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# Natural Therapies For Emphysema And COPD: Relief And Healing For Chronic Pulmonary Disorders

## NATURAL THERAPIES *for* EMPHYSEMA *and* COPD



*Relief and Healing for  
Chronic Pulmonary Disorders*

ROBERT J. GREEN JR., ND



## Synopsis

The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach â € Explains the benefits of detoxification, dietary changes, and food combining â € Details 45 suggested herbs and 26 nutritional supplements as well as information on how to stop smoking Approximately 35 million people in the United States have been diagnosed with some form of chronic obstructive pulmonary disease (COPD)--emphysema constituting 18 million of that group. Worldwide, as many as 293 million people suffer with these conditions. COPD is the fourth leading cause of death in America, claiming nearly 120,000 lives annually. Yet conventional approaches to treatment, with their regimens of drugs and unceasing physical therapy, provide neither cure nor significant relief. In *Natural Therapies for Emphysema and COPD*, Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. Starting with the basics of the physiology of respiration, Green presents a comprehensive program that includes detoxification, dietary changes, nutritional supplements, and herbal medicine; breathing techniques and exercise options such as aerobics, yoga, qigong, and tai chi; and alternative therapies such as homeopathy, acupuncture, and massage--noting how and why each therapy works. He also details how to stop smoking, includes resources for alternative health practitioners, and provides sources for the alternative products recommended.

## Book Information

File Size: 2282 KB

Print Length: 196 pages

Publisher: Healing Arts Press; 2 edition (April 4, 2007)

Publication Date: August 10, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B008VRYLS6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #351,875 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Pulmonary #64  
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## Customer Reviews

At age 56, I have suffered from COPD/Emphysema for 10 years and now I am approaching the end stage. My medical care has been through Cleveland Clinic in Florida and I hold a master's degree BUT DESPITE THESE 'APPARENT' ADVANTAGES, I WAS SO IN THE DARK UNTIL I READ THIS BOOK. I did not know how to make my breathing easier and the quality of my life better, especially if it meant making nutritional changes. Apparently, my doctors and other allied professionals did not seem to know either because no one was able to help me even if I asked. COPD patients suffer to varying degrees with chronic mucus production, chronic inflammation and bronchoconstriction. FINALLY, this book helped me to take charge and I gave up all dairy products, red meat, white flour and gluten products, fried and processed foods, and added supplements and herbs. By making these changes and more I gleaned from this book (like acupuncture), I have improved so significantly. Will it extend my life? Not sure but it sure makes life so much better. I cannot recommend this book more highly. It should be given to every single person at the time they are first diagnosed and I am sure they will live a lot longer.

Another book I purchased to see if we could make a difference to my husband's health. He is battling COPD - this change of diet is helping tremendously. In the short span of 4-6 weeks he has gone from having no color in his face and barely moving from the living room to the kitchen, to walking three miles on the treadmill, doing ward work and looking healthy. Honestly the transformation is amazing!

I just finished reading this book and I loved it. I knew that my diet was reason I had a hard time breathing but I kept eating the same food anyway. NOT ANYMORE! This book has given me reason to change my diet completely and cut out all dairy and red meat. The supplements and herbs were completely different than what I was taking too so this is probably why I was still having hard time breathing too. I plan on giving the oregano oil a try since I heard great reviews on that. Here's to a new "breathe easier" life! Thanks to Robert. J Green Jr. for writing this wonderful book.

I read the book in one sitting - an easy read - and began putting the suggestions into practice

immediately. Six months ago, the doctor was ready to put me on hospice. Yesterday the doc said my lungs sounded clearer, lung function had greatly improved and I am once again comfortable without supplemental oxygen at rest. This book has enabled me to take my life back. Thank you, Robert J Green Jr, ND, you gave me my life back.

This book covers it all. If you're looking for alternative methods for treating COPD or any lung disease, then I would recommend this book. It's very well organized and informative and covers just about everything involving COPD, it's causes, and the various treatments available. There's no fluff here.

This book gave me what I'd hoped for. Answers that satisfy my demand to know WHY .This is no mere piece of self serving advertisement. This book explains how your lungs work and what foods ( for example) feed your body's need to constrict your breathing. I cut out two of the foods suggested and within days, noticed a positive change. That's great, sure, but what is really great is this book explains on the cellular level, WHY it works the way it does.Buy this book ! Greg ( 40% of my lungs left)

This was the first book I read on my three and a half year quest that resulted in reversing my mother's emphysema and COPD. The information on supplements is priceless! If you wish to read the story of my mother's remarkable recovery visit the following sites for free information or download the whole story. Before you go, buy this book! You're going to need it soon![...]

Robert J. Green Jr.'s NATURAL THERAPIES FOR EMPHYSEMA AND COPD: RELIEF AND HEALING FOR CHRONIC PULMONARY DISORDERS shows that alternative holistic therapies from herbs to homeopathy offer relief in coping with COPD's symptoms - and can be blended into the author's comprehensive treatment program, presented here. From dietary changes and nutritional supplements to exercises from aerobics to yoga, a range of alternative therapies are brought into play in a survey alternative health libraries will want.

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Positive Options for Living with COPD: Self-Help and Treatment for Chronic

Obstructive Pulmonary Disease (Positive Options for Health) COPD Exercises 2013: 50 Activity Ideas for Chronic Obstructive Pulmonary Disease Patients Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Pulmonary Pathophysiology: The Essentials (PULMONARY PATHOPHYSIOLOGY (WEST)) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions The Chronic Bronchitis and Emphysema Handbook The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Chronic Obstructive Pulmonary Disease (The Facts) 21st Century Adult Cancer Sourcebook: Chronic Myeloproliferative Disorders - Chronic Myelogenous Leukemia, Polycythemia Vera, Myelofibrosis, Thrombocythemia, Neutrophilic Leukemia The Natural Physician's Healing Therapies: Proven Remedies Medical Doctors Don't Know Chiropractic and Naturopathic Mastery of Common Clinical Disorders: The art of co-creating wellness while effectively managing acute and chronic health disorders Natural Relief from Asthma (Natural Health Guide) (Alive Natural Health Guides) A Victim No More: Overcoming Irritable Bowel Syndrome: Safe, Effective Therapies for Relief from Bowel Complaints Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders)

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