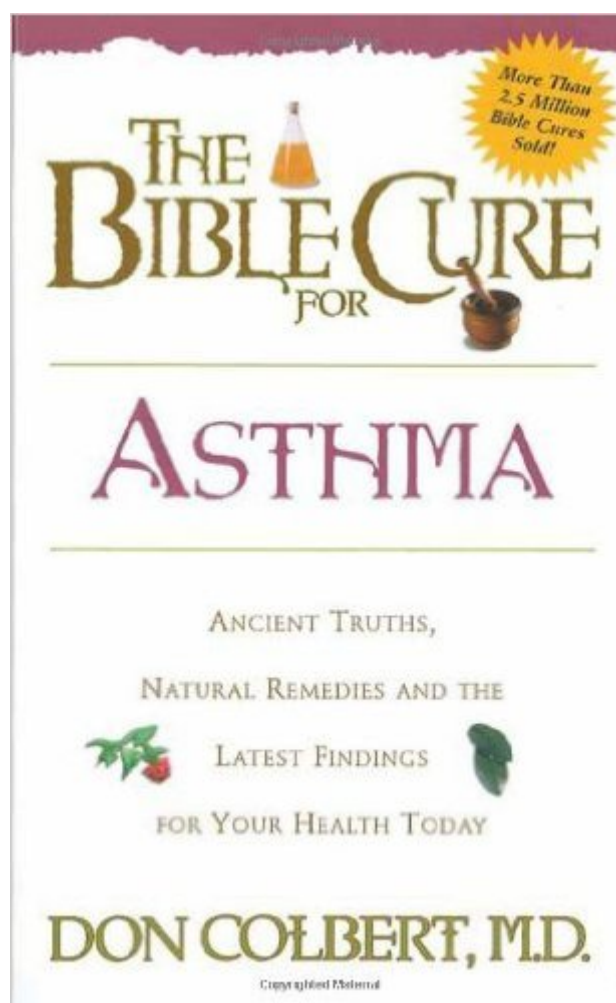


The book was found

The Bible Cure For Asthma: Ancient Truths, Natural Remedies And The Latest Findings For Your Health Today (New Bible Cure (Siloam))



Synopsis

Asthma: Simple, practical solutions to help you breathe easier! If you or someone you love has been diagnosed with asthma, you need to experience the life and the breath of God! In this easy-to-read book, Dr. Don Colbert offers a natural, biblical plan for totally conquering asthma, which afflicts about 20.3 million people nationwide. You don't have to suffer from asthma attacks any longer! This practical book will help you understand: The heart connection-why asthma sufferers feel chronic grief and loneliness How to combat irritants that aggravate asthma attacks How to breathe easier to reduce asthma How a balanced diet and taking supplements can help You want to be healthy. God wants you to be healthy. At last, here's a source of information that will help you live in health-body, mind and spirit.

Book Information

Series: New Bible Cure (Siloam)

Paperback: 96 pages

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Average Customer Review: 2.5 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,638,836 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #197 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #210 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

This book was not as helpful as other Don Colbert books. This book basically indicates we live in a toxic environment that contributes to increased cases of asthma. It also appears to be difficult to avoid the toxic environment in which we live. The alternatives he provides seem to be difficult to achieve. One alternative suggests not going outside on particular days that have higher toxins. This seems wise but may not be practical. One exercise he suggests that is helpful are the breathing exercises to adapt better breathing habits. I would still recommend this book as a resource to have on your shelf if you or a loved one suffer from asthma.

I really hoped this book would help me with my son's asthma. There was no information in it that I didn't know already from researching on the internet. Read the Bible instead.

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