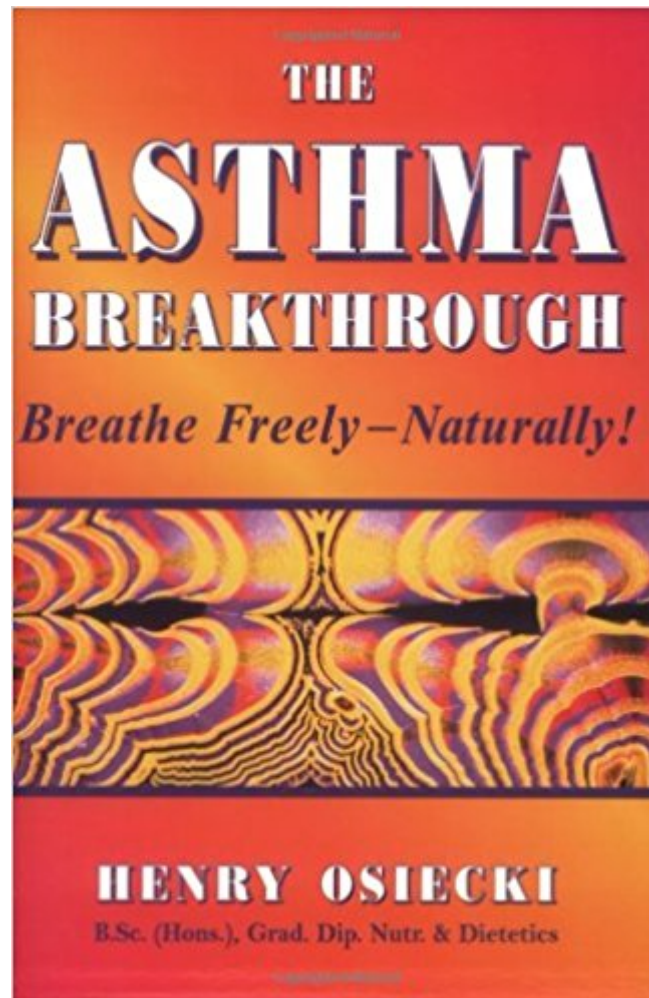




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The Asthma Breakthrough: Breathe Freely-Naturally!



Synopsis

The Asthma Breakthrough is an innovative and refreshingly positive guide that explores a wide range of practical, safe, and effective treatments for this often debilitating condition. The book begins by looking at the causes of asthma, while subsequent chapters discuss available treatment options, including conventional medications, nutrition, exercise, relaxation and breathing, herbalism, naturopathy, yoga, and negative ion therapy. Also included is information on children and asthma, as well as the problems commonly associated with the disorder, such as hay fever and sinusitis.

Book Information

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Customer Reviews

Clear and comprehensive. Mr. Osiecki informs, provokes and occasionally shocks the reader with the simplicity of his approach. --The Book Reader, Spring/Summer 2001

Henry Osiecki graduated from the University of Queensland, Australia, with an honors degree in science, majoring in physiology and pharmacology. He received his postgraduate diploma in nutrition and dietetics from the Queensland Institute of Technology. Osiecki has been in clinical practice for over twenty years

Very highly recommended and informative reading for anyone suffering from asthma, this expanded and updated second edition of The Asthma Breakthrough: Breathe Freely--Naturally by Henry

Osiecki (an international lecturer in clinical nutrition at universities, colleges, and professional seminars) is an extensively researched and expertly presented study of the innovative, safe and effective nutritional and natural medical information for dealing with asthma. Introducing readers to a vast understanding of the crippling disorder, The Asthma Breakthrough offers readers helpful strategies for a greater more healthy and active life despite allergy based asthmatic conditions. The Asthma Breakthrough is a an invaluable addition to alternative medicine library reference collections and would prove of great value for medical practitioners treating asthmatic patients, as well as non-specialist general readers with asthma disorder.

I've read a lot of allergy books to help my daughter with her allergies. Allopathic medicine has hardly helped. In the process I've gotten to know a lot of other children with allergies and asthma. Several of us have really followed many of the suggestions in this book with fantastic results. Namely we have followed the supplement suggestions in the book, avoided the chemicals mentioned , and following the protocols for rotation and elimination diets. This is by far the most jam-packed-with-information book on the subject I have found. I wish the title made it clear that this will help with more than asthma, as it has helped my daughter with her allergies too. I also found Chris Reading's book Trace Your Genes to Health invaluable.

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