

**Breathe More Easily with Safe
and Effective Natural Therapies**

ASTHMA: *Relax—* **You're Not Going to Die**

- Dietary Recommendations to Alleviate Symptoms
 - Embrace Exercise, *Don't Fear It*
- Your Environment May Make Your Asthma Worse
 - Learn How You Can Fix It*
- Vitamins, Minerals, and Herbs for Asthma Relief
 - Stress Contributes to Asthma
 - Therapies to Eliminate It*

Jonathan M. Berkowitz, M.D.

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