the new bible for asthma treatment - giving asthma sufferers new knowledge and new choices for overcoming this frightening and debilitating disease.

Book Information

Paperback: 384 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #136,455 in Books (See Top 100 in Books) #5 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #9 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #13 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#)

Customer Reviews

I've run into people who claim that doctors who advocate getting off of medications and using alternative methods are quacks. I agree that there are many quacks out there, but Dr. Firshein is not one of them. Years ago, I was on 4 different asthma medications and now I'm completely drug free! I've had some asthma problem from time to time since getting off of the medications, but I feel that I'm now more intelligent about isolating the cause so I'm now able to control it without going to the doctor. What I find interesting is that I've virtually followed the same advice Dr. Firshein gives in his book without having read it. He outlines a method call the Comprehensive Asthma Prevention Program or CAP. In the CAP program, he outlines methods such as breathing exercises, visualization, biofeedback and locating and eliminating the source of your problem. He also talks a great deal about diet and exercise. There are certain foods which help repair the damage asthma may cause and prevent this disease from causing further damage. Exercise can't be emphasized enough for asthmatics. I see no reason why any asthma sufferer who conscientiously follows Firshein's CAP program wouldn't be able to get to the point where he/she requires no medications. I'm living proof that one can get off of asthma medications if determined. I simply refused to be

sickly and use inhalers 3 or 4 times a day. As Firshein points out, asthma medications can cause more health problems than most realize. "Locked Lung" syndrome is a condition which is caused by overdosing on an inhaler. What happens is that the patient reaches the point where his inhaler won't work as well as it had before so he keeps using it.

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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)
Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R)
Program Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program
Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs
How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life
Dr. Dean Mitchell's Allergy and Asthma Solution: The Ultimate Program for Reversing Your Symptoms
One Drop at a Time 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (Abrsm))
Lyric Pieces, Op. 12 and Poetic Tone-pictures, Op. 3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM))
Eighteen Little Preludes, Bwv 924-8, 930, 933-43 & 999: Easier Piano Pieces 18 (Easier Piano Pieces (ABRSM))
Asthma Survival: The Holistic Medical Treatment Program for Asthma
The Everything Parent's Guide to Children with Asthma: Professional advice to help your child manage symptoms, be more active, and breathe better
The Asthma Breakthrough: Breathe Freely-Naturally! Breathe Easy, Young People's Guide to Asthma
Asthma : Breathe Again Naturally and Reclaim Your Life
Breathing Free: The Revolutionary 5-Day Program to Heal Asthma, Emphysema, Bronchitis, and Other Respiratory Ailments
Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox)
Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier
The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor
The Learning to Breathe Student Workbook: A Six-Week Mindfulness Program for Adolescents

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