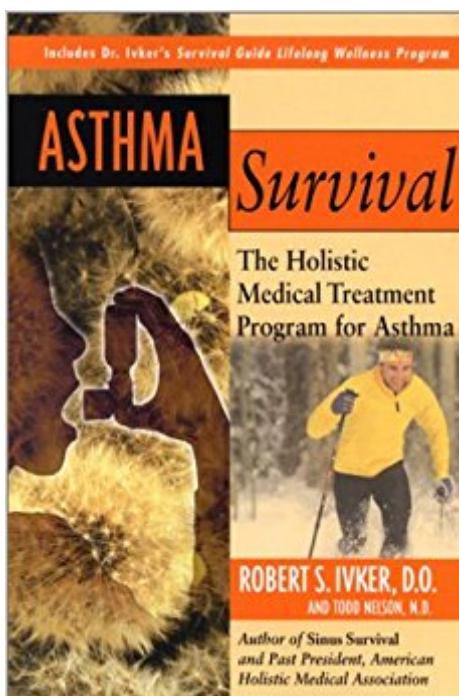


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# Asthma Survival: The Holistic Medical Treatment Program For Asthma



## **Synopsis**

Modeled directly on the bestselling Sinus Survival, here is the most integrative, complete asthma-relief guide available today. Here's why asthma sufferers can't afford to be without Asthma Survival: It features a Quick Fix, fast-start program. The Quick Fix allows the reader to begin the most important aspects of the program immediately without having to read the whole book. It is one of the only books to address the huge overlap of allergies (90 percent of asthmatics have them) and sinusitis (nearly 70 percent of asthmatics have them). It provides specific, integrated instructions for a dietary supplement plan. It lays out its New Life Eating Plan as one of the most profound ways to slow the disease. It gives a balanced, comprehensive approach to herbal choices that are most accepted within the holistic medical community. It offers a simple, powerful introduction to the most important breathing exercises. It offers the only book to propose a unified theory of emotional causes of this disease based on worldwide trends and statistics of familial patterns

## **Book Information**

Paperback: 304 pages

Publisher: Tarcher (August 27, 2001)

Language: English

ISBN-10: 1585421243

ISBN-13: 978-1585421244

Product Dimensions: 5.5 x 1 x 8.3 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,586,723 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #312 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #325 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

## **Customer Reviews**

Robert S. Ivker, D.O., is an assistant clinical professor in the Department of Family Medicine and a clinical instructor in the Department of Otolaryngology at the University of Colorado School of Medicine, and past-president of the American Holistic Medical Association. Todd H. Nelson, N.D., is a widely recognized naturopathic physician and the director of the Tree of Life Wellness Center in Colorado

I bought this book for a friend, and because my daughter and I spent considerable time trying to solve a breathing problem she had. The first line of recommendation from a professional was to try an expensive prescription with side effects. I like how Dr. Ivker reviews conventional and holistic treatments for asthma. In our family, we have found that sinus and ear problems respond to eliminating certain trigger foods. We went to a teaching hospital for some extensive testing and found that the breathing problem was a tendency for the vocal cords to close up during stress. Asthma drugs don't treat that. Only certain exercises and stress reduction help. I understand that if my child had true asthma, a breathing emergency could occur. I do think that the short term rescue prescription would have been enough until the situation was sorted. No lung capacity reduction was ever measured, right from the start. I bring this up because there is more to treating conditions than drugs. Having used Dr. Ivker's other book, *Sinus Survival*, to keep my sinus headaches away mostly through diet changes, I share my experiences. No sinus headaches in over 30 years. How did you do it, they ask. Well, no wheat, dairy or eggs. "Oh, I couldn't do that". It's inexplicable to me why a simple change that can utterly change your health is considered "too much", when drugs and surgery are not. If you are ready to try to let go of or reduce dependence on drugs, this doc has some helpful information. It's beyond that, and he's not anti drugs, he's just pro using all the life changes possible to be more healthy.

This is a good book that looks at the links between food allergy, candida, fungus and asthma, and offers good advice on diet herbs, supplements and alternative therapies. One thing I didn't like as much is that 2 out of 7 chapters are devoted to healing your mind and spirit. Although I am a big believer in the mind body connection and wouldn't mind a few pages on affirmation and positive thinking, it went a little to much into concepts like play and passion, dealing with anger, work and play, optimism, forgiveness, altruism, and emotional causes of asthma. I thought that the emotional causes of asthma part was also too much of the outdated theory of let's blame the parents or the patient for the imbalance. I would rather forgo blame and work on where to go from here. This part of the book took it a little too far out of serious natropathic medicine and into self help book for me. Even so there is enough good information for the person looking for alternative treatments for asthma that it is worth the read. I did prefer "Reversing Asthma" although it is a few years older. But I would recommend this book.

This book is a super source of medically-sound information about treating asthma, including a great section on supplements. And don't let anyone tell you that what you eat can't make a difference!

This book is a really different type of book, and lets you look into your whole health, both mental, and physical to see where problems may lie. I found it to be a big help for my son, and refreshingly different.

This is a great comprehensive book. I really like the author's approach. He gives both a short-term solution to some problems and some ideas on how to continually improve your health and vitality throughout your life.

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