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## **Asthma Free In 21 Days**

Asthma Free in 21 Days looks at asthma from a holistic perspective, focusing on the mind-body connection which is present in so many ailments. Anyone suffering from this common respiratory condition should read this book! -- Margaret C. Donnelley, President Emeritus, Mental Health Association of Palm Beach County

## **Asthma Free in 21 Days: The Breakthrough Mind-Body Healing ...**

Overview Is it really possible to reverse the painful, debilitating symptoms of

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asthma and to reduce your dependence on doctors and medication-- in just 21 days? Conventional medicine offers no real solution to the seventeen million Americans suffering from this disease.

### **Asthma Free in 21 Days: The Breakthrough Mind-Body Healing ...**

Asthma Free in 21 Days [Kathryn, Ph.D. Shafer] on Amazon.com. \*FREE\* shipping on qualifying offers. A longtime asthma sufferer offers a mindbody technique for relieving asthma, presenting a twentyone day plan that breaks the engrained emotional patterns aggravating the condition and that can be used with conventional therapies or as an alternative treatment.

### **Asthma Free in 21 Days: Kathryn, Ph.D. Shafer ...**

"Asthma Free in 21 Days," chronicles Shafer's own healing process using the F.U.N. program as well as the patients she healed of asthma at her Limitless Health Potentials therapeutic center in

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Jupiter, Florida and in workshops across  
the country. The book clearly explains  
Shafer's step by step 21 day F.U.N.  
program.

## **Asthma Free in 21 Days by Therapist & Author, Dr. Kathryn ...**

Asthma-Free in 21 Days: Shafer,  
Kathryn, Greenfield, Fran, Epstein,  
Gerald: 9780312981419: Amazon.com:  
Books.

## **Asthma-Free in 21 Days: Shafer, Kathryn, Greenfield, Fran ...**

Is it really possible to reverse the  
painful, debilitating symptoms of asthma  
and to reduce your dependence on  
doctors and medication--in just 21 days?  
Conventional medicine offers no real  
solution to the seventeen million  
Americans suffering from this disease.  
But in this remarkable book, Kathryn

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real solution...

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21 Days of Yoga: Bhujangasana helps in  
treating Arthritis, Constipation and  
Asthma. ... loses son, 20, to the 'Rona, &  
then days later, her daughter, obesity,  
asthma, exercise. Dose of Sarcasm. 0:27.  
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## **[NEWS] Asthma-Free in 21 Days by Kathryn Shafer Complete ...**

Alternate day calorie restriction improves clinical findings and reduces markers of oxidative stress and inflammation in overweight adults with moderate asthma Free Radic Biol Med . 2007 Mar 1;42(5):665-74. doi: 10.1016/j.freeradbiomed.2006.12.005.

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### **Asthma Free in 21 Days eBook by Kathryn Shafer ...**

Buy a cheap copy of Asthma Free in 21 Days: The Breakthrough... book by Kathryn Shafer. Is it really possible to reverse the painful, debilitating symptoms of asthma and to reduce your dependence on doctors and medication--in just 21 days? Conventional... Free shipping over \$10.

### **Asthma Free in 21 Days: The Breakthrough... book by ...**

Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be

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controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

### **Asthma | CDC**

The book Asthma Free in 21 Days is well written and extremely readable. The author adopts a conversational style that doesn't hobble the reader while presenting valuable material. On the whole the book is a mixed bag at best. Interesting and thoughtful information on asthma is mixed with New Age Spirituality and rejection of western science.

### **Amazon.com: Customer reviews: Asthma Free in 21 Days: The ...**

Asthma free in 21 days : the breakthrough mind-body healing program. [Kathryn Shafer; Fran Greenfield] -- "This is a wonderful, inspiring, thoughtful book that offers immediate, solid substance and direction



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to people with asthma.

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