



# Overcoming Asthma: The Complete Complementary Health Program (Natural Health Guru)

*Dr. Sarah Brewer*

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This unique health reference provides a highly authoritative yet easy-to-follow series of complementary medicine and self-care treatments, specially designed to support the conventional medications for asthma. The internationally acclaimed Dr. Sarah Brewer offers a pioneering approach of tailor-made programs based on the premise that we're all unique, and have different requirements in accordance with our age, gender, lifestyle, and genetic background. Learn to understand what your doctor is prescribing and why, then complete the included questionnaire and you'll find whether to embark upon The Gentle Program, The Moderate Program or The Full-strength Program. Each pathway guides you through daily nutritional plans, as well as exercise regimes and lifestyle changes, all of which empower you to make real improvements to your health.

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