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The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease (Paperback)

By Dawn Lesley Fielding

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Paperback. Condition: New. Language: English . Brand New Book. When you can't breathe, nothing else matters. If you are one of the 15 million Americans diagnosed with Chronic Obstructive Pulmonary Disease (COPD), you know what it's like to struggle to breathe. You know what it's like to sacrifice your favourite activities to a chronic illness that changes everything from your work life to how you take your meals. But there is help, and hope. Respiratory Therapist Dawn Lesley Fielding shares the program she has used in her own practice, with an astonishing 100% success rate, offering techniques and tools to make breathing easier and improve your overall health. This practical, accessible, step-by-step guide explains what COPD is and how it affects your breathing the most up-to-date medication and treatment options, how to track symptoms and medications, essential breathing techniques to improve oxygen intake, strategies for healthy nutrition and gentle exercise, what to eat and what to avoid, with lists of key COPD foods. With stories from others with this condition, easy charts for managing everything from your medications to your symptoms, as well as hands-on tips for you and your loved ones, The COPD Solution is your guide to reclaiming...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written ebook. Its been designed in a remarkably straightforward way and it is only after I finished reading through this publication by which basically altered me, modify the way I believe.

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Very useful to all of group of people. I actually have read through and so I am certain that I will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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