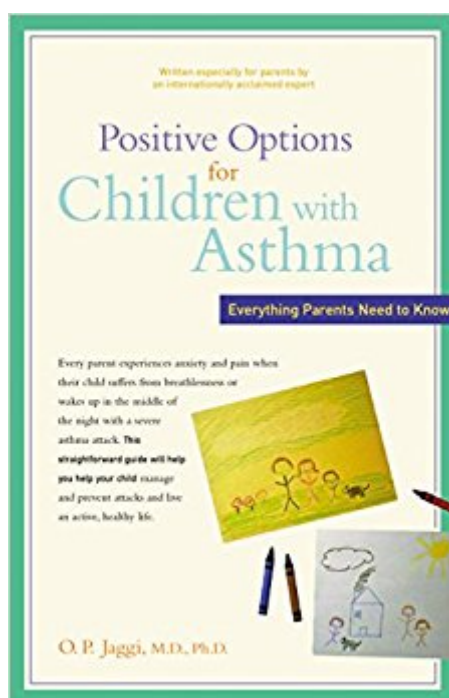


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# Positive Options For Children With Asthma: Everything Parents Need To Know (Positive Options For Health)



## Synopsis

**\*\* How to Help Your Child Live an Active, Healthy Life\*\*** A straightforward simple guide for parentsWritten especially for parents, this book is a comprehensive guide to a better understanding of childhood asthma. Only parents and the immediate family know the intense anxiety and pain they experience when their child suffers from breathlessness, or wakes up in the middle of the night with a severe attack of asthma.Written in a warm, reassuring tone, the author explains the causes of asthma in children, discusses what goes wrong inside the lungs, and reviews the various diagnostic procedures and treatment options available, including advances in safe medication. Most important, the book discusses the critical role parents can play in preventing and managing asthma attacks:**\*\* Creating a safe, allergen-free environment\*\* Recognizing advance warning signs\*\* Pre-empting attacks\*\* Reducing the intensity of attacks\*\* Ensuring safe and minimal medication\*\* Enhancing body immunity and tolerance to allergens\*\* Helping the child to help himself**This edition for the US market includes the latest updates in the field and a new chapter on alternative treatments for asthma in children.This is the ninth book in Hunter House's popular Positive Options series.

## Book Information

Series: Positive Options for Health

Paperback: 164 pages

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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## Customer Reviews

"Positive Options for Children With Asthma is an excellent guide for parents. ...straight-forward, concise and easy to understand..." &#8212; ADVANCE for Respiratory Care Practioners, January 23, 2006

Positive Options for Children with Asthma: Everything Parents Need to Know is a no-nonsense guide written especially for parents and caretakers of children who suffer from asthma, including severe asthma attacks. Written by asthma expert O.P. Jaggi, Positive Options for Children with Asthma discusses how to create an allergen-free environment, how to pre-empt attacks or lower their intensity, teaching a child about asthma medication and how to use it safely, enhancing a child's immunity and tolerance to allergens, teaching a child effective "belly breathing" technique, helping a child incorporate physical activity into their lives while successfully coping with exercise-induced asthma, and much more. An easy-to-use, absolute "must-have" for anyone responsible for an asthmatic child, and also a very practical guide for asthmatics of any age seeking to learn more about their condition and what to do about it.

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