

# asthma relief

the  
easy  
vitamin  
way

"If they invented a  
drug as good as this  
it would be hailed as  
a wonder drug."

Marian  
Shepherd  
Slee

# Asthma Relief The Easy Vitamin Way

**S Marginson**



## **Asthma Relief The Easy Vitamin Way:**

**Asthma Relief** Marian Shepherd-Slee,2007 For a decade asthma sufferers and their family and friends have been asking for this book Marian Shepherd Slee s previous book Give Asthma The Big A was a sellout success Asthma Relief The Vitamin A Way is the new and expanded edition of the asthma book that went to number five on bestseller lists a decade ago Marian Shepherd Slee is the Queensland mother of six who was severely restricted by asthma and went on to find her own cure This book explains a natural drug free way to relieve asthma that has now worked over the years for many others including children and the elderly It is a way that sceptical medical professionals admit brings relief and a better life A simple easy way taking vitamin A and E in moderate amounts This is the MUST book for everyone afflicted with asthma with a friend or family member afflicted with asthma It really could save your life

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**Vitamin D For Dummies** Alan L. Rubin,2011-05-12 Your plain English guide to the many benefits of Vitamin D Vitamin D is in the news every day as new tests and studies reveal encouraging information about its power in maintaining good health and preventing major illnesses No longer thought to just play a role in calcium intake and bone growth Vitamin D has a host of other functions in the body playing a role in prevention of serious diseases including cancer diabetes and heart disease as well as boosting immunity improving athletic performance losing weight and more This hands on plain English guide is perfect for anyone looking for helpful advice and information on the nutrient of the decade Coverage of how Vitamin D works and how much is needed for disease prevention How and where to get sufficient amounts of the right kind of Vitamin D from both your diet and nutritional supplements The best ways to maintain healthy levels of Vitamin D If you re looking to learn more about the many benefits Vitamin D can have on you and your family you ll find everything you need right here

**Smart Medicine for Healthier Living** Janet Zand,James B. LaValle,1999-05-01 Written by a medical doctor a naturopath and a registered pharmacist Smart Medicine for Healthier Living is a complete A to Z guide to the most common disorders and their treatments using both alternative care and conventional medicine Comprehensive and easy to follow Smart Medicine for Healthier Living is divided into three parts Part one explains the full spectrum of approaches used to effectively treat common health problems It provides an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupressure aromatherapy diet and nutritional supplements It also

includes a helpful section on home and personal safety Part two contains a comprehensive A to Z listing of various health problems Each entry clearly explains the problem and offers specific advice using a variety of approaches Part three provides step by step guidance on using the many therapies and procedures suggested for each health problem Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again whenever the need arises

Asthma and COPD Peter J. Barnes, Jeffrey M. Drazen, Stephen I. Rennard, Neil C. Thomson, 2009-03-19 The Second Edition of Asthma and COPD Basic Mechanisms and Clinical Management continues to provide a unique and authoritative comparison of asthma and COPD Written and edited by the world's leading experts it continues to be a comprehensive review of the most recent understanding of the basic mechanisms of both conditions specifically comparing their etiology pathogenesis and treatments Each chapter considers Asthma and COPD in side by side contrast and comparison not in isolation in the context of mechanism triggers assessments therapies and clinical management Presents the latest and most comprehensive understandings of the mechanisms of inflammation in both Asthma and COPD Most extensive reference to primary literature on both Asthma and COPD in one source Easy to read summaries of the latest advances alongside clear illustrations

**Let's Learn ChatGPT - The Easy Way** Dharmaraju BK, 2025-09-12 Let's Learn ChatGPT The Easy Way by Dharmaraju BK is your simple step by step guide to unlocking the power of ChatGPT Written in clear and practical language this book is designed for beginners as well as everyday users who want to get the best out of AI without any technical confusion Inside you will discover how ChatGPT can assist you in daily life education writing business financial planning health management and more With practical examples easy explanations and real life applications this book shows how AI can save time boost creativity and simplify complex tasks Whether you are a student professional entrepreneur or simply curious about AI this book will help you understand ChatGPT's potential and guide you to use it effectively and responsibly Start your journey today and learn ChatGPT the easy way

*The Boilermakers Journal*, 1940 *Brotherhood of Maintenance of Way Employees Journal*, 1955 **Pathfinder**, 1944 *Smart Medicine for a Healthier Child* Janet Zand, Robert Rountree, Rachel Walton, 2003-01-06 Revised updated and expanded to reflect the latest thinking and information on children's health issues Smart Medicine for a Healthier Child enables parents to combine the best of conventional and alternative approaches Part One explains the full spectrum of techniques that can be employed to effectively treat childhood health problems providing an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupuncture diet and nutritional supplementation Part Two contains a comprehensive A to Z guide to the various health problems of childhood from acne to chickenpox to thumb sucking Finally Part Three offers guidance on using the therapies and procedures suggested in Part Two from locating acupuncture points to preparing herbal remedies Written by a naturopathic physician a medical doctor and a pediatric nurse this unique book gives parents easy access to current information and advice regarding their children's health and acts as a bridge between time honored healing

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