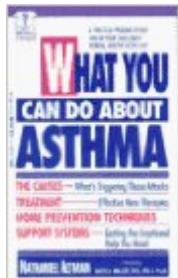


The book was found

# 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**

Series: Dell Medical Library

Mass Market Paperback: 162 pages

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ISBN-13: 978-0440206415

Product Dimensions: 0.5 x 4.2 x 6.8 inches

Shipping Weight: 4 ounces

Average Customer Review: 3.0 out of 5 starsÂ  See all reviewsÂ  (1 customer review)

Best Sellers Rank: #2,533,473 in Books (See Top 100 in Books) #62 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #286 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #306 inÂ  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 recommendations) 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 grams a 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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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) What you can do about Asthma (Dell Medical Library) All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) Asthma Survival: The Holistic Medical Treatment Program for Asthma Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) Asthma-Free Naturally: Everything You Need to Know to Take Control of Your Asthma - Featuring the Buteyko Breathing Method Suitable for Adults and Children Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Freedom from Asthma: The Revolutionary 5-Day Treatment for Healing Asthma with the Breath Connection (R) Program The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages The Whole Family Guide to Natural Asthma Relief: comprehensive Drug Free solutions for Treatment Prevention Asthma Allergies Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma How Asthma Makes Me Feel : A Commemorative Book of Artwork and Essays By Young People with Asthma Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Maximum Asthma Control: The Revolutionary 3-step Anti-asthma Program American Medical Association Complete Medical Encyclopedia (American Medical Association

(Ama) Complete Medical Encyclopedia) Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Can I tell you about Asthma?: A guide for friends, family and professionals Direct From Dell: Strategies That Revolutionized an Industry DON WINSLOW OF THE NAVY VOL. 1: The DELL Comics: 230 PAGES OF NAVAL ADVENTURE ACTION AND INTRIGUE FROM THE 1930s AND '40s

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