



Reversing Asthma: Reduce Your Medications with This Revolutionary New Drug Program, 1996, 370 pages, Richard Firshein, 0446518239, 9780446518239, Warner Books, 1996.

Reversing Asthma asks you the key questions that will help you detect contributing causes of your asthma, from food allergies to stress and even the medication you are already using. It then draws on the latest research to show you how to deal directly with those causes, rather than simply treating symptoms. With this revolutionary program, you will find out how changing - and often eliminating - medication can reduce asthma symptoms; how your diet may be aggravating an asthma condition, and how new allergy tests can help you change it; how to asthma-proof your home and office environment; how to choose the best therapies for children; when to try alternative methods such as acupuncture, meditation, hypnosis, and biofeedback; the benefits and importance of a thorough nutritional analysis; and when supplements can help - everything from vitamin C and magnesium to ginkgo and garlic.

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Asthma-Free Naturally Everything You Need to Know to Take Control of Your Asthma, Patrick McKeown, Sep 1, 2008, Health & Fitness, 320 pages. Explains how the Buteyko Breathing Method can help readers retrain their breathing habits to free themselves from asthma symptoms, attacks, and medication..

Prescription for nutritional healing , James F. Balch, Seth Spaulding, Phyllis A. Balch, Lin Lin, 1997, Health & Fitness, 500 pages. Collects drug-free remedies that feature vitamins, minerals, herbs, and food supplements.

Asthma, Allergies and Lupus , F. Batmanghelidj, Aug 1, 2000, Health & Fitness, 240 pages. A self-education manual for those who prefer to adhere to the logic of the natural and the simple in preventive medicine..

Your Asthma Free Child The Revolutionary 7-Step Breath of Life Program, Richard N. Firshein, 2002, Health & Fitness, 148 pages. A parent's guide to preventing and treating asthma in their children combines conventional medical practices with such alternative approaches as diet, breathing and

The Whole Family Guide to Natural Asthma Relief Comprehensive Drug Free Solutions for the Treatment and Prevention of Asthma and Allergies, C. Leigh Broadhurst, 2002, Health & Fitness, 199 pages. Introduces an approach to treating asthma and allergies without drugs or chemicals, describing supplement and herbal recommendations, dietary and lifestyle tips, exercise

Reversing Ageing , Dr. Paul Galbraith, Oct 1, 2006, , 224 pages. A complete rejuvenation and vitality programme. The human body has an inbuilt ability to rejuvenate and heal itself; it just needs the right conditions. This book explains how

Everything You Need to Know About Asthma , Carolyn Simpson, 1998, Juvenile Nonfiction, 64 pages. Explains what asthma is, how it is diagnosed and treated, and how it can affect a person's life..

The hunger of the heart a call to spiritual growth, Ron DelBene, Herb Montgomery, Mary Montgomery, 1992, Religion, 110 pages. Second in the trilogy, this volume describes 14 stages of spiritual development that searching believers pass through time and time again..

The Harvard Medical School Guide to Taking Control of Asthma A Comprehensive Prevention and Treatment Plan for You and Your Family, Christopher H. Fanta, Lynda M. Cristiano, Kenan E. Haver, 2003, Health & Fitness, 331 pages. Provides authoritative information on such areas as current therapies and special needs, explaining how readers and their families can create a personalized program on how to

The Nutraceutical Revolution 20 Cutting-Edge Nutrients to Help You Design Your Own Perfect Whole-Life Program, Richard Firshein, 1998, Health & Fitness, 371 pages. Describes a core group of supplements useful for treating a variety of complaints, including magnesium, B vitamins, vitamin E, and ginkgo.

The Lion Who Had Asthma , Jonathan London, Jan 1, 1992, Juvenile Nonfiction, 32 pages. Sean's nebulizer mask and his imagination aid in his recovery following an asthma attack. Includes information on childhood asthma and how to control its symptoms..

Fats that Heal, Fats that Kill , Udo Erasmus, Jan 1, 1993, Health & Fitness, 456 pages. Fats that Heal Fats that Kill presents the most current research on common and lesser known oils with therapeutic potential: flax, hemp, olive, fish, evening primrose, borage

Cancer and Vitamin C A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer with Special Reference to the Value of Vitamin C, Ewan Cameron, Linus Pauling, 1979, Health & Fitness, 238 pages. The Nobel laureate focuses on the value of vitamin C in the prevention and treatment of cancer.

