



How to Get Rid of Asthma Naturally - Health Learning Series

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Get Rid of Asthma Naturally - Health Learning Series Table of Contents. Introduction. Section one- Asthma - an overview. Asthma - What is Asthma? Symptoms - When you know it s coming. Risk factors and Complications - Why you should bother trying to avoid asthma? Section Two- Reducing Asthma in a natural way. Natural remedies - Who needs a doctor? Try some homemade remedies. Go green, Go for herbs. What to eat, what to avoid? Healthy life style - An effective prophylaxis. oUse air conditioner. oChange your room decor. oReduce mould spores. oReduce pet dander. oCover your mouth and nose. oStay healthy. Get regular exercise. Maintain normal weight. Eat healthy. Control heart burn. Introduction. An estimated 22 million Americans have asthma; 6.5 million are under 18 (American College of Allergy, Asthma Immunology) Asthma is a serious complication of respiratory track which causes symptoms like chest congestion, coughing and difficulty in breathing. In America alone, asthma causes 4,000 deaths per year (American College of Allergy, Asthma Immunology) Environmental pollution and too much exposure to harmful chemicals have...



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