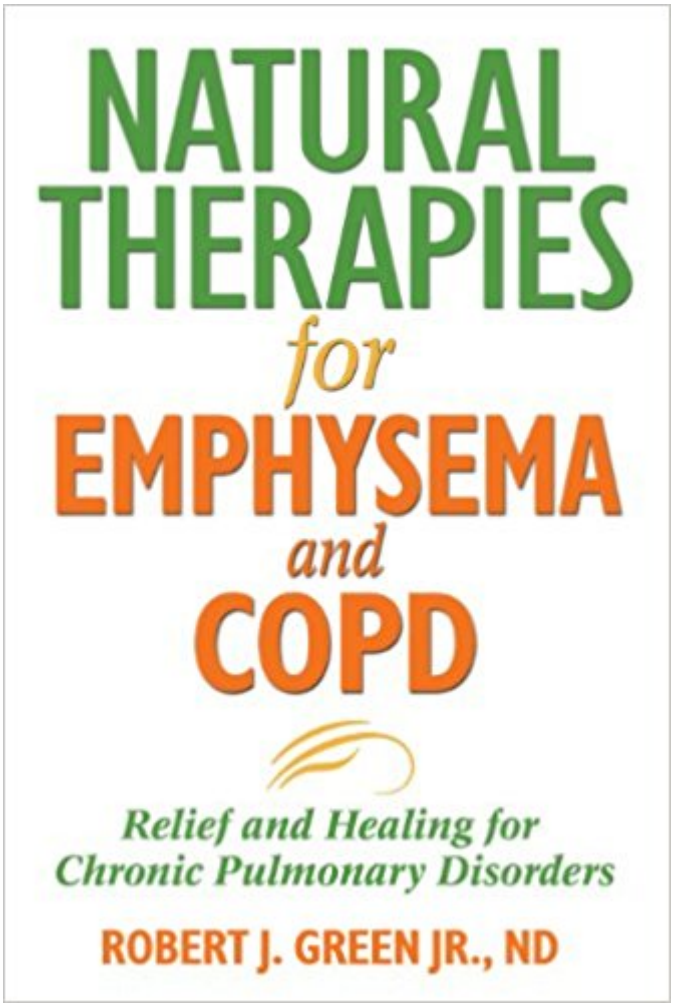
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Natural Therapies For Emphysema And COPD: Relief And Healing For Chronic Pulmonary Disorders



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Synopsis

The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach Ã¢â ¬Â¢ Explains the benefits of detoxification, dietary changes, and food combining Ã¢â ¬Â¢ Details 45 suggested herbs and 26 nutritional supplements as well as information on how to stop smoking Approximately 35 million people in the United States have been diagnosed with some form of chronic obstructive pulmonary disease (COPD)--emphysema constituting 18 million of that group. Worldwide, as many as 293 million people suffer with these conditions. COPD is the fourth leading cause of death in America, claiming nearly 120,000 lives annually. Yet conventional approaches to treatment, with their regimens of drugs and unceasing physical therapy, provide neither cure nor significant relief. In Natural Therapies for Emphysema and COPD, Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPDÃ¢â ¬â„¢s debilitating symptoms. Starting with the basics of the physiology of respiration, Green presents a comprehensive program that includes detoxification, dietary changes, nutritional supplements, and herbal medicine; breathing techniques and exercise options such as aerobics, yoga, qigong, and tai chi; and alternative therapies such as homeopathy, acupuncture, and massage--noting how and why each therapy works. He also details how to stop smoking, includes resources for alternative health practitioners, and provides sources for the alternative products recommended.

Book Information

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Customer Reviews

Ã¢â ¬Å“An important addition to the growing body of literature on natural medicine, Natural Therapies for Emphysema and COPD provides a much needed and in-depth approach to natural therapies for chronic respiratory disorders. Highly recommended.Ã¢â ¬Â• (James Strohecker, CEO of HealthWorld Online and executive editor of Alternative Medicine: The Defini)Ã¢â ¬Å“Robert Green Jr.Ã¢â ¬â„¢s book on emphysema and COPD is a landmark work. I recommend it as a reference book for all COPD patients, families, professionals, and anyone else seeking self-care tools and other alternatives to complement conventional COPD treatment.Ã¢â ¬Â• (Vijai Sharma, Ph.D., director of the Behavioral Medicine Center in Cleveland, Tennessee)Ã¢â ¬Å“Written for physicians and their patients, the book describes therapeutic approaches including food and lifestyle choices, nutritional supplementation, herbal medicine, and alternative methods such as exercise and homeopathy. It offers physicians and their patients a place to start learning, and hopefully pursuing, alternative, nonconventional methods to deal with these diseases.Ã¢â ¬Â• (Journal of Orthomolecular Medicine)Ã¢â ¬Å“Presents a commonsense approach to managing this pervasive disease through the application of traditional therapies and conventional wisdom. Firmly based on scientific research and extensive clinical experience, this text is invaluable to practitioner and patient alike.Ã¢â ¬Â• (Ken Koenig, D.C., former executive director of the National Board of Homeopathic Examiners and presi)Ã¢â ¬Å“Well written with substantial and accurate scientific evidence. . . . There is a demand for such information by those suffering from COPD and their families. My hope is that medical caregivers become enlightened, as well, with this book.Ã¢â ¬Â• (Robert F. Waters, Ph.D., professor of biochemistry and genetics at Southwest College of Naturopathic)

