



## Say No to Asthma: Cure Asthma Through Diet and Lifestyle Change

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By Jonathan M Berkowitz

Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. There are more than 150 million asthmatics worldwide. While drugs have proved life saving for many people, the long-term answer for asthma sufferers lies in learning how to embrace a healthy lifestyle. Dietary changes, exercise, environmental controls, supplements, and herbs can alleviate asthma safely and effectively and without the side effects of conventional drugs. Printed Pages: 250.



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