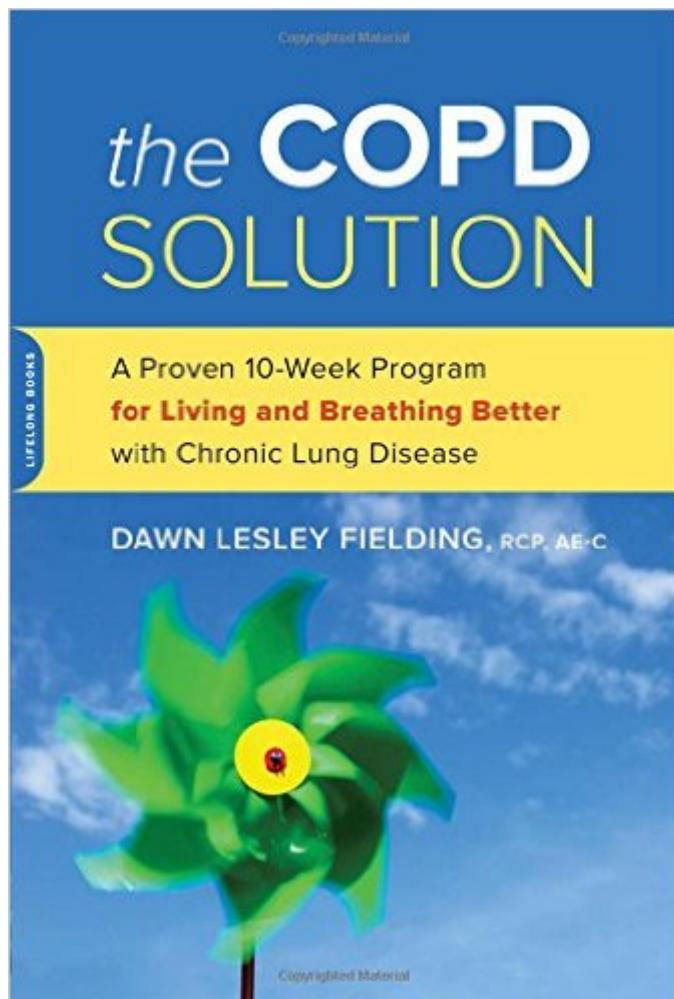


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# The COPD Solution: A Proven 10-Week Program For Living And Breathing Better With Chronic Lung Disease



## **Synopsis**

When you can't breathe, nothing else matters. If you are one of the 15 million Americans diagnosed with Chronic Obstructive Pulmonary Disease (COPD), you know what it's like to struggle to breathe. You know what it's like to sacrifice your favorite activities to a chronic illness that changes everything from your work life to how you take your meals. But there is help and hope. Respiratory Therapist Dawn Lesley Fielding shares the program she has used in her own practice; with an astonishing 100% success rate; offering techniques and tools to make breathing easier and improve your overall health. This practical, accessible, step-by-step guide explains...what COPD is and how it affects your breathing; the most up-to-date medication and treatment options; how to track symptoms and medications; essential breathing techniques to improve oxygen intake; strategies for healthy nutrition and gentle exercise; what to eat and what to avoid, with lists of key COPD foods. With stories from others with this condition, easy charts for managing everything from your medications to your symptoms, as well as hands-on tips for you and your loved ones, *The COPD Solution* is your guide to reclaiming your life and living fully with COPD.

## **Book Information**

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## **Customer Reviews**

My sister was diagnosed as having COPD a few years ago. Since then she has read all available material on the subject. After finding this book on the new book shelf at the library, she asked me to order it for her. She believes it is the most comprehensive, up-to-date material written on the subject, with many suggestions about diet, exercise, etc. She is putting into practice everything

she's read, and so far, so good. At her last checkup, her lungs were clear. This has given her new hope that she has some control over her condition.

There is nothing in this book about a 10 or 12 week program, nothing broken into steps or weeks, and the term "solution" is misleading. It is a good primer for a person newly diagnosed with COPD who needs a clear overview, someone unwilling or unable to search the Internet, or someone unable to attend a good rehab program. The self-references were a little annoying, such as saying, "What I call a downward spiral," a phrase that's been widely used for decades. It is clear and well-organized.

I was given a copy of this book to review by the publisher. I write blogs about copd and suffer from stage 4, very severe copd. This book to me is essential reading for anyone with copd. Offering a comprehensive 10 week programme to improve your life. This is one you will not regret buying. Dawn has a 100% success rate with her patients, and she will become your personal therapist once you start reading. Just about every aspect of living with copd is covered in this brilliant copd book that is well written in plain language so it is easy to understand, and is great from the first chapter. On a personal level it showed me how to use my medication right, which has made my breathing easier. Taught me the 'huff technique' to get that phlegm off my chest easier. And how to use the 'pursed lip' breathing correctly. Parts on exercise are very easy to follow too as pictures are included to show how to do things right. This really is a first class book. I challenge anyone not to benefit from this book. This is one of those books that I suspect you can read time and again and learn something new each time that you missed, or can be used as a reference book.

I got this book for a friend with COPD. She found it incredibly helpful and informative. When you have a frightening illness, information is power, perhaps one off the few powers you have left to exercise. Thank goodness for helpful books like this one.

Very helpful information for lots of pulmonary diseases!

Excellent book. Provides great information.

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