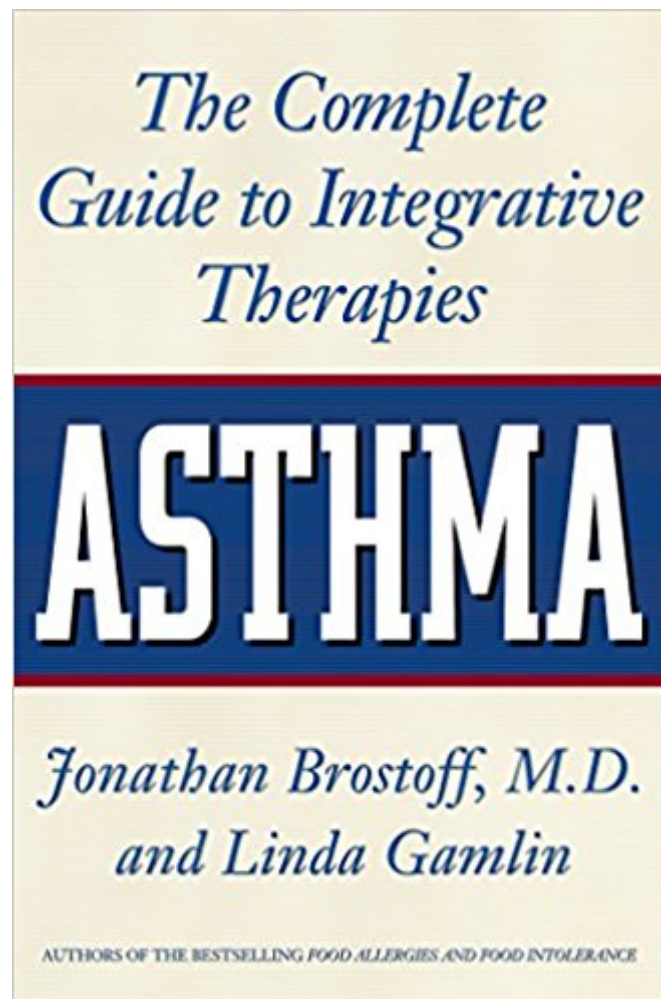




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# Asthma: The Complete Guide To Integrative Therapies



## Synopsis

A comprehensive program to help asthma sufferers identify their triggers, make changes in their environment, diet, and lifestyle, and reduce their dependence on drugs. • Evaluates the full range of therapies, including acupuncture, herbalism, massage, yoga, and breathing exercises, as well as standard pharmaceuticals. • By the authors of the bestselling *Food Allergies and Food Intolerance*. • Provides special advice for parents with asthmatic children. Almost everyone with asthma could be feeling better and using fewer drugs; this book shows you how. Internationally recognized authorities on allergies and asthma, Dr. Jonathan Brostoff and Linda Gamlin provide a comprehensive step-by-step program to help you identify your personal asthma triggers and make changes in your environment, diet, and lifestyle that can reduce your exposure to allergens and your need for drugs. The authors have examined the most up-to-date research to offer a critical survey of the full range of asthma therapies, from alternatives such as acupuncture, herbalism, yoga, and breathing exercises to the commonly prescribed pharmaceuticals. Expectant mothers and fathers with asthma will appreciate the information on how to reduce the risk of their unborn child acquiring the disease, and parents will find advice that can help their asthmatic children lead happier, healthier lives.

## Book Information

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## Customer Reviews

"You might find it difficult to believe that a seriously thick, large format paperback called *Asthma* was hard to put down--but the latest result of Professor Jonathan Brostoff's co-authorship with Linda

Gamlin is an absolutely riveting read. . . . An excellent investment for both doctor and patient." (The Inside-Story)"Asthma is a highly informative and well-written book . . . and looks set to become THE guide to asthma, not just for professionals, but for sufferers and their families too." (Healthy Eating)"Asthma: The Complete Guide To Integrative Therapies is simply the best guide currently available to asthmatics and their families." (The Bookwatch, March 2001)"Everyone who breathes-or would like to breath without wheezing-should have Asthma on his bookshelf.Ã Â This is a lifesaving book. . . . if you want your children to grow up without wheezing, then this is the book to help you deal with this underrated disease."Ã Â (Barbara Ardinger, Ph.D., Whole Life Times, January 2002)"A useful guide for anyone who needs to come to grips with and treat asthma. Well-researched and written so that the lay person can easily understand asthma. . . . A must for asthma sufferers." (Nancy Pearlman, The Compendium Newsletter, May-June 2002)

