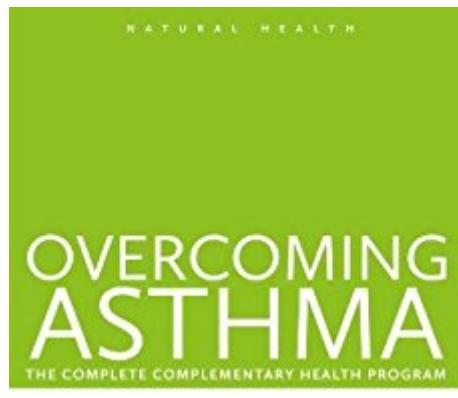


The book was found

# Overcoming Asthma: The Complete Complementary Health Program



- BE AWARE OF THE CAUSES
- UNDERSTAND ORTHODOX TREATMENTS
- DISCOVER COMPLEMENTARY APPROACHES
- FOLLOW CUSTOMIZED TREATMENT PROGRAMS

D R S A R A H B R E W E R



## **Synopsis**

This unique book from doctor and international best-selling author Sarah Brewer provides a highly authoritative yet easy-to-follow program of complementary medicine and self-care treatments, specially designed to support the conventional treatment for asthma. If you're suffering from this debilitating condition, and are looking for an expert to guide you through all the positive steps you can take to alleviate your symptoms and enhance your health and well-being, this is the book for you. Dr Sarah Brewer offers a pioneering approach of tailor-made programs, based on the premise that we're all unique, and have different requirements depending on our age, gender, lifestyle and genetic background. Complete the questionnaire at the beginning of Part 3 and you'll see whether to embark upon The Gentle Program, The Moderate Program or The Full-strength Program. Each program guides you through daily nutritional plans, as well as exercise plans and lifestyle changes, all of which will empower you to make real changes to your health and your life.

## **Book Information**

File Size: 1563 KB

Print Length: 240 pages

Publisher: Watkins Publishing; 1 edition (June 2, 2014)

Publication Date: June 2, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HTM91SO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,467,348 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #161 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #319 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases

## **Customer Reviews**

Good book on basic information on asthma

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