



Positive Options for Children with Asthma: Everything Parents Need to Know (Positive Options for Health)

M.D. O. P. Jaggi M.D. Ph.D.

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** How to Help Your Child Live an Active, Healthy Life

** A straightforward simple guide for parents

Written 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.

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