

Asthma Solved Naturally



**The Surprising Underlying Causes and Hundreds of
Natural Strategies to Beat Asthma
Case Adams, Naturopath**

Asthma Solved Naturally The Surprising Underlying Causes And Hundreds Of Natural Strategies To Beat Asthma

Case Adams



Asthma Solved Naturally The Surprising Underlying Causes And Hundreds Of Natural Strategies To Beat Asthma:

Breathing to Heal Case Adams Naturopath, 2016-02-04 It would be nice to breathe optimally without thinking about it Unfortunately most of us have developed numerous bad breathing habits which serve to deliver sub optimal health Breathing To Heal teaches us how to breathe optimally and efficiently It also teaches us the physiology of breathing various techniques for clearing our sinuses and airways herbs that increase lung health how to breathe around polluted environments and how to breathe with different postures positions and frames of mind Techniques of pranayama tai chi hatha yoga and qigong are also discussed along with breath control and the Buteyko technique Allergens and filtration systems are also reviewed This is a complete and practical book on becoming a better breather every day **Diabetes Solved Naturally** Case

Adams, 2024-01-24 This book disproves much of the conventional wisdom about type 1 and type 2 diabetes Recent scientific research has proven there are a number of natural strategies shown to control blood sugar and sometimes even reverse diabetes both type 1 and type 2 Yes that's right Scientific research done by doctors and universities has proven there are natural strategies that can control blood glucose boost insulin production and boost insulin sensitivity That is what this book is all about Explaining what really causes diabetes and what can be done about it according to the latest scientific research Diabetes is surging at an unprecedented pace resulting in millions of deaths and disabilities What really causes diabetes Can we make changes in our diets and lifestyle to better control our glucose Are there herbs and superfoods that help our bodies control blood sugar Are there lifestyle changes that can help reduce dependence on insulin This book gives the clear answers based on hundreds of clinical studies from renowned researchers and doctors from around the world This book also shows the evidence proving that a number of strategies can significantly reduce type 1 and type 2 diabetes symptoms and even turn around insulin production and sensitivity issues On top of this this book also lays out commonsense natural strategies that have been shown to significantly help glucose metabolism This book is for diabetes beginners and veterans for the public and for doctors Here you will find specific information on the best diabetes diet and even information for making a diabetes logbook and even can be used as companion to a cookbook The bottom line is our need for information Information based on science not anecdotal information this person's opinion or that person's opinion but hard scientific proof based on clinical studies This book offers that kind of hard scientific evidence to a condition that has been the subject of anecdotal heresy Get the facts and talk to your doctor about this evidence You will be surprised what you find out **Arthritis Solved Naturally**

Case Adams, 2024-01-19 This investigation into arthritis solves some of the oldest mysteries of the human condition Utilizing over 900 scientific references and thousands of years of traditional clinical history the causes and natural solutions for gout osteoarthritis rheumatoid arthritis septic arthritis juvenile arthritis reactive arthritis and other forms of arthritis are uncovered with clear scientific evidence Proven arthritis pain relief is found utilizing special foods herbal medicines and specially formulated arthritis creams and applications along with numerous natural strategies to increase mobility and

reduce arthritis pain and stiffness This text discusses the anatomy and physiology of these conditions their various causes and reviews conventional medicine s pharmaceutical options and side effects These are compared to an exhaustive discussion of herbal medicines and formulations that have safely withstood the tests of time and medical research and been found to provide natural arthritis pain relief gout relief osteoarthritis stiffness relief and natural rheumatoid arthritis pain relief without debilitating side effects While the scientific research is discussed in detail and the medical terminology is defined the author has put significant attention to making this significant information resource accessible in plain English with the use of summaries and practical actionable steps **Depression and Anxiety Solved Naturally** Case Adams,2024-01-30

Depression and anxiety is plaguing our society and surging among younger people What are the causes for this surge Are there any natural solutions or is someone with depression or anxiety or both doomed to a life of antidepressant drugs accompanied by their side effects and potential for addiction These questions are answered in this book not through anecdotal opinion or a few experiences but through scientific research Yes scientific research has been revealing that depression and anxiety can be successfully treated through dozens of natural strategies including dietary changes herbal medicines light management and a number of lifestyle strategies that have been proven in clinical research to reduce devastating mood disorders including bipolar disorder postpartum depression premenstrual dysphoric disorder seasonal affective disorder and anxiety disorders such as PTSD phobias social anxiety separation anxiety and others This book discloses and details the scientific evidence that reveals causes and practical solutions to these devastating mood disorders

