

The Draw-A-Breath Foundation



# RELIEVE THE SQUEEZE

How to Take Control of Your Asthma



by Peggy Guthart Strauss

photographs by Lucy Dahl



# Relieve The Squeeze How To Take Control Of Your Asthma

**Rose Arny**



## **Relieve The Squeeze How To Take Control Of Your Asthma:**

*Relieve the Squeeze* Peggy Guthart Strauss,2000 Illustrated with photographs from the video *Relieve the Squeeze* demonstrates the danger of ignoring asthma symptoms hoping they ll go away on their own Additional materials include a list of resources for asthma sufferers and their caregivers suggestions for tracking medication schedules ideas for asthma proofing the house and even an asthma rap    **Good Housekeeping** ,2001    **Zoey and the Zones** Shawn R. McCormick,Ginny Trevino,2002-02 Parents workbook for families of children with Asthma    *The Miracle of the Breath* Andrew Caponigro,Andy Caponigro,2005 Thousands of years ago great Hindu yogis and Chinese sages developed powerful systems of breath control that they used for mastering fear healing illness and attaining the state of enlightenment These ancient sciences possess such remarkable powers because they tap into the spiritual life force that gives our breath its life sustaining powers The Hindus call this life force Prana the Chinese call it Chi the Hebrews call it the Breath of Life and Christians call it the Holy Spirit Page 4 of cover    **Natural Healing Remedies Over 1,000 Natural Ways to Relieve Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and More...** ,2024-01-03    **The Bible Cure for Asthma** Don Colbert,2013-08-12 OVER 3 MILLION BIBLE CURE BOOKS SOLD FROM THE NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH AND I CAN DO THIS DIET Asthma Simple practical solutions to help you breath easier If you or someone you love has been diagnosed with asthma you need to experience the life and the breath of God In this easy to read book Dr Don Colbert offers a natural biblical plan for totally conquering asthma which afflicts about 20 3 million people nationwide You don t have to suffer from asthma attacks any longer This practical book will help you understand The heart connection why asthma sufferers feel chronic grief and loneliness How to combat irritants that aggravate asthma attacks How to breathe easier to reduce asthma How a balanced diet and taking supplements can help You want to be healthy God wants you to be healthy At last here s a source of information that will help you live in health body mind and spirit    **Handbook of Hypnotic Suggestions and Metaphors** D. Corydon Hammond,1990-06-05 Designed as a practical desktop reference for clinicians who use hypnosis this book contains a collection of therapeutic suggestions and metaphors with contributions from over 100 hypnotherapists It provides a look at what experienced clinicians say to their patients during hypnotic work    [Collins-Bride & Saxe's Clinical Guidelines for Advanced Practice Nursing](#) Yoonmee Joo,Jim V. Gatewood,Mary Anne Israel,Kelly Wong McGrath,2024 Collins Bride Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section    **The Whole Family Guide to Natural Asthma Relief** C. Leigh Broadhurst,2002 Introduces an approach to treating asthma and allergies without drugs or chemicals describing supplement and herbal recommendations dietary and lifestyle tips exercise techniques and advice on eliminating allergens from one s environment    [Clinical Guidelines for Advanced Practice Nursing](#) Geraldine M. Collins-Bride,JoAnne M. Saxe,Karen G. Duderstadt,Rebekah Kaplan,2016-03-16 Clinical Guidelines for Advanced Practice

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[The Horn Book Guide to Children's and Young Adult Books](#) ,2001

**Asthma** Jonathan Brostoff,Linda Gamlin,2000-09 A comprehensive program to help asthma sufferers identify their triggers make changes in their environment diet and lifestyle and reduce their dependence on drugs Evaluates the full range of therapies including acupuncture herbalism massage yoga and breathing exercises as well as standard pharmaceuticals By the authors of the bestselling Food Allergies and Food Intolerance Provides special advice for parents with asthmatic children Almost everyone with asthma could be feeling better and using fewer drugs this book shows you how Internationally recognized authorities on allergies and asthma Dr Jonathan Brostoff and Linda Gamlin provide a comprehensive step by step program to help you identify your personal asthma triggers and make changes in your environment diet and lifestyle that can reduce your exposure to allergens and your need for drugs The authors have examined the most up to date research to offer a critical survey of the full range of asthma therapies from alternatives such as acupuncture herbalism yoga and breathing exercises to the commonly prescribed pharmaceuticals Expectant mothers and fathers with asthma will appreciate the information on how to reduce the risk of their unborn child acquiring the disease and parents will find advice that can help their asthmatic children lead happier healthier lives

**Understanding and Managing Your Child's Food Allergies** Scott H. Sicherer,2006-11-17 For children with food allergies eating one of the basic functions of life can be a nightmare Children who suffer or become dangerously ill after eating peanuts seafood milk eggs wheat or a host of other foods require constant vigilance from caring concerned parents teachers and friends In this empathetic and comprehensive guide Dr Scott H Sicherer a specialist in pediatric food allergies gives parents the information they need to manage their children s health and quality of life He describes why children develop food allergy the

symptoms of food allergy affecting the skin the gastrointestinal tract and the respiratory system and the role of food allergy in behavioral problems and developmental disabilities Parents will learn how to recognize emergency situations how to get the most out of a visit with an allergist what allergy test results mean and how to protect their children at home at school at summer camp and in restaurants Informative compassionate and practical this guide will be indispensable for parents physicians school nurses teachers and everyone else who cares for children with food allergies     **Forthcoming Books**

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**School Library Journal** ,2001     The Publishers Weekly ,2000     **American Book Publishing Record** ,2001     The Complete Idiot's Guide to Natural Remedies Chrystle Fiedler,2009-01-06 It s amazing what a little peppermint and a couple of walnuts can do The health conditions Everything from heart disease cancer and migraines to insomnia PMS and allergies The remedies Fish oils peppermint lavender blueberry yogurt and old fashioned vitamin C This is a complete reference book for readers who want scientifically researched recommendations for the best all natural treatments for specific conditions presented in an easy to follow format Covers complaints and ailments from high blood pressure to bug bites Each treatment based on the latest scientific research Includes natural remedies from herbs and supplements to traditional Chinese Medicine Arranged by specific ailment or disorder

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