



## **Asthma Controlled Naturally**

Dr. Ron Roberts

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#### Asthma Controlled Naturally Dr. Ron Roberts

Asthma is an epidemic in Western countries and is a life-threatening condition for manysufferers. Most people with asthma are prescribed medication -but what else can they do to improve their health? Dr Ron Roberts is a naturopath, acupuncturist and chiropractor, with a long history of working with sufferers of asthma. Asthma Controlled Naturally explains how complementary treatments can be used to alleviate the symptoms of asthma. He provides detailed explanations of how breathing exercises, dietary adjustments and a range of therapies can hlep people affected by asthma.



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