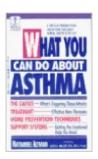
# The book was found

# What You Can Do About Asthma (Dell Medical Library)





## **Synopsis**

Asthma. An attack is one of the most terrifying things that can happen to you -- and also one of the most misunderstood. If you or your child are among the nation's nine million sufferers, this book will show you how to control the symptoms, overcome the fear, and find the most effective and up-to-date treatment. Discover:How to pinpoint the cause or causes -- from diet to weather -- and create a safer environment. How to know when an attack is imminent and take swift preventive measures. The role of stress -- despite what you've learned, asthma is not a psychosomatic illness. How to choose among the many therapies -- from bronchodilators to biofeedback and acupuncture. Plus: self-quizzes, case histories, and information on support groups that will help you gain emotional well-being. Now you can stop worrying about asthma and start taking effective action to put you back in control of your life!

### **Book Information**

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Average Customer Review: 3.0 out of 5 stars Â See all reviews (1 customer review)

Best Sellers Rank: #2,533,473 in Books (See Top 100 in Books) #62 in Books > Health, Fitness

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Diseases & Physical Ailments > Lung & Respiratory Diseases #306 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Respiratory

#### Customer Reviews

This book was unremarkable compared to the 10-12 others I have read regarding the subject of asthma. All are good, but all fall short in one respect: their recommendations (or lack of reccomendations) on natural treatments for Asthma. Most Asthma books don't recommend any holistic/herbal remedies; they only recommend pharmaceutical drugs. A few Asthma books like these do recommend natural remedies, but these remedies are often unproven, and can be dangerous if mixed with other drugs/alcohol. I am really disappointed in all Asthma books in general,

because they most often do not recommend the three most important ORTHOMOLECULAR Asthma remedies: Calcium, Magnesium, and Vitamin C. Calcium is simply there to balance magnesium and to chelate with ascorbate (vitamin C) to make calcium ascorbate. Magnesium relaxes lungs and improves air flow. Last and certainly not least, vitamin C has potent antihistamine effects via inhibition of mast cell degranulation, and also has bronchodilator effects via inhibition of phosphodiesterase. Taking several gramsa day of vitamin C (preferably buffered calcium ascorbate), along with some magnesium may completely inhibit mild asthma, and should significantly help moderate to severe asthma, with no known drug interactions (except perhaps with Theophylline, which inhibits the same phosphodiesterase enzyme that vitamin C does). This information is referenced in the Allergies/Asthma chapter of my book "The Failures of American Medicine", available here at .com ...

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