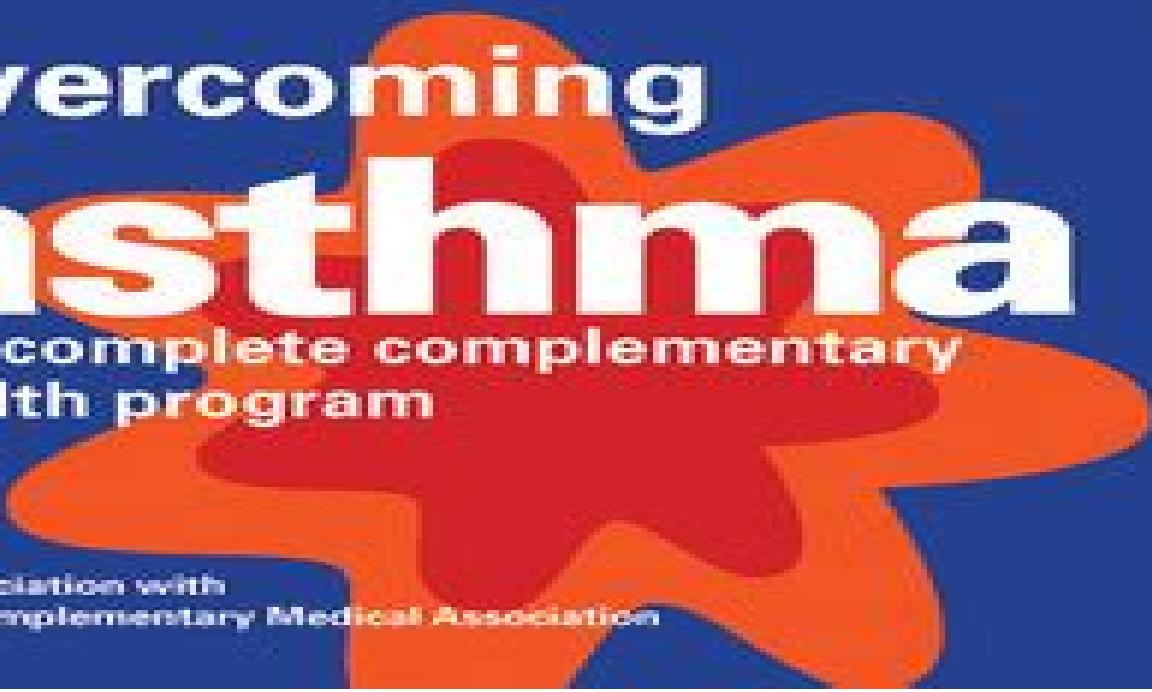


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Asthma Catherine Short,2020-07-24 Between 8 and 10% of children and 5% of adults suffer with asthma A long term condition asthma is a common disease of the airways caused by inflammation resulting in symptoms of breathlessness cough and wheeze This informative easy to read guide is written for those readers who are affected by this debilitating and sometimes serious condition If they their child or someone they know has recently been diagnosed with asthma this book will provide them with practical information and advice to help gain speedy control of symptoms and in turn improve quality of life This book explains the diagnosis and symptoms of asthma and looks at how it affects all age groups There is also a detailed section describing the differing treatment options Another part focuses on how to use inhalers effectively One chapter offers advice on how to recognise an asthma attack and how to deal with it Understanding asthma is the key to gaining control of the symptoms and enjoying life **Yearbook of Experts, Authorities and Spoke** Mitchell P. Davis,2006-02 The purpose of the Yearbook of Experts is to provide bona fide interview sources to working members of the news media Page 2 **Breathing to Heal** Case Adams Naturopath,2016-02-04 It would be nice to breathe optimally

without thinking about it Unfortunately most of us have developed numerous bad breathing habits which serve to deliver sub optimal health Breathing To Heal teaches us how to breathe optimally and efficiently It also teaches us the physiology of breathing various techniques for clearing our sinuses and airways herbs that increase lung health how to breathe around polluted environments and how to breathe with different postures positions and frames of mind Techniques of pranayama tai chi hatha yoga and qigong are also discussed along with breath control and the Buteyko technique Allergens and filtration systems are also reviewed This is a complete and practical book on becoming a better breather every day

Subject Guide

to Books in Print ,2001 *The Holistic Rx* Madiha Saeed, MD,2017-10-13 According to some reports about half of all adults and children have one or more chronic health conditions One in four adults has two or more chronic health conditions And sadly these numbers continue to grow at an alarming rate The Holistic Rx offers the reader with one or more chronic health conditions or symptoms easy to follow evidence based approaches to healing their ailments by targeting inflammation and its underlying root causes Dr Madiha Saeed covers the foundations of good health like digestive health and detoxification and the Four Big S s stress management sleep strategies social and spiritual health along with disease specific supplements homeopathy acupressure aromatherapy other holistic remedies to achieve lasting good health and wellness The first part of the book addresses the root of chronic illness inflammation and examines its underlying causes and possible treatment approaches that focus on the whole body rather than just the affected area In the second part of the book she first advises the reader on adjusting their holistic approach to their health conditions based on their individual needs Then after briefly describing various integrative approaches she provides an A to Z guide to holistic and integrative treatment of over 70 chronic illnesses conditions and symptoms For each condition she outlines a healing plan that begins with digestive health and detoxifications and the four S s specific to that organ system and covers the additional alternative holistic and complementary approaches that are most effective for that condition This ready resource will help the whole family address their most common complaints and promotes a healthy balanced lifestyle that focuses on overall wellness

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