Natural Cancer Science Case Adams,2024-01-27 Every body has cancer Yet nature has the means to eliminate cancer cells and even inhibit tumors if we give it the chance The author details the latest scientific evidence showing the diets that help prevent cancer the foods and superfoods that deter cancer growth and the herbal medicines and their constituents that inhibit cancer The book also extensively covers the causes of cancer and supplemental and lifestyle strategies that have been shown by the research to boost the body s ability to fight and protect itself against cancer This is not anecdotal opinion The author documents the latest science from distinguished cancer researchers from hospitals and medical schools around the world with over two thousand studies **Heartburn Solved** Case Adams,2024-01-14 Do you want to find the real causes for heartburn Do you want a permanent solution for acid reflux One that doesn t just mask the symptoms for a few hours only to have the burn return If so this book s for you Did you know that scientific research has proven a number of simple natural solutions If you are willing to take a look at or even skim this information you ll come away with dozens of simple tools proven out by science Heartburn is also called acid reflux disease and gastroesophageal reflux disease GERD Isn t this just an issue of too much stomach acids Not so fast The mass media internet and conventional medicine have largely mischaracterized this condition affecting millions and growing each year for decades Heartburn Solved identifies the real causes for this condition and lays out simple and low cost natural solutions that physicians and their patients can readily

employ Heartburn Solved is not an anecdotal essay of opinionated conjecture The author s groundbreaking scientific findings are supported by nearly a thousand clinical studies and hundreds of references from traditional medicines around the world forming the most comprehensive alternative health treatise on GERD available today **Healthy Sun** Case

Adams,2024-01-20 For thousands of years the sun was revered for giving life and maintaining health It was widely used for its therapeutic value for a variety of diseases Today the sun is considered enemy number one We hide from the sun for fear of skin cancer and premature aging We cover our bodies with sun screen to protect us from the sun s rays Can the sun really be this bad for us Healthy Sun takes us through the undeniable facts about the sun using peer reviewed research and the latest science Here we also find the history of ancient sun therapies combined with the science of solar radiation and solar storms We also discover the latest medical research on skin cancer and the newest information on maintaining sufficient vitamin D and the evidence showing supplemented vitamin D might not be as therapeutic as some have promoted Healthy Sun goes deeper revealing some of the sun s less known effects including biomagnetism light color and rhythm The groundbreaking information contained in Healthy Sun will undoubtedly change the way we think and feel about the sun **Proving**

Homeopathy Case Adams,2024-01-28 Homeopathy is an old medical science with a history of clinical success It is also controversial with many detractors who propose homeopathy has no mechanism of action In Proving Homeopathy the author presents the scientific basis for the mechanisms of action for homeopathy proving that it has the therapeutic potential but only under the right conditions Utilizing a compendium of scientific resources the reader is taken through the fundamentals and the research providing an invaluable resource for those who utilize homeopathy as either practitioners or patients Note This is not a diagnostic resource **The Living Cleanse** Case Adams,2024-01-31 With the bombarding of our bodies by

thousands of environmental and consumer toxins every day most of us have realized we need to incorporate cleansing and detoxification strategies in order to maintain health In fact numerous health disorders have now been attributed to synthetic and environmental toxins including cancers respiratory diseases joint degeneration digestive issues skin issues cognitive difficulties and so many other conditions The question now is how do we efficiently and effectively cleanse the overload of toxins from our bodies Many recommend radical and difficult detoxification programs that can actually do more harm than good These can stress our elimination systems and immune systems and overwhelm us with toxemia These blitz methods of cleansing can not only be unsafe Most are also unsustainable due to their complexity expense and regimented sacrifices The author a California Naturopath and board certified Alternative Medical Practitioner offers us a completely different strategy one that is not only safe gentle and gradual but sustainable throughout our lifetime The Living Cleanse is a groundbreaking sustainable system that will stimulate our immune system to more efficiently break down and rid the body of toxins without over stressing our bodies and minds or require radical difficult expensive and possibly unsafe methods *Natural Solutions*

for Food Allergies and Food Intolerances Case Adams,2024-01-08 Do you or your loved one have food allergies or food

sensitivities Do you want to know what causes it and natural steps to not just deal with it but solve it naturally If so this book is for you This book does a deep dive into the science of what causes food allergies and intolerances of different types and how it can be naturally reversed Not anecdotal opinion but proven science Food allergies and food intolerances are increasing throughout the world especially among developed countries What is causing this dramatic increase Can we prevent food sensitivities More importantly can a person with food sensitivities do anything to alleviate them Drawing from over a thousand peer reviewed studies including hundreds of clinical studies *Natural Solutions for Food Allergies and Food Intolerances* provides clear evidenced based strategies to reverse food sensitivities using inexpensive and natural methods There are many texts that teach readers how to avoid the foods we might be sensitive to This book is different This book shows health providers and their patients the means to reverse existing food sensitivities and how to prevent them in the future This book also teaches the reader What the symptoms of a food allergy are The differences between food allergies and food intolerances How food allergy tests work How do deal with nut allergies in public What are the risks of exposure to allergens How to gradually become tolerant of allergic foods What kinds of supplements help food allergies What kinds of herbs help food allergies How food allergies are often linked to our probiotics

