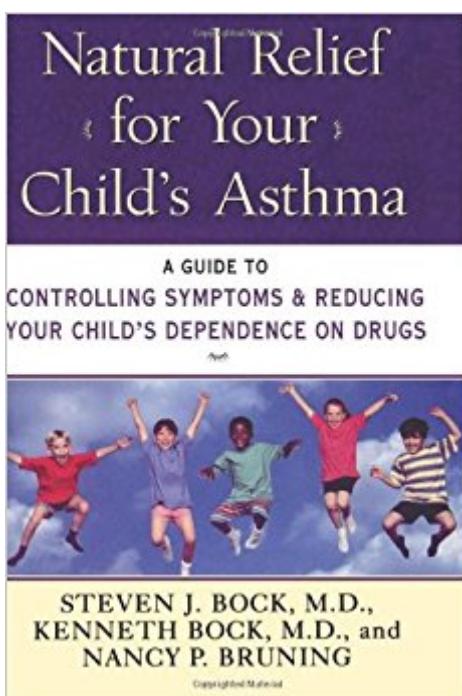


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# **Natural Relief For Your Child's Asthma: A Guide To Controlling Symptoms & Reducing Your Child's Dependence On Drugs**



## Synopsis

A groundbreaking, practical, and holistic approach to treating children with chronic asthma. From two physicians with fifteen years of experience in treating asthma comes the only book for children with asthma that supplements conventional approaches with effective and proven natural remedies. Parenting a child with asthma is often scary, unpredictable, frustrating, and expensive. Through controlling symptoms, decreasing attacks, and eventually reducing the need for prescription drugs, the Drs. Bock will help you and your child regain control of your lives. This book will show you how to: reduce attacks by dealing with the underlying causes reduce the need for conventional drugs, making them safer to use for emergencies help your child's body heal itself avoid permanent lung damage and encourage healthy new lung tissue to grow minimize emergency room visits, time lost from school, and time lost from work detoxify your environment, minimizing the effects of pollen, dust mites, and mold identify foods that can trigger attacks properly use nutritional supplements build a treatment and prevention program tailored to your child's needs. This medically up-to-date, practical, and supportive book focuses on stopping asthma symptoms and attacks before they start. It is a must-have reference for any parent of a child with asthma.

## Book Information

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## Customer Reviews

There's nothing more frightening than witnessing a child's asthma attack, listening to her wheeze and cough and fight for every breath--and sharing her panic. Fortunately, pharmaceutical advances have resulted in a whole new class of drugs that prevents or relieves asthma flare-ups. But do you

want your child on drugs, with their potential short- and long-term side effects? Besides, asthma drugs treat the symptoms without treating the underlying condition. Are there alternatives that can lessen an asthmatic child's drug dependency? Yes, say authors Steven J. Bock, Kenneth Bock, and Nancy P. Bruning. "It is our belief that asthma rates continue to soar because of our increasingly toxic environment," they write. "Our children are assaulted from every direction with indoor and outdoor air pollution, poor food, and stress." The cumulative toxicity makes children more susceptible to diseases. In this book the authors present a natural asthma program to complement your child's conventional care and help to reduce asthma attacks and drug dependency. This includes reducing asthma triggers (including advice for "saying goodbye to Fluffy"); eating a cleaner, more nourishing diet (emphasizing plant foods); taking supplements, herbs, and homeopathic remedies; and learning to cope with emotional stress. The book ends with three case studies of children who used the program in various ways and dramatically improved their health. --Joan Price

Dr. Steven J. Bock received his medical degree from New York Medical College in 1971; his brother and coauthor Dr. Kenneth Bock received his medical degree from the University of Rochester School of Medicine in 1979. Integrating their expertise in complementary and traditional medicine, they jointly founded two health centers in upstate New York, the Rhinebeck Health Center and the Center for Progressive Medicine in Albany.

I got this book after reading Dr. Bock's other book: *Healing the New Childhood Epidemics: Autism, ADHD, Asthma and Allergies* because my son's major problem is asthma. I really like that this book is more focused towards asthma and gives specific amounts of supplements to give (the other book just gives an approximation.) What I don't like about this book is that it is a bit outdated and is contradictory to the newer book (Particularly the diet topics). Prior to reading this we had already started a gluten free casein free diet (based on the advice from the new book) and noticed dramatic improvements. However the diet section in this book is very different and does not talk much about the benefits of a GF/CF Diet. This book is best used with the newer book but is definitely useful because it goes into more detail about the variety of supplements. If Dr. Bock updated this book, it would be my asthma bible.

This book helped our family put the brakes on the out-of-control rollercoaster ride of asthma. "Natural Relief for Your Child's Asthma" empowers parents with page after page of specific instructions on how to reduce your child's dependence on medication by understanding the limits of

conventional medicine, finding and avoiding triggers, using food as a healer, using supplements to strengthen your child and using alternative mind-body medicine to enhance your child's well-being. While the authors have lots of great information about how to reduce dependence on medicine over time, they aren't zealots who encourage you to turn your back on conventional medicine. The real power that comes from this book is that now, when I go to see my child's asthma specialist, I can ask informed questions about my son's condition. I'm no longer a note taker jotting down what medicines my child should take when. I can encourage my doctor to challenge us to make dietary and lifestyle changes to detoxify our child's environment that he might not otherwise have mentioned assuming that we would prefer the "easy" way out of finding stronger and stronger medicines to rescue our child. I strongly encourage any parent of a child with asthma to read this book!

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