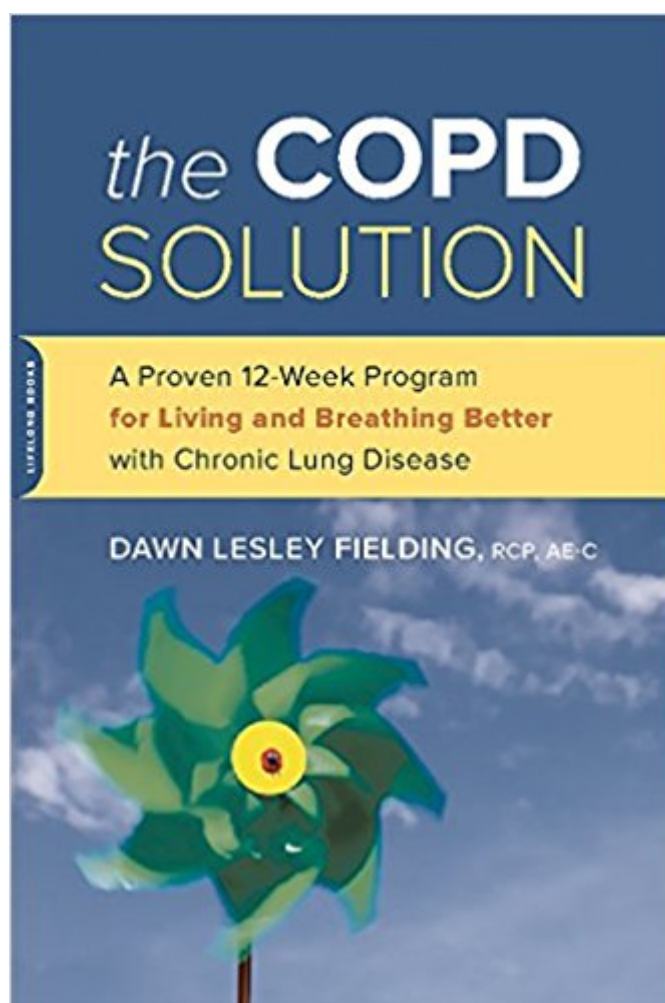


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# The COPD Solution: A Proven 10-Week Program For Living And Breathing Better With Chronic Lung Disease



## Synopsis

When you can't breathe, nothing else matters. If you are one of the 15 million Americans diagnosed with Chronic Obstructive Pulmonary Disease (COPD), you know what it's like to struggle to breathe. You know what it's like to sacrifice your favorite activities to a chronic illness that changes everything from your work life to how you take your meals. But there is help—and hope. Respiratory Therapist Dawn Lesley Fielding shares the program she has used in her own practice—with an astonishing 100% success rate—offering techniques and tools to make breathing easier and improve your overall health. This practical, accessible, step-by-step guide explains...what COPD is and how it affects your breathingthe most up-to-date medication and treatment optionshow to track symptoms and medicationessential breathing techniques to improve oxygen intakestrategies for healthy nutrition and gentle exercisewhat to eat and what to avoid, with lists of key COPD foodsWith stories from others with this condition, easy charts for managing everything from your medications to your symptoms, as well as hands-on tips for you and your loved ones, The COPD Solution is your guide to reclaiming your life and living fully with COPD.

## Book Information

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## Customer Reviews

Dawn Lesley Fielding, BS, RCP, AE-C is a licensed respiratory therapist and a pulmonary rehab clinical specialist with extensive experience in chronic lung disease. She is a certified asthma educator and certified COPD educator. For three years, she has owned and managed a pulmonary rehabilitation clinic in Utah. She is the founder of Chronic Lung Alliance, a non-profit organization

dedicated to those suffering from chronic lung disease.

Very helpful information for lots of pulmonary diseases!

I got this book for a friend with COPD. She found it incredibly helpful and informative. When you have a frightening illness, information is power, perhaps one of the few powers you have left to exercise. Thank goodness for helpful books like this one.

This has been a life saver, follow this and you can get your life back. Thank you.

Excellent book. Provides great information.

very good just read

Informative and helpful. Seems to be benefiting my elderly parents.

great suggestions on dealing with copd

Love it!

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