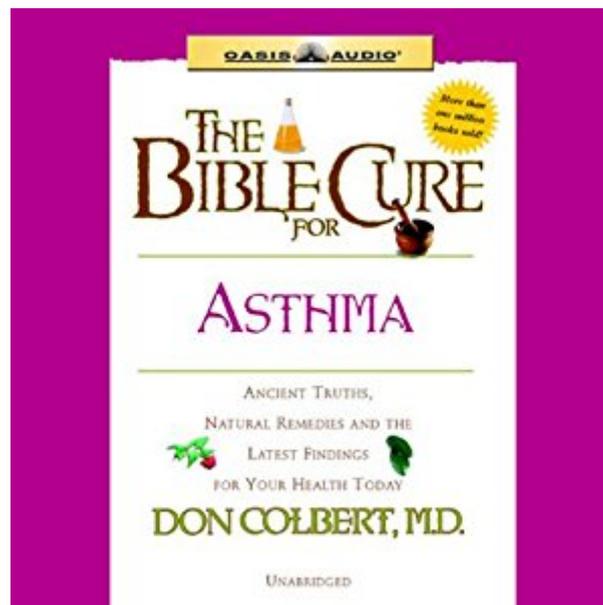


The book was found

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



Synopsis

Listen your way to better health! Simple, practical solutions to help you breath easier! If you or someone you love has been diagnosed with asthma, you need to experience the life and breath of God! In this easy to understand audio 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 guide 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 and reduce asthma, and how a balanced diet and taking supplements can help. You want to be healthy, and God wants you to be healthy as well. Now at last, here's a source of information that will help you gain and keep a healthy lifestyle body, mind and spirit. --This text refers to the Audio CD edition.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 17 minutes

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Version: Unabridged

Publisher: Oasis Audio

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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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