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The Whole Family Guide To Natural Asthma Relief: Comph Drug Free Solns For Treatment Prevention Asthma Allergies



Synopsis

Geared toward the whole family, this is an aggressive, effective natural treatment programme for asthma and allergies. The guide shows how to treat and prevent asthma without the use of potentially harmful drugs. The authors first explain how to identify common asthma triggers and then discuss the biochemical reactions these triggers set off in the body, clarifying the interconnected relationship between asthma and other allergies.

Book Information

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Customer Reviews

I think this is a pretty good book for it's time. It is an older book and I think that research as continued to improve concerning Asthma and allergies. I would recommend looking for a book that is more up to date.

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