



Asthma Free In 21 Days

K Morrison



Asthma Free In 21 Days:

Asthma Free in 21 Days Kathryn Shafer, 2011-12-13 Is it really possible to reverse the painful debilitating symptoms of asthma and to reduce your dependence on doctors and medication in just 21 days? Conventional medicine offers no real solution to the seventeen million Americans suffering from this disease. But in this remarkable book, Kathryn Shafer, Ph.D., and Fran Greenfield, M.A., share their natural alternative: the FUN program (Focus Undo Now Act) that can help you break the bonds of asthma forever in only minutes a day. Kathryn Shafer's triumph over life-long asthma is a testament to the power of mind-body healing. This approach allowed her to successfully run the entirety of the New York City Marathon without medication. Her astounding victory became the seed for the FUN program. Together, Fran Greenfield and Kathryn Shafer reveal the intimate relationship between asthma and personal freedom in this self-guided breakthrough method, which many of their clients have used with miraculous results. This masterful, innovative, and successful program for the treatment of asthma, from the foreword by Gerald Epstein, M.D., introduces over forty exercises, including visualizations for immediate symptom relief. A blueprint that redefines your relationship with asthma. Three twenty-one day healing plans that can be tailored to your own needs. A unique mind-body perspective on exercise, induced asthma, nutrition, and environment. A fun guide developed especially for kids. Along with a wealth of real-life success stories, these strategies can prevent panic, clarify the meaning of symptoms, increase energy levels, and achieve a deeper healing than you ever thought possible. Whether used as a complement to conventional medicine or as a medication-reducing alternative, this program empowers people of all ages to live more active, fulfilling lives.

Asthma Free in 21 Days Kathryn Shafer (Ph.D.), Shafer, 2000-01-01 A longtime asthma sufferer offers a mind-body technique for relieving asthma, presenting a twenty-one day plan that breaks the engrained emotional patterns aggravating the condition and that can be used with conventional therapies or as an alternative treatment.

Write-A-Thon Rochelle Melander, 2011-09-20 Find the focus, energy, and drive you need to start and finish your book. Everyone has dreamed of writing a book, but so many start writing only to stall out due to writer's block, mental fatigue, and other challenges. Write A Thon helps you overcome those stumbling blocks and complete your book once and for all. And you don't have to type away for years on end. Here's a plan that'll help you write your book in twenty-six days. Write A Thon gives you the tools, advice, and inspiration you need to succeed before, during, and after your writing race. Solid instruction, positive psychology, and inspiration from marathon runners will give you the momentum to take each step from here to the finish line. Start out well-prepared. Learn how to train your attitude, your writing, and your life, and plan your novel or nonfiction book. Maintain your pace. Get advice and inspiration to stay motivated and keep writing. Bask in your accomplishment. Find the best ways to recover and move forward once the marathon is over and you have a completed manuscript in hand. Writing a book in twenty-six days may seem impossible, especially if you don't write full-time, but in *Write A Thon*, Rochelle Melander will teach you the life skills, performance techniques, and writing tools you need to finish your manuscript in less than a month.

guaranteed *Mother-Daughter Wisdom* Christiane Northrup, M.D.,2006-03-28 With such groundbreaking bestsellers as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause* Dr Christiane Northrup is one of today's most trusted and visionary medical experts Now she presents her most profound and revolutionary approach to women's health The mother daughter relationship sets the stage for our state of health and well being for our entire lives Because our mothers are our first and most powerful female role models our most deeply ingrained beliefs about ourselves as women come from them And our behavior in relationships with food with our children with our mates and with ourselves is a reflection of those beliefs Once we understand our mother daughter bonds we can rebuild our own health whatever our age and create a lasting positive legacy for the next generation *Mother Daughter Wisdom* introduces an entirely new map of female development exploring the five facets of feminine power which range from the basics of physical self care to the discovery of passion and purpose in life This blueprint allows any woman whether or not she has children to repair the gaps in her own upbringing and create a better adult relationship with her mother If she has her own daughter it will help her be the mother she has always wanted to be Drawing on patient case histories and personal experiences Dr Northrup also presents findings at the cutting edge of medicine and psychology Discover How to lay the nutritional foundation to prevent eating disorders and adult diseases The truth about the immunization controversy and the true meaning of immunity How we can change our genetic health legacy Why financial literacy is essential to women's health How to foster healthy sexuality and future love maps in our daughters How to balance independence with caring and individual growth with family ties Written with warmth enthusiasm and rare intelligence *Mother Daughter Wisdom* is an indispensable book destined to change lives and become essential reading for all women *Falling Awake* Kathryn Shafer,2024-11-21 This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR Brainspotting and Yoga Nidra It provides clear guidance on how to safely use therapeutic tools and self regulation exercises for clinicians and individuals impacted by trauma addiction anxiety grief family dysfunction and stress It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own The science behind each modality and approach is explained in detail along with how they can be applied to maximize self care care and enhance the therapeutic relationship Techniques include case conceptualization the use of mental imagery directing attention to sensations in the body focused eye movements and positions and many more Dr Shafer draws on her extensive internationally recognised and evidence based research in this accessible and innovative book Clinicians will be able to diversify their scope of practice and further aid their clients healing through the integrative potential of The FUNTM Program EMDR Brainspotting and Yoga Nidra *Allergy-Free Naturally* Rick Ansorge,Eric Metcalf,The Editors of Prevention Magazine,2001-10-12 *Allergy Free Naturally* begins by providing important information on oft hidden allergy triggers and brings to light surprising connections between foods pollen and chemicals Next *Allergy Free Naturally* offers hundreds of effective nondrug treatments and easy to follow action plans for

hay fever asthma food allergy pet allergy and other allergy related conditions for both children and adults *The Iowa Normal Monthly* ,1901 **The Lancet** ,1921 **Morbidity and Mortality Weekly Report** ,2008-10 *The Journal of the American Medical Association* ,1886 American Poultry Journal ,1947 **Punch** Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1901 Saturday Review of Politics, Literature, Science and Art ,1912 **The Saturday Review of Politics, Literature, Science, Art, and Finance** ,1911 *The Saturday Review of Politics, Literature, Science and Art* ,1911 **The Journal of Medical Research** ,1917 *T. P.'s Weekly* Thomas Power O'Connor, Holbrook Jackson, 1913 The Railroad Trainman ,1921 **The Railway Conductor** ,1929 **Textbook of Therapeutics** Richard A. Helms, David J. Quan, 2006 The contributors to this volume deliver information on latest drug treatments and therapeutic approaches for a wide range of diseases and conditions Coverage includes discussion of racial ethnic and gender differences in response to drugs and to biotechnical pediatric and neonatal therapies

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