



Asthma: Relax, You're Not Going to Die: Breathe More Easily with Safe and Effective Natural Therapies

Jonathan M M.D. Berkowitz

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The natural approach presented in this handbook seeks to help sufferers of asthma to breathe more easily. While drugs have proved lifesaving for many people, the long-term answer for asthma sufferers is in learning how to embrace a healthy lifestyle. Jonathan Berkowitz shows how dietary changes, exercise, environmental controls, supplements and herbs can alleviate your symptoms safely and effectively, without the side effects of conventional drugs. Berkowitz is an asthmatic as well as a physician.

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