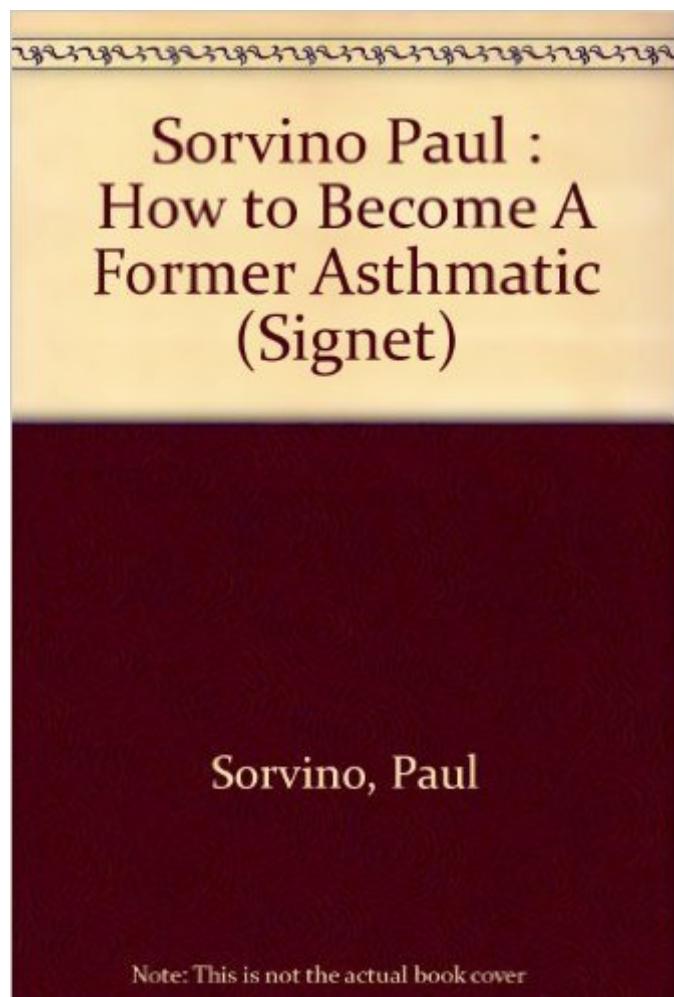


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How To Become Former (Signet)



Book Information

Series: Signet

Mass Market Paperback: 1 pages

Publisher: Signet (April 1, 1986)

Language: English

ISBN-10: 0451158830

ISBN-13: 978-0451158833

Product Dimensions: 7 x 1 x 5 inches

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Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(1 customer review\)](#)

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This little book helped me get off asthma medication, which was ruining my health for many years. I listened to so many doctors telling me I could never get off the medicines, yet when I did it my way, trying the breathing techniques in this book, I weaned myself off of the Flovent, which made me get cataracts. I am off of the albuterol, which made my heart beat very fast. I am off any corticosteroids, which in the long run affected my knees, & now I have no more cartilage left, & can hardly walk. All side affects from years of taking asthma medications. This book is excellent, it changed my life, very easy to learn. I also added astragalus, stinging nettles, & sage herb to my daily vitamin intake. I am so glad I found this book!

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