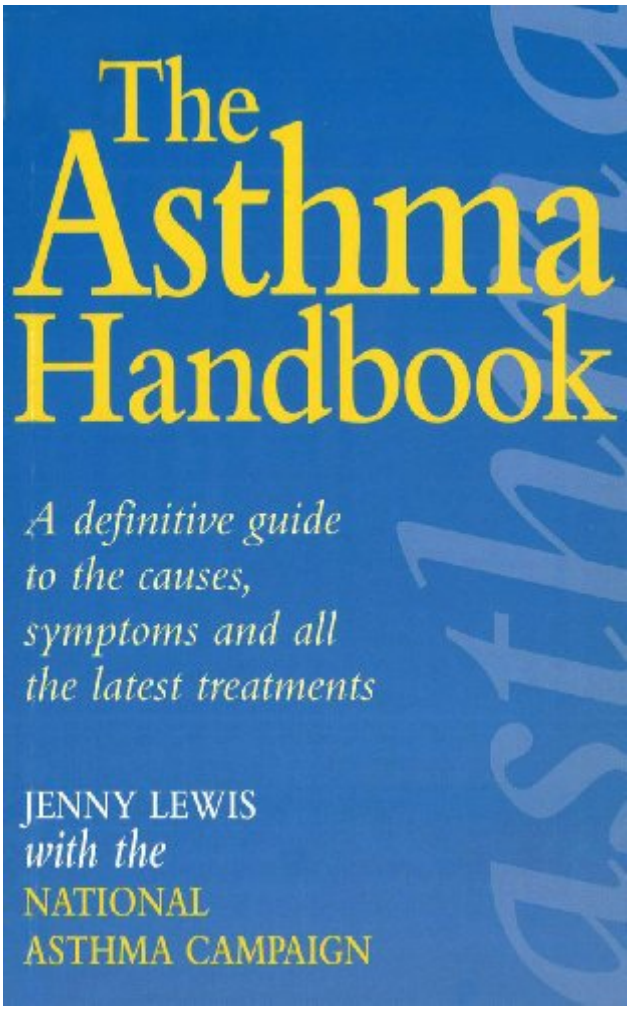
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The Asthma Handbook: A Definitive Guide To The Causes,Symptoms And All The Latest Treatments



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Synopsis

’Asthma has become something of a modern epidemic. Twenty years ago it affected one in ten people. Now, one if five children and nearly as many adults suffers from it. And despite better, more effective, drugs to combat the problem, the death rate is not going down. Around 2, 000 people die from the complaint each year. ’ DAILY MAIL, TUESDAY APRIL 26, 1994. With no known cure for asthma, this comprehensive guide seeks to give practical help to all age groups in dealing with the growing problem, listing the many known triggers for the condition and giving advice on how to avoid them. And following the style established by her two previous titles, THE ASTHMA HANDBOOK contains case histories showing how individuals cope with asthma, as well as the various treatments available, both conventional and where sensible complementary. Packed with essential information such as what to do when faced with an asthma attack, THE ASTHMA HANDBOOK is THE guide for suffers, friends and relations and it may even save a life.

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