Dr. Jonathan Brostoff is Honorary Consulting Physician and Professor of Allergy and Environmental Health at University College London Medical School. He lives in London. Formerly a biochemist, Linda Gamlin now works as a counselor and writer. An acknowledged expert on allergic diseases, she specializes in writing about evolutionary biology, the immune system, integrative medicine, and other health matters. She resides in Cambridge, England.

This book has some great facts such as the ways of dealing with dust mites and other environmental allergens..There is so much information in this book its impressive. It states that when a gas stove or gas heat (like a gas fireplace) is in the home the incidence of asthma is over 25 times higher.But this book takes it for granted you will be on meds for the rest of your life and doesnt focus on what can be done to get off meds. It soft pedals diet and doesnt really focus on the dietary causes of the inflammation that is necessary for asthma to occur. Nor does it discuss at length on the use of vitamins and minerals to stop inflammation. It discusses vitamins and minerals but more in the context of maintaining status quo by getting your minimum daily requirement..It claims you can get all the magnesium you need from a few servings of vegetables a day when in fact most studies show that over the last 100 years magnesium levels have fallen to less than one quarter of their former levels making significant supplementation with 600-800 mg a day necessary. Nor do they mention that the vitamin companies sell mostly magnesium oxide that is only 4% assimilable..But its discussion of holistic modalities is lukewarm at best. Acupuncture is mildly acknowledged. But Homeopathy is totally dismissed when in the experience of many people it is so powerful that it must be used cautiously.. Nothing about leaky gut syndrome. .If anything the intent

seems to be to discourage the use of holistic modalities. Reversing Asthma is a necessary companion book to get a complete picture. But even this book has some inaccuracies. So i plan to write a booklet to cover the deficiencies of the in print books on asthma. I plan to publish in Sept 2015.

These days much of the information is on the computer. The one thing about buying a book is that it saves surfing time, but I found more info I needed on the net. The book is good IF you are looking to learn about asthma

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Jonathan Brostoff, M.D. and biochemist Linda Gamlin bring together their extensive expertise on evolutionary biology, the immune system, integrative medicine, and allergies therapies to present the non-specialist general reader with a clear, accessible, comprehensive guide to all aspects of on of today's most common and widespread health problems in Asthma: The Complete Guide To

Integrative Therapies. This exhaustive tome surveys and evaluates all manner of asthma therapies ranging from common pharmaceuticals to alternative medicine approaches. The authors include a step-by-step program to help asthma sufferers identify triggers and make healthful changes. Special advice is provided parents with asthmatic children for the purpose of helping families insure those children live happier, healthier lives. Of special note is the information provided expectant parents with asthma to reduce their risk of their unborn child in acquiring this respiratory affliction. Asthma: The Complete Guide To Integrative Therapies is simply the best guide currently available to asthmatics and their families.

I am an allergy sufferer who recently developed asthma and anaphylaxis (a severe life threatening condition where your airway may become obstructed and your blood pressure dramatically drops). After suffering 7 anaphylactic episodes in a week and a half (which required calling 911 and one hospital admission) I decided to pick up this book. My doctors couldn't figure out the trigger for these episodes, but this book had the answers. After reading the chapter that deals with food allergies that trigger asthma and anaphylaxis, we discovered that some of the foods I had eaten had sulfur dioxide as a preservative. I knew I was allergic to sulfa drugs, but it never occurred to me to look for sulfur in foods. I have become an avid label reader since. This book also offers insight on avoiding and removing asthma triggers, as well as how to recognize and treat an on-set of an asthma attack. I can't say enough good things for this book. Do yourself and your doctor a favor--get this book!!

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