



The Asthma Breakthrough: Breathe Freely-Naturally!

Henry Osiecki

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The Asthma Breakthrough is an innovative and refreshingly positive guide that explores a wide range of practical, safe, and effective treatments for this often debilitating condition. The book begins by looking at the causes of asthma, while

subsequent chapters discuss available treatment options, including conventional medications, nutrition, exercise, relaxation and breathing, herbalism, naturopathy, yoga, and negative ion therapy. Also included is information on children and asthma, as well as the problems commonly associated with the disorder, such as hay fever and sinusitis.

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