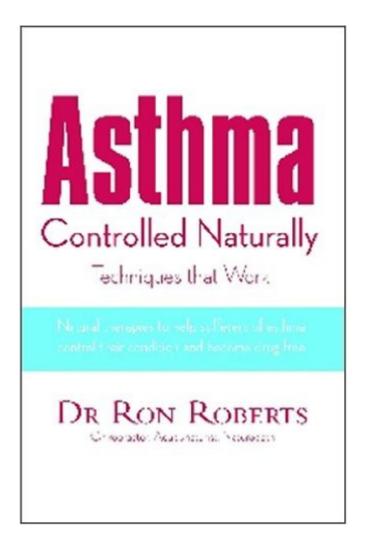
## The book was found

# **Asthma Controlled Naturally**





## Synopsis

Asthma is an epidemic in Western countries and is a life-threatening condition for manysufferers. Most people with asthma are prescribed medication -but what else can they do to improve their health? Dr Ron Roberts is a naturopath, acupuncturist and chiropractor, with a long history of working with sufferers of asthma. Asthma Controlled Naturally explains how complementary treatments can be used to alleviate the symptoms of asthma. He provides detailed explanations of how breathing exercises, dietary adjustments and a range of therapies can hlep people affected by asthma.

#### **Book Information**

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Ailments > Lung & Respiratory Diseases

### **Customer Reviews**

I was disappointed by this book. It really doesnt cut to the chase and tell the reader that asthma is an inflammatory disease and that sugar and foods that rapidly raise blood sugar are inflammatory.. Nor does it inform the reader about the inflammatory effects of nut, seed, and vegetable oils. These polyunsaturated oils are in all processed foods and part of the reason processed foods are bad for us. The good point of the book is is it very holistic and informs the reader about many different options for treating asthma. Everything from homeopathy to body works. .It also gives a broad overview as to possible sources of asthma problems from environmental exposures. It also discusses the positive effects of breathing exercises on asthma. It also mentions that cooking with a gas stove for an hour can trigger an asthmatic attack in a child in the home. The obvious solution is get rid of the gas stove and gas heat and get electric. If one were to also buy a book like Allergies

and Asthma by Dr Pescatore, then I could see this book being more useful. That is because Dr Pescatore focuses almost exclusively on diet and supplementation, the area that this book is weakest in. If the diet therapy of Dr Pescatore didnt work one would want to read this book to scan for other possible solutions.

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