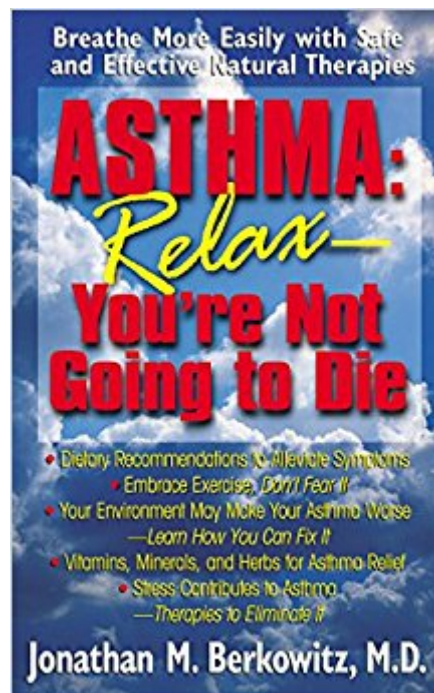




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# Asthma: Relax, You're Not Going To Die: Breathe More Easily With Safe And Effective Natural Therapies



## Synopsis

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.

## Book Information

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## Customer Reviews

Dr. Jonathan Berkowitz is a hematologist in Solvang, California and is affiliated with multiple hospitals in the area, including Lompoc Valley Medical Center and Santa Barbara Cottage Hospital. He received his medical degree from Jacobs School of Medicine and Biomedical Sciences and has been in practice for 10 years. He is one of 3 doctors at Lompoc Valley Medical Center and one of 7 at Santa Barbara Cottage Hospital who specialize in Hematology.

This is a book written by a doctor who himself has asthma but is able to function without any medication. The title is misleading because asthma can be fatal, but the mortality rate is low and the author is encouraging about being able to manage the disease. I don't believe in using supplements and herbs to treat asthma and I need daily medications. The author provides a lot of practical information and resources for people with asthma and/or allergies. He also discusses

complimentary therapies which can be an important component of asthma treatment.

For years off and on, I've tried to ignore my asthma and deny that it was much of a problem until it came back full blown with a vengeance. If you are thinking of getting this book, you are doing the right thing. You are thinking about your illness instead of getting into a state of denial about it. This book is full of useful advice and focuses on moving away from being dependent on medications. Keep in mind however that there is no magic bullet for getting rid of asthma without medication. Asthma is such a whimsical disease and can occur at any place at any time without warning. Do not try to just treat your asthma with herbs and vitamin supplements alone. As stated in this book, you must find a good doctor (preferably a lung or allergy specialist). You must be aware when you are being over or under medicated, so don't just be passive and ask your doctor why he/she is prescribing you the medication(s). Read and study this book and follow the advice given... eat right, exercise, talk to your doctor and be mindful of your breathing problems. You may not be able to get yourself completely off of all medications by following the advice given. Asthma differs in severity from person to person. You can however minimize your dependency on medications and the harmful long term effects of this dreadful disease by following this book.

I have read every book I can find about asthma and, without a doubt, "Asthma-Relax, You're Not Going To Die", is my favorite. It presents a sensible, balanced view that encourages cooperation with your physician while also encouraging you to take responsibility for your health. No quackery or quick fixes in this book...just sensible, healthy advice that you can use for a lifetime. Another plus is that the book does not present asthma as a death sentence. It really alleviated my fears about dying from asthma. The book showed how it is possible to live a long and healthy life with asthma under control. A BIG thank you to the author.

Everyone with asthma should read this book. It contains practical information on how to alleviate your symptoms with diet, exercise, and cleaning up toxins in your environment. Herbs and other alternative therapies are covered as well. Sound advice on drug therapies is also included. It's information you can put to use immediately to get control of your asthma.

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