



Life and Breath: The Breakthrough Guide to the Latest Strategies for Fighting Asthma and Other Respiratory Problems -- At Any Age (Paperback)

By Neil Schachter

Potter/TenSpeed/Harmony, United States, 2004. Paperback. Book Condition: New. Reprint. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The fourth leading cause of death in the United States, COPD, or chronic obstructive pulmonary disease, affects an estimated 35 million Americans. Yet only half are aware that they are seriously ill. Life and Breath, by Dr. Neil Schachter, is the first book that alerts people to their risks for COPD and explains the steps they need to take to prevent the development of this debilitating and often fatal lung disease. Life and Breath begins with a quick quiz to rate your risk for COPD. It explains the steps of a complete pulmonary work-up and teaches you about the painless, inexpensive six-second test that can save your life. We all know that diet, exercise, and environmental changes can reduce the risk of heart disease and some types of cancer. Now, for the first time, Life and Breath provides the medical and lifestyle steps that can prevent, treat, and sometimes reverse the signs and symptoms of chronic lung disease. Dr. Schachter discusses the role of antioxidants in treating asthma and chronic bronchitis, explains why indoor exercise is better if...



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Reviews

Extremely helpful for all class of people. It is probably the most incredible ebook i actually have go through. I discovered this publication from my dad and i recommended this ebook to discover.

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Without doubt, this is actually the best job by any publisher. It is writter in basic phrases instead of difficult to understand. You will like the way the author publish this publication.

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