



Natural Relief from Asthma (Natural Health Guide) (Alive Natural Health Guides)

C Leigh Broadhurst PH.D.

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Dr. Broadhurst offers a wealth of easy-to-understand and practical information in the book, which explains the causes of asthma and how to bring about relief, successfully and naturally.

Readers will learn about: the problem with "puffers," the asthma-allergy link, lifestyle factors contributing to asthma, prevention and treatment.

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