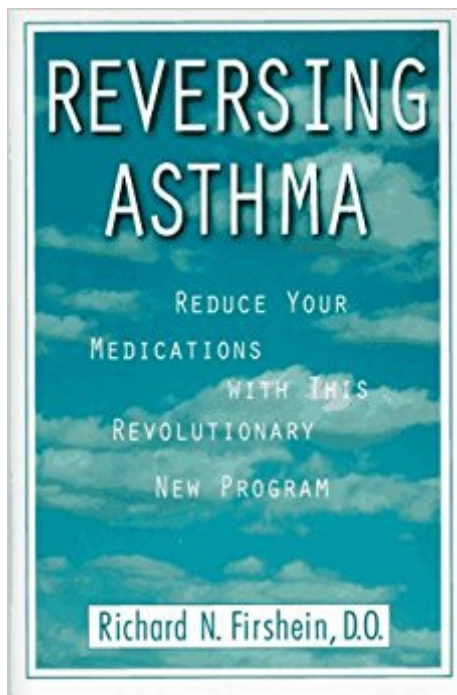




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# **Reversing Asthma: Reduce Your Medications With This Revolutionary New Program**



## Synopsis

Focusing on eliminating the underlying causes of asthma rather than merely relieving its system, here is a unique, proven, drug-free method of treating this debilitating--and sometimes fatal--disease. The author is a pioneer in developing innovative treatments of different diseases and is president of Advanced Research Associates. Author lectures.

## Book Information

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## Customer Reviews

Claiming to "approach asthma in a revolutionary fashion," Firshein mainly promotes here his Comprehensive Asthma Prevention Program (CAPP). The CAPP aims to reduce or eliminate reliance on drugs alone so that asthma can be managed through "a lifestyle revolution that will restore vitality and health?not just help you breathe." It is unlikely that asthmatics will find any of the information in this book completely new. Chapters on diagnosis, medications and their side effects, environmental triggers, diet and food allergies, exercise-induced asthma, breathing exercises, and stress management using a variety of methods from biofeedback to yoga are common to other books on asthma and allergies. The lack of a bibliography is a major drawback, especially because the text makes numerous references to articles or studies supposedly published in major medical journals. Firshein is a doctor of osteopathy and a radio show host and has a private practice in New York City. An optional purchase.?Kate Kelly, Treadwell Lib., Massachusetts General Hosp., BostonCopyright 1996 Reed Business Information, Inc.

I read this book the first time, while I was recovering from a season of debilitating asthma. The second time I read it, I had finished earning a degree in Respiratory Therapy; so I had a clear picture of the dynamics of the disease. This book was so helpful to me, that I have recommended it to many of my patients. What that means is, I have had to purchase many replacement copies to replace those on permanent loan. The physician who wrote the book has asthma. My only reservation is the title. Asthma cannot be cured; it can be managed. Managing Asthma would be a better title. Asthma symptoms have many causes, and this doc addresses them all. He also presents every avenue of treatment from pharmaceuticals to diet and biofeedback. What makes it so valuable is that the patient can explore the causes and treatments of asthma, and provides tools to help control the disease and provide better quality of life. It relieves the fear factor and gives hope. I have crappy lungs and had an exacerbation that lasted a year, which meant excessively-high doses of steroids and other drugs. None of which worked. I was a basket case--afraid, depressed, and short of breath. Although my pulmonologist did not believe that it would work (but also did not discourage me, because he said it would not hurt), I decided to try the anti-inflammatory diet and supplements recommended in the book. I got better and went to respiratory school. Do I still use albuterol? Sometimes. Asthma is not cured, but managed. But this book helped take away the fear and give me tools to manage the disease. It gave me back my life.

I am not sure how to rate this book yet. I purchased this and sent it to my daughter. I saw this author on television program. He also had very bad asthma and was helped with giving up gluten and improved his life. I have a daughter who is very ill with this. She has tried everything the doctors have suggested with medications allergy shots nebulizer treatments steroids and the whole list of medications. I am looking for other things that she can try to improve her health. She has went to the ends of earth to find help. I hope this helps her and will update this review at a later date.

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