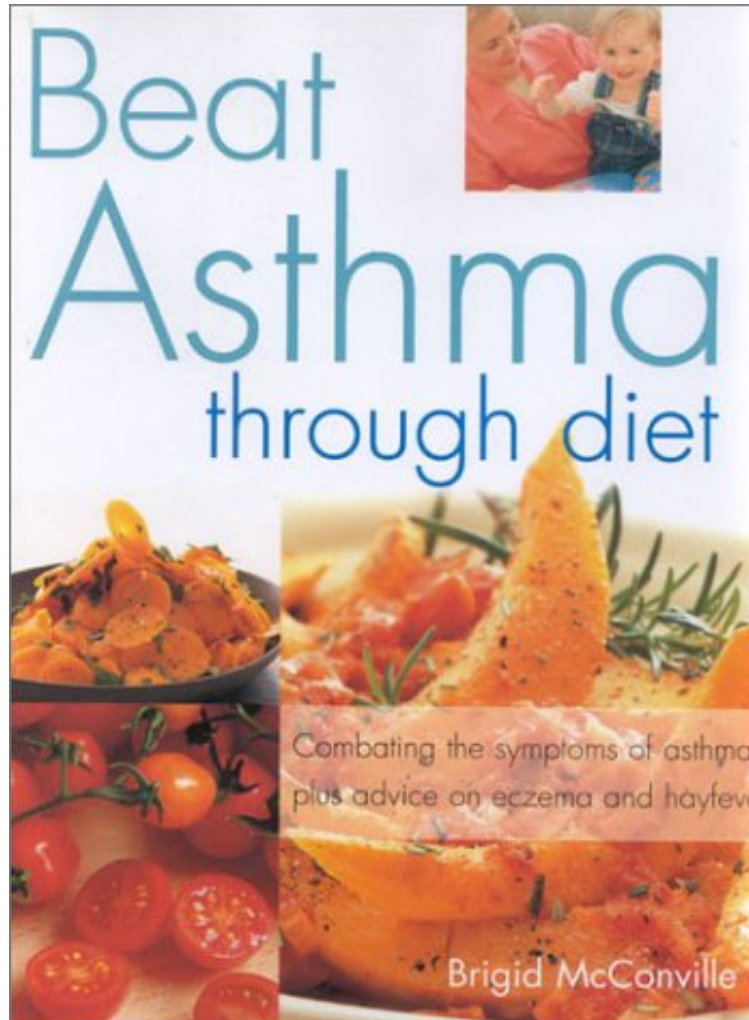


Beat Asthma Through Diet

Brigid McConville

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Brigid McConville : Beat Asthma Through Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Beat Asthma Through Diet:

If you suffer from asthma, eczema or hayfever, you want and need this book. It is packed with information such as where to go to get help and also how your choice of food can help. Includes over 50 delicious recipes.

About the AuthorBrigid McConville has worked as an author and journalist for over 20 years. She has published over a dozen books, including three on allergies and asthma, and writes for various newspapers and magazines including

The Times, The Guardian, The Telegraph, The Independent, Health Development Today and The Nursing Times. Brigid has twice won the Rosemary Goodchild Award for the best feature in a British national newspaper about women's health issues and was runner up in the Catherine Pakenham Award for young women journalists. She has also made several appearances on radio and television.