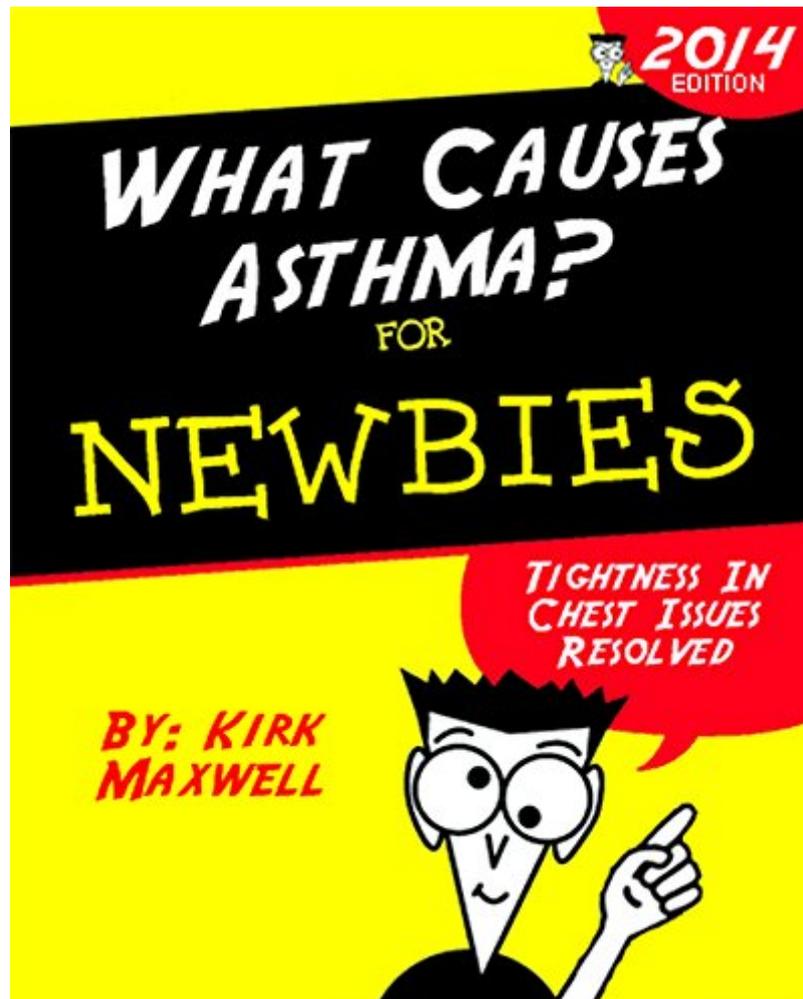


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What Causes Asthma?: Cure For Tightness In Chest



Synopsis

If you have asthma, know your triggers. What is it that causes an asthma attack to come on? Many common triggers are allergies and irritants. For some, it is exercise or extreme temperatures. Emotional or anxiety issues can also cause asthma type attacks. Knowing what causes your attack can also be what will help you find a proper treatment. Learn as much as you can about living with your condition. Knowledge is power! Make sure you are well informed about the causes and known natural and prescribed ways to control your symptoms. Living with asthma can be difficult and cause you to have unwanted stress within your personal life.

Book Information

File Size: 418 KB

Print Length: 8 pages

Publication Date: October 19, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00OODGV2A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,138,168 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #121

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