



Asthma Controlled Naturally

Dr. Ron Roberts

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Asthma is an epidemic in Western countries and is a life-threatening condition for many sufferers. 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 help people affected by asthma.

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