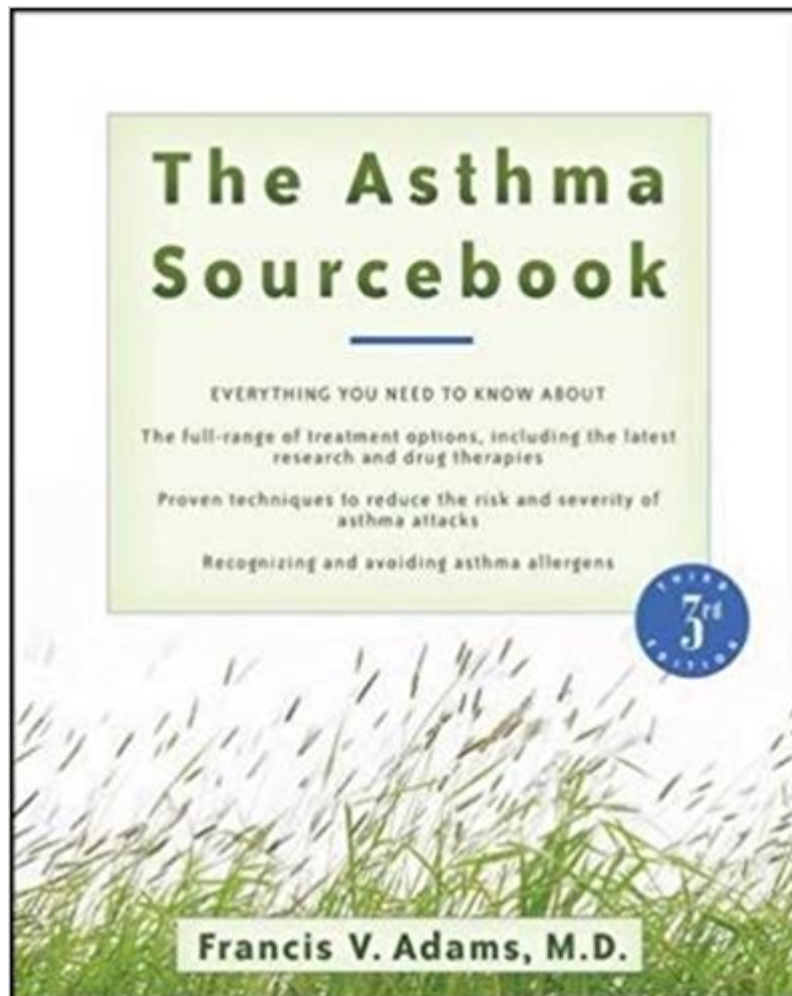




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# **The Asthma Sourcebook 3rd Edition (Sourcebooks)**



## Synopsis

"Authoritative, comprehensive."--Library Journal "Logical and straightforward."--Harvard  
Women's Health Watch "[Dr. Adams] succeeds admirably."--Consumer Health Information  
Sourcebook Written by an award-winning pulmonary specialist and one of New York  
magazine's "Best Doctors in New York."• The Asthma Sourcebook explores  
the latest therapies, medications, diet and nutrition guidelines, and provides you with advice on  
living with this chronic disorder. This trusted source also examines the challenges of raising children  
with asthma; debunks commonly held beliefs about food, travel, and exercise; and pinpoints real  
asthma-causing allergens and how you can avoid them.

## Book Information

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Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #157 in Books >  
Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

## Customer Reviews

Breathe a little easier, with help from the most trusted guide to living with asthma The Asthma  
Sourcebook shows you how to recognize asthma symptoms and triggers, avoid asthma attacks,  
and determine the treatment that's best for you. Written by an award-winning doctor, this all-in-one  
sourcebook features the most comprehensive, up-to-date information available, including How to  
avoid harmful allergens and asthmatic attacks Effective new medications on the market Treatment  
strategies and alternative therapies Helpful lifestyle tips for adults and children Special  
considerations, including pregnancy, exercise, and occupational asthma And much more With a  
newly expanded directory of medical resources, websites, and support groups, The Asthma  
Sourcebook is a breath of fresh air for anyone who wants to live a healthier, happier life.

"Authoritative, comprehensive."--Library Journal "Logical and straightforward."--Harvard Women's Health Watch

Francis V. Adams, M.D., is a pulmonary specialist in private practice and an assistant professor of clinical medicine at New York University. He has been named one of the best doctors in New York by New York magazine and is listed in Top Doctors: New York Metro Area by Castle Connolly Medical Ltd. He is the author of The Breathing Disorders Sourcebook and Healing Through Empathy.

I have found some pretty good information in this book that I've already put into place. The difference has not been completely life changing, but I have noticed that little things don't bother my asthma as much as they used to. Nor do I reach for my rescue inhaler as often. I've been reading about asthma off and on all through my life, and this book is the most inclusive of them all. I do wish some of the sections had been expanded, such as how diet and environment affects asthma, but it does give a good starting point for your own further research. The material is presented in a nice, progressive order that makes for easy reading - something not many self-help/self-health books can claim. It's not dry reading even with all the scientific and technical information he presents. I liked that he didn't "dumb down" the material as it would have taken away from the effectiveness. He opens a dialogue with the reader that allows for a natural progression for the reader to then discuss the information in this book with their primary care doctor or pulmonologist. Another reason why I enjoyed this book is that the author doesn't focus solely on one mode of treatment. Aspects of clinical, holistic and complementary treatments are discussed as well as the ways each of these therapies can either help or harm each other. The author himself never makes the ultimate choice as to which he believes is the be-all-end-all treatment for asthma. That choice is left up to the reader because the author has done an excellent job of arming the reader with a good knowledge base. Anyone looking to become more involved and educated in the treatment of their asthma should consider this book. It's not directly aimed for children, but parents would certainly benefit from the material. I would highly recommend this book to anyone with asthma, not only to gain personal knowledge, but to develop a better, more understanding relationship with the doctor treating you which can increase the quality and pace of care you receive.

helped greatly to understand this and what to expect in the future.

Lots of a great information. Everyone who has been recently been diagnosed or who wants to educate themselves more on asthma should read this. Just wish it was updated as some of the info is a few years old.

Informational but does not apply to everyone with asthma

If you have asthma of any flavor, you need to read this very readable book.

Really helped me understand more about Asthma!

Lots of excellent information

Excellent book. A MUST read for anyone suffering with Asthma. Helped me figure out the cause of my uncontrolled attacks when other Doctors were unable to do so. Dr. Adams literally saved my life!

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