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and Effective Natural Therapies**

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*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.**

# Asthma Relax Youre Not Going To Die

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