Oxford Read and Discover: Level 1: In the Sky , Kamini Khanduri, Jun 21, 2012, Foreign Language Study, 32 pages. Read and discover all about the sky. What can you see in the sky? What are stars? Read and discover more about the world! This series of non-fiction readers provides ...

Momo , Michael Ende, 1985, Fiction, 227 pages. Weaves a magical tale about an orphan girl named Momo whose unstinting goodness nurtures wisdom and happiness in the people around her and who becomes the prey of sinister figures.

The Marshal's Destiny , C. H. Admirand, 2001, Fiction, 186 pages. Fiery-haired Irish-born Maggie heads for Colorado carrying the proof her brother needs to keep greedy landowners from stealing his ranch. During a rescue from attacking Indians ...

The Origins of Religion Totem and Taboo, Moses and Monotheism and Other Works, Sigmund Freud, 1990, Judaism, 413 pages.

Genetics , Gerald D. Elseth, Kandy D. Baumgardner, Jan 1, 1984, Science, 780 pages.

The origins of modern Europe , James Llewelyn White, 1965, History, 412 pages. Surveys the period from 1660 to 1789, noting the interrelationship of political, economic, scientific, and philosophic advances.

A History of Queensland , Raymond Evans, Jul 5, 2007, History, 328 pages. A History of Queensland explores from the time of earliest human habitation up to the present.

Family Nursing A Study Guide, Evelyn G. Sobol, Paulette Robischon, 1975, Families, 182 pages.

Lila and Ecco's Do-it-yourself Comics Club , Willow Dawson, 2010, Juvenile Nonfiction, 112 pages. Twelve-year-olds Lila and Ecco are interested in making a comic book and one day they stumble into a workshop of comics creators where they learn how to write a script; create ...

Geronimo's Bones A Memoir of My Brother and Me, Nasdijj, 2004, Biography & Autobiography, 299 pages. The author of The Blood Runs Like a River Through My Dreams recounts the experiences he shared with his beloved brother, a migrant-camp childhood of spotty educational ...

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National Missile Defense Issues and Developments, Erin V. Causewell, Jan 1, 2002, History, 135 pages.

Ruby Gloom's Guide to Friendship , Matt Riser, Martin Hsu, May 1, 2005, Juvenile Nonfiction, 72 pages. If Ruby Gloom's friends seem somewhat unusual, "well then, welcome to Gloomsville, where being different IS normal."

Clinical reproductive neuroendocrinology , Pierre Olivier Hubinont, M. L'Hermite, C. Robyn, 1977, Medical, 286 pages.

The Secret of Love , Harold Klemp, Jan 1, 1996, Body, Mind & Spirit, 244 pages. Stories and practical insights to help you expand and be stretched, listen and be listened to. Through these small acts of unconditional love, you'll find yourself -- and find God.

Jamie and the Chameleon , Carolyn Sloan, 2009, Children's stories, 24 pages. A new and revised edition of this book is currently being developed and will be available soon. This edition is no longer available.

Physical Change and Aging A Guide for the Helping Professions, Sue V. Saxon, Jan 1, 2002, FAMILY & RELATIONSHIPS, 480 pages. The physical changes and the common pathologies associated with aging are discussed, along with the psychological and social implications of such changes. The guide is for ...

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Tunisia the rough guide, Daniel Jacobs, Peter Morris, Linda Cooley, 1992, Travel, 466 pages. You'll be exhilarated by the sheer hospitality of Tunisia. Ranging from Mediterranean isles to pure Sahara desert, Tunisia is an easygoing and varied country and the Rough ...

Child Care A Parent's Guide, Sonja Cooper, Sonja Flating, 1991, Family & Relationships, 173 pages. Explains how to decide among in-home care, family day-care homes, child care centers, and employer-sponsored child care

The Soldiers' Story Vietnam in Their Own Words, Ron Steinman, 2000, Vietnam War, 1961-1975, 367 pages.

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