



Overcoming Asthma: The Complete Complementary Health Program

Sarah Brewer

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This unique book from doctor and international best-selling author Sarah Brewer provides a highly authoritative yet easy-to-follow program of complementary medicine and self-care treatments, specially designed to support the conventional treatment for asthma. If you're suffering from this debilitating condition, and are looking for an expert to guide you through all the positive steps you can take to alleviate your symptoms and enhance your health and well-being, this is the book for you. Dr Sarah Brewer offers a pioneering approach of tailor-made programs, based on the premise that we're all unique, and have different requirements depending on our age, gender, lifestyle and genetic background. Complete the questionnaire at the beginning of Part 3 and you'll see whether to embark upon The Gentle Program, The Moderate Program or The Full-strength Program. Each program guides you through daily nutritional plans, as well as exercise plans and lifestyle changes, all of which will empower you to make real changes to your health and your life.

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