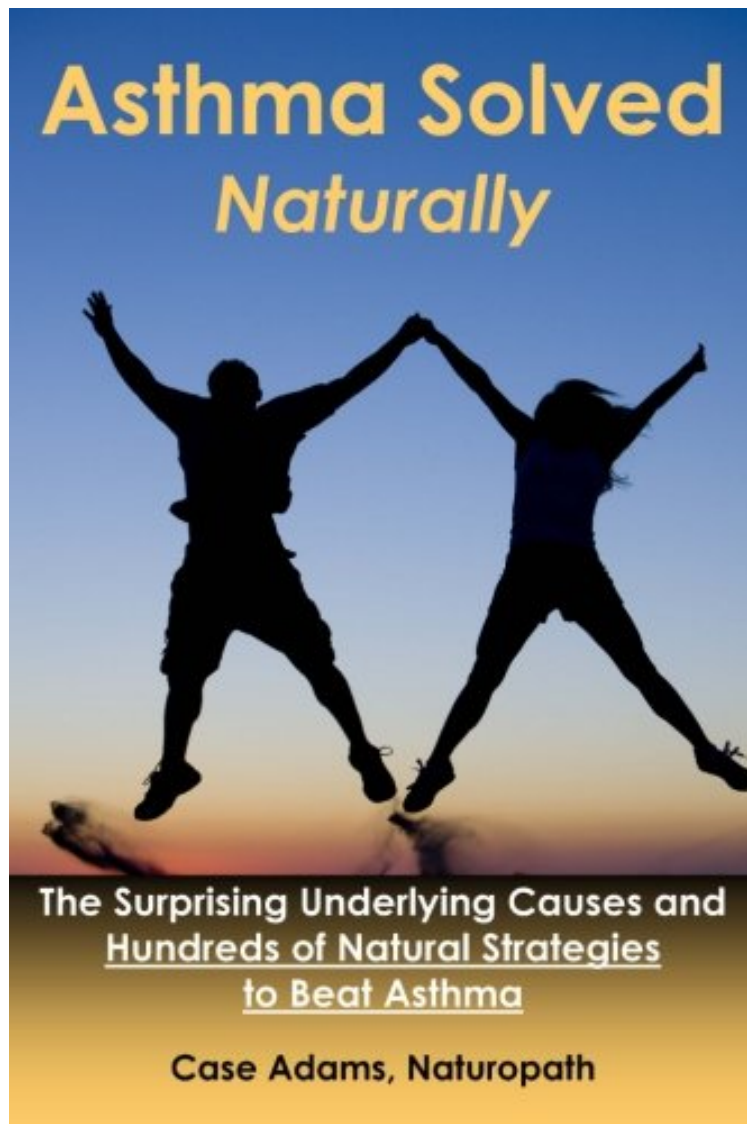


(Online library) Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma

# Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma

Case Adams

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**Case Adams : Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma** before purchasing it in order to gage whether or not it would be worth my time, and all praised Asthma Solved Naturally: The Surprising Underlying Causes and Hundreds of Natural Strategies to Beat Asthma:

4 of 4 people found the following review helpful. Lots of new ideasBy iThis book has hundreds of new ideas with regards to the causes of asthma, and the writer assumes that if you try three of them your chances of healing are pretty high! The text is also highly referenced, which adds a lot of credibility. But because of this completeness of the topic, it's is not an easy read, I have spent several weeks reading and I'm still not quite finished with the book.5 of 6 people found the following review helpful. Astham Solved Naturally Yay! A real how to book!By CustomerI loved this book. I am having a moderately chronic asthma problem right now. I read this book in its entirety. I am a lay person, but I am also smart. I was motivated to read and understand this book. As I write I have my nebulizer going and the mouthpiece in my mouth. This book is wonderful. Yes, there is a lot of medical stuff. However, I have found that you can read through things you don't understand completely to get at what you can understand. I have book marked the beedoodis out of Dr. Adams' wonderful, helpful, understandable book. I really need this. Thank you so much Dr. Adams. Maybe someday I won't have to medicate while I type.3 of 6 people found the following review helpful. A bit much detail for a consumerBy Gary ParkerThis would be good for a health care professional, but is a bit overwhelming for a lay reader. Maybe they could put out a summary version.

