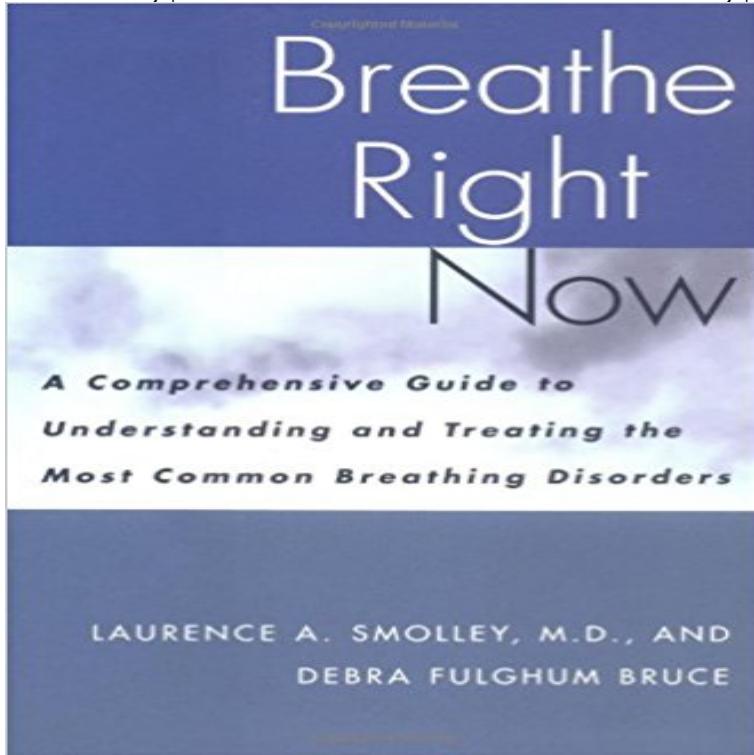


Breathe Right Now: A Comprehensive Guide to Understanding and Treating the Most Common Breathing Disorders



For the 70 million Americans who suffer from one or more breathing problems, the first complete guide to their causes and their treatment. Allergies, asthma, sinusitis, chronic obstructive pulmonary disease (COPD)?these and other misery-causing and often life-threatening respiratory disorders plague tens of millions of Americans. The good news in Breathe Right Now is that modern medicine has developed a wide range of effective treatments for the sneezing, sniffing, shortness of breath, wheezing, sleep disorders, and other problems that have caused so many people to put their lives on hold. Written by a trained clinician and an experienced medical writer, it is the first comprehensive reference and medical self-help book that does not endorse any single prescribed regimen or cure. Rather, it offers authoritative and accessible information on the many types of breathing disorders and provides a myriad of medical and nondrug options for managing them. With up-to-date information on the latest research and medical breakthroughs, numerous charts and checklists on drugs, symptoms and risk factors, full coverage of mind/body and other alternative therapies, and special sections on the particular needs of children and the elderly, this is a book that will be helping readers breathe easier for years to come.

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