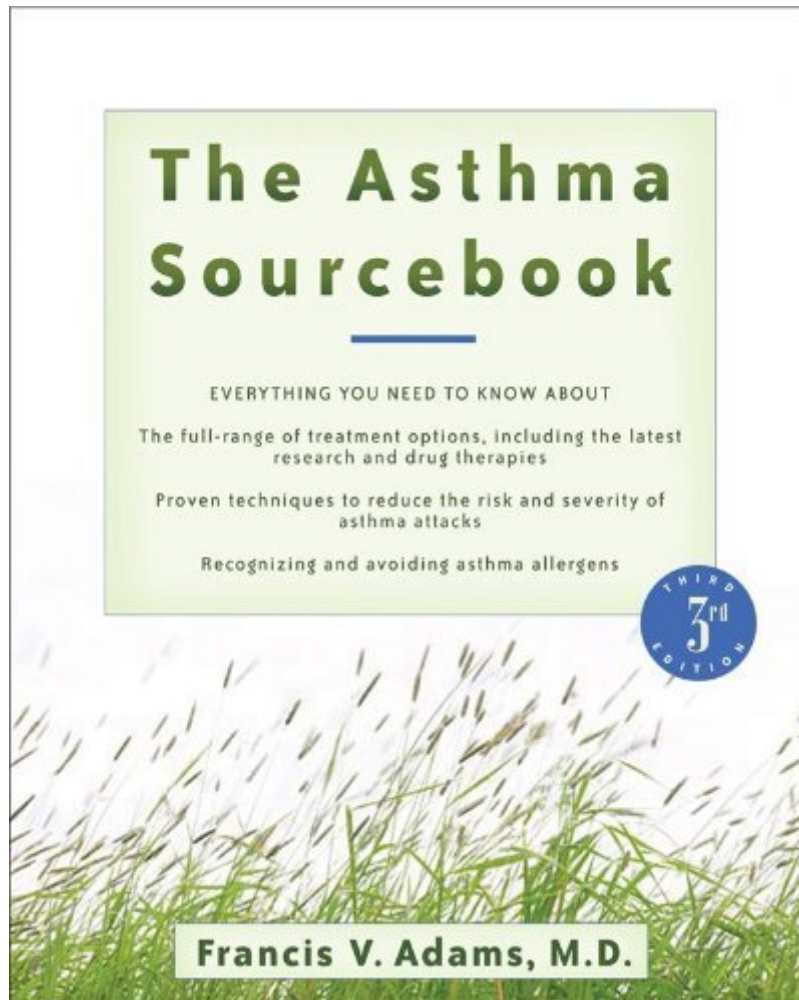




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The Asthma Sourcebook (Sourcebooks)



Synopsis

Nearly 150 million people worldwide suffer from asthma Includes advances in treatments and up-to-date information on medications, as well as additional resources

Book Information

File Size: 2639 KB

Print Length: 256 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

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Customer Reviews

I have found some pretty good information in this book that I've already put into place. The difference has not been completely life changing, but I have noticed that little things don't bother my asthma as much as they used to. Nor do I reach for my rescue inhaler as often. I've been reading about asthma off and on all through my life, and this book is the most inclusive of them all. I do wish some of the sections had been expanded, such as how diet and environment affects asthma, but it does give a good starting point for your own further research. The material is presented in a nice, progressive order that makes for easy reading - something not many self-help/self-health books can claim. It's not dry reading even with all the scientific and technical information he presents. I liked that he didn't "dumb down" the material as it would have taken away from the effectiveness. He opens a dialogue with the reader that allows for a natural progression for the reader to then discuss

the information in this book with their primary care doctor or pulmonologist. Another reason why I enjoyed this book is that the author doesn't focus solely on one mode of treatment. Aspects of clinical, holistic and complementary treatments are discussed as well as the ways each of these therapies can either help or harm each other. The author himself never makes the ultimate choice as to which he believes is the be-all-end-all treatment for asthma. That choice is left up to the reader because the author has done an excellent job of arming the reader with a good knowledge base. Anyone looking to become more involved and educated in the treatment of their asthma should consider this book. It's not directly aimed for children, but parents would certainly benefit from the material. I would highly recommend this book to anyone with asthma, not only to gain personal knowledge, but to develop a better, more understanding relationship with the doctor treating you which can increase the quality and pace of care you receive.

helped greatly to understand this and what to expect in the future.

Lots of a great information. Everyone who has been recently been diagnosed or who wants to educate themselves more on asthma should read this. Just wish it was updated as some of the info is a few years old.

Informational but does not apply to everyone with asthma

If you have asthma of any flavor, you need to read this very readable book.

Really helped me understand more about Asthma!

Lots of excellent information

Excellent book. A MUST read for anyone suffering with Asthma. Helped me figure out the cause of my uncontrolled attacks when other Doctors were unable to do so. Dr. Adams literally saved my life!

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