ALTERNATIVE MEDICINE / HEALTH Ã¢â ¬Å“An important addition to the growing body of literature on natural medicine, Natural Therapies for Emphysema and COPD provides a much needed and in-depth approach to natural therapies for chronic respiratory disorders. Highly recommended.Ã¢â ¬Â• --James Strohecker, CEO of HealthWorld Online and executive editor of Alternative Medicine: The Definitive Guide Ã¢â ¬Å“Robert Green Jr.Ã¢â ¬â„¢s book on emphysema and COPD is a landmark work. I recommend it as a reference book for all COPD patients, families, professionals, and anyone else seeking self-care tools and other alternatives to complement conventional COPD treatment.Ã¢â ¬Â• --Vijai Sharma, Ph.D., director of the Behavioral Medicine Center in Cleveland, Tennessee Approximately 35 million people in the United States have been diagnosed with some form of chronic obstructive pulmonary disease (COPD), with emphysema afflicting 18 million of that group. Worldwide, as many as 293 million people suffer with

these conditions. COPD is the fourth leading cause of death in America, claiming nearly 120,000 lives annually. Yet conventional approaches to treatment, with their regimens of drugs and unceasing physical therapy, provide neither cure nor significant relief. In Natural Therapies for Emphysema and COPD, Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPDÃ¢â ¬â„¢s debilitating symptoms. Starting with the basics of the physiology of respiration, Green presents a comprehensive program that includes detoxification, dietary changes, nutritional supplements, and herbal medicine; breathing techniques and exercise options such as aerobics, yoga, qigong, and tai chi; and alternative therapies such as homeopathy, acupuncture, and massage--noting how and why each therapy works. He also details how to stop smoking, includes suggestions for how to find alternative health practitioners, and provides sources for the alternative products recommended. ROBERT J. GREEN JR., ND, is a naturopath who holds professional membership with the American Association of Drugless Practitioners (AADP) and the American Alternative Medical Association (AAMA). He has used nutritional and natural approaches to address emphysema and COPD since 1994. He lives in southwestern Pennsylvania.

I have COPD and 1 month on this diet has definitely improved my general health and breathing

Very informative and proving to be helful

Good book has a lot of information that can help.

Newly diagnosed with COPD, my sister was looking for therapies she could incorporate into her lifestyle that did not include drugs. She was very happy with the book and its suggestions.

I have two copies of this book--one in Kindle, and one in hardcover. I refer to it all the time, especially about vitamins. This book lists natural therapies for COPD and even gives recommended doses. If you have COPD or know someone who does, please get this book.

full of usefull information

great book with all the info you need about copd.

Great resource of information

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Natural Therapies for Emphysema and COPD: Relief and Healing for Chronic Pulmonary Disorders Courage and Information for Life with Chronic Obstructive Pulmonary Disease: The Handbook for Patients, Families and Care Givers Managing COPD, Emphysema, Bronchitis The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health) Living With COPD (Chronic Obstructive Pulmonary Disease): What it is and how to manage it Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Principles of Pulmonary Medicine: Expert Consult - Online and Print, 6e (PRINCIPLES OF PULMONARY MEDICINE (WEINBERGER)) Pulmonary Disease Examination and Board Review (Pulmonary Medicine) Ruppel's Manual of Pulmonary Function Testing, 10e (Manual of Pulmonary Function Testing (Ruppel)) Manual of Pulmonary Function Testing, 9e (Manual of Pulmonary Function Testing (Ruppel)) Ruppel's Manual of Pulmonary Function Testing - E-Book (Manual of Pulmonary Function Testing (Ruppel)) Pulmonary Pathophysiology: The Essentials (PULMONARY PATHOPHYSIOLOGY (WEST)) Treatise on Pulmonary Toxicology, Volume I: Comparative Biology of the Normal Lung (Discontinued (Treatise on Pulmonary Toxicology)) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease Natural Healing and Remedies Cyclopedia: Complete solution with herbal medicine, Essential oils natural remedies and natural cure to various illness. (The answer to prayer for healing) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)