Millions of people suffer from asthma, and asthma rates have been going up dramatically in the last few decades, primarily among industrialized nations. What is causing this almost epidemic surge of asthma? Is it as simple as air pollution and allergy triggers? More importantly, can asthma be reversed, and if so, how? Using over a thousand scientific references and clinical reports, "Asthma Solved Naturally" provides the surprising answers to these questions. Rejecting the 'dumbing down' of this condition as often portrayed, the author - a California Naturopath - comprehensively demonstrates the underlying causes of asthma while providing hundreds of clinically and scientifically verified inexpensive natural strategies - some thousands of years old - used successfully to eliminate asthma.

Please note that unlike many published books, reviews for this book are not paid-for, sought after with quid quo pro nor otherwise induced by the publisher or author. Any review - though very appreciated - has been given voluntarily.From the Author TABLE OF CONTENTSIntroduction Chapter One: Asthma Reality Check Toby Martha Who Gets Asthma? Worldwide Asthma Rates are Rising The Condition Called Asthma Asthma is Not a Disease Difficulties in Asthma Diagnosis How Asthma is Diagnosed Diseases Related to Asthmatic Hypersensitivity The Fallacy of Asthma Control The Asthma 'Attack' Chapter Two: The Physiology of Asthma The Act of Respiration Lung Capacity and Breathing Flow Airway Mucosal Membranes The Respiratory Cilia The Inflamed Airways Airway Hypersensitivity and Remodeling Immune System Overview Non-Specific Immunity Humoral Immunity Cell-Mediated Immunity Probiotic Immunity The Immune Cells The Communicators The Inflammation Mediators The Immunoglobulins The Thymus The Liver The Adrenal Glands The Intestines Probiotics and the Immune System Chapter Three: Asthma Triggers Insect Endotoxins Animal Dander Dairy Triggers Asthma Triggering Foods and Additives Pollen Triggers Weather Conditions Positive Ions Pharmaceutical Triggers Outdoor Pollution Indoor and Chemical Triggers Multiple Asthma Triggers How do I Know if I Have an Allergy? Strategies to Reduce Trigger Exposure The Role of Trigger Reduction Chapter Four: The Underlying Causes of Asthma The Canary in the Coal Mine How Important are Genetic Factors? The Role of Obesity Dietary Factors Problems with Processed Foods The GERD Connection: Mucosal Membrane Health Increased Intestinal Permeability Infections How Valid is the Hygiene Hypothesis? Asthma and Probiotic Deficiencies The Role of Air Pollution in Causing Asthma First-, Second- and Third-Hand Smoking Chemical Toxin Overload Breastfeeding C-Sections Dehydration Sun Exposure/Vitamin D Lack of Exercise Breathing Abnormalities Anxiety, Stress and Depression Conclusions on Asthma Causes Chapter Five: Validated Natural Asthma Strategies Immunotherapy Strategies for Allergic Asthma Herbal Medicine Strategies for Asthma Dietary Strategies Nutritional Supplement Strategies Early Diet Strategies Mucosal Membrane Strategies Probiotic Strategies Hydrotherapy Strategies Detoxification Strategies Sleep Strategies Acupuncture and Acupressure Strategies Exercise Strategies Breathing and Airway Strategies Outdoor Air Pollution Strategies Home Pollution Strategies Work and School Pollution Strategies Liver Strategies Adrenal Strategies Anxiety and Stress Strategies Strategies to Keep Track Conclusion: Putting it All Together References and Bibliography IndexAbout the AuthorThe author is a California Naturopath and holds a Ph.D. in Natural Health Sciences. His books are focused upon science-based natural health solutions."People look to natural solutions because many of those presented by conventional medicine are not sustainable due to side effects and/or damage to the environment. My objective is to separate hype from reality. To accomplish this, I present the clinical evidence and scientific research on natural healing methods together with their historical use. I seek to empower the reader with the facts,enabling wise health decisions."