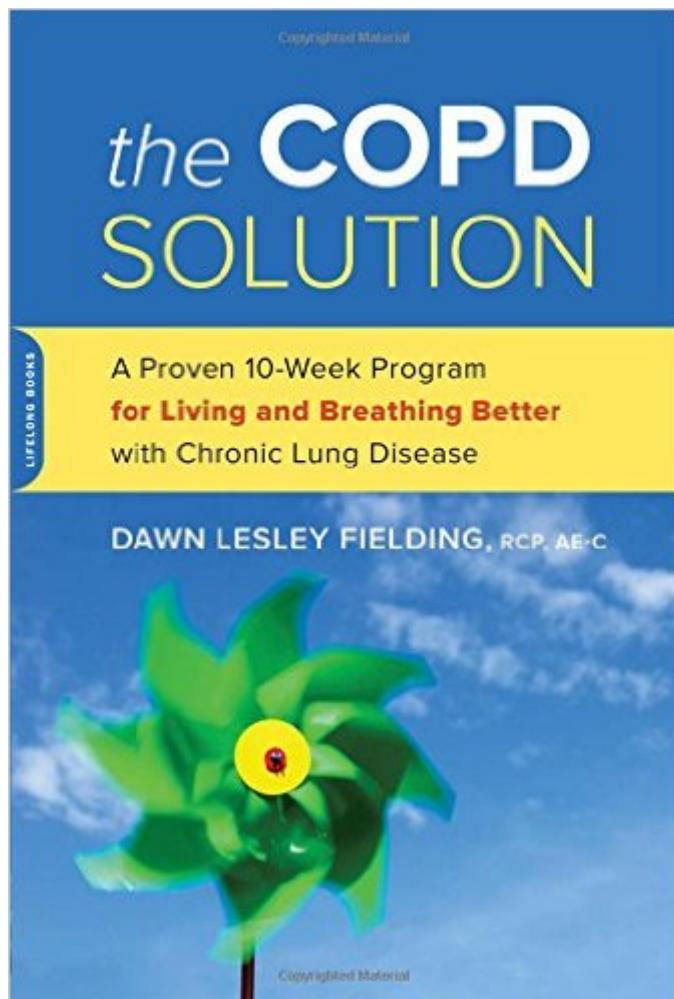


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# The COPD Solution: A Proven 10-Week Program For Living And Breathing Better With Chronic Lung Disease



## **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 breathing; the most up-to-date medication and treatment options; how to track symptoms and medications; essential breathing techniques to improve oxygen intake; strategies for healthy nutrition and gentle exercise; what to eat and what to avoid, with lists of key COPD foods. With 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**

My sister was diagnosed as having COPD a few years ago. Since then she has read all available material on the subject. After finding this book on the new book shelf at the library, she asked me to order it for her. She believes it is the most comprehensive, up-to-date material written on the subject, with many suggestions about diet, exercise, etc. She is putting into practice everything

she's read, and so far, so good. At her last checkup, her lungs were clear. This has given her new hope that she has some control over her condition.

There is nothing in this book about a 10 or 12 week program, nothing broken into steps or weeks, and the term "solution" is misleading. It is a good primer for a person newly diagnosed with COPD who needs a clear overview, someone unwilling or unable to search the Internet, or someone unable to attend a good rehab program. The self-references were a little annoying, such as saying, "What I call a downward spiral," a phrase that's been widely used for decades. It is clear and well-organized.

I was given a copy of this book to review by the publisher. I write blogs about copd and suffer from stage 4, very severe copd. This book to me is essential reading for anyone with copd. Offering a comprehensive 10 week programme to improve your life. This is one you will not regret buying. Dawn has a 100% success rate with her patients, and she will become your personal therapist once you start reading. Just about every aspect of living with copd is covered in this brilliant copd book that is well written in plain language so it is easy to understand, and is great from the first chapter. On a personal level it showed me how to use my medication right, which has made my breathing easier. Taught me the 'huff technique' to get that phlegm off my chest easier. And how to use the 'pursed lip' breathing correctly. Parts on exercise are very easy to follow too as pictures are included to show how to do things right. This really is a first class book. I challenge anyone not to benefit from this book. This is one of those books that I suspect you can read time and again and learn something new each time that you missed, or can be used as a reference book.

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 off the few powers you have left to exercise. Thank goodness for helpful books like this one.

Very helpful information for lots of pulmonary diseases!

Excellent book. Provides great information.

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The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal

Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Renal Diet Cookbook: Chronic Kidney Disease - 77 Remarkable Recipes Low in Salt, Protein, Potassium and Phosphorous for CKD (Bonus: 4-Week Diet Plan Challenge Included) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Diabetes: The Ultimate Step-By-Step Guide to Reverse Diabetes Forever and Have Long-Lasting Success (Includes a 3-Week Diabetes Countdown Program and 25 Delicious Superfoods Recipes) Anti Inflammatory Diet: How To Finally Beat Chronic Pain and Heal Your Body Naturally - INCLUDES 2 WEEK DIET PLAN Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) An Empowering Guide to Lung Cancer: Six Steps to Take Charge of Your Care and Your Life New Mountains to Climb: a journey to lung transplant and beyond Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Inflammation, Lifestyle and Chronic Diseases: The Silent Link (Oxidative Stress and Disease) The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation Scanzieti: A Retrospection of a Lung Cancer Survivor RV : Rv Living And Rv Boondocking Guide For Beginners: Discover Tips, Tricks And Space Hacks To Live Free And Happy In A Van, Car Or Any Other Motorhome ... Living, Off the Grid) 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems Fight Inflammation: Favorite 25 Quick & Easy Recipes To Heal Chronic Disease And Inflammation

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