The Conscious Anatomy Case

Adams,2011-03 The link between the human anatomy and consciousness continues to mystify modern medical science The author reveals the scientific evidence illuminating the connection between consciousness and the body s metabolic processes This evidence substantiates many key doctrines brought to us from the ancient traditional medicines enabling a science based clarification of mind body spirit The Conscious Anatomy reveals the hidden elements of intention and consciousness buried beneath our physiology while presenting a logical approach to the ethical dilemmas facing modern medicine today as patients physicians and medical institutions wrestle with critical care pain and death The Conscious Anatomy takes the reader on a profound journey through the subtle energetics of the body uncovering the inner spirit with clarity and scientific rigor along with practical strategies for true healing

Natural Sleep Case Adams,2024-01-09 If you have insomnia this book is for you Insomnia may be tough to deal with but you can get to sleep easily and sleep better and deeper with certain proven natural foods herbal medicines and simple lifestyle changes This book does the investigation into the science for you and provides you the proven answers you need to get to sleep and stay asleep with easy and low cost natural solutions Getting to sleep naturally means utilizes evidence based effective and safe solutions from hundreds of scientific studies unveiled in clear terms This research reveals surprising information about how much sleep we really need what kind of sleep we need and how we can improve our sleep quality In this book we discover our biological clocks how they are set and reset and how they affect our moods our hormones and our sleep cycles We also learn how light plays an important role in sleep This book also teaches us about the proven effectiveness of inexpensive herbal medicines and foods that will immediately help us fall asleep and stay asleep hint it s not melatonin This book also explores the latest dream research revealing the

mysterious realm of REM dreaming and lucid dreaming Learning to remember steer and take control over our dreams and sleep cycles is accomplished with a refreshing science based understanding of the dreamscape and nightmares In Natural Sleep we also find a complete scientific resource for hundreds of ancient and modern natural strategies for sleeplessness to help us achieve both good quality sleep and productive positive dreams **Healing with Sound** Case Adams,2024-01-20 Utilizing sound for the purposes of healing is an ancient art that has been passed down for generations for thousands of years Here Dr Adams reveals this healing art together with modern scientific evidence showing how sound affects every element of our being **Electromagnetic Health** Case Adams,2024-01-30 Our modern technologies are bombarding us with electromagnetic fields EMFs now more than ever Are EMFs really harmful and if so to what degree Are all EMFs bad The EMF controversy has now pitted scientists action groups and the technology industry into rigid corners In Electromagnetic Health the author clearly and objectively presents the evidence and latest research from a perspective that embraces both the scientific and natural health communities The entire spectrum of electromagnetic radiation is thoroughly examined from modern technologies to nature s sources More importantly the information provided in Electromagnetic Health invokes an entirely new and engaging perspective one that may just change the EMF conversation completely **Boosting the Immune System** Case Adams,2024-01-17 Supercharge your immune system with natural and low cost strategies that are scientifically proven If you want to naturally and safely boost your immunity with proven natural antibiotics this book is for you The immune system is an ongoing cooperation of our body s biochemistry and trillions of bacteria and yeasts living inside and outside our body often called our microbiome The bacteria in our body surpasses the number of our cells by more than tenfold This also means our microorganisms are powerful players in our immune system If our microbiome is not up to par our immune system s ability to respond to infections and diseases is handicapped Utilizing over 1 000 scientific studies this book updates our knowledge on how our real immune system works and what we can do to boost it The text covers numerous strategies including probiotics herbs superfoods diet and lifestyle strategies been proven to increase our immunity and help our bodies fight today s host of diseases including COVID 19 and long COVID In this book you will learn how the immune system works and how it can be easily supercharged using hundreds of low cost and effective strategies **ADHD Holistic** Case Adams,2024-01-11 Have you or a loved one been diagnosed with ADHD Do you know what caused it Did you know there are dozens of scientifically proven treatments for ADD and ADHD outside of drugs If you want answers to these questions this book is for you There has been an alarming rise in ADHD diagnoses among children and teens and ADHD among adults both women and men in recent years The ADHD disorder has practically become an epidemic affecting more and more families each year In ADHD Holistic the author sheds light on the underlying factors contributing to this trend and offers evidence based strategies to help reverse it This groundbreaking book challenges the conventional understanding of ADHD and offers a new way of thinking about the disorder By exploring the impact of environmental pollutants food toxins nutrient

deficiencies diet sleep issues play and other factors on brain health the author provides a fresh perspective on ADHD that can help families break free and regain control over their health ADHD Holistic offers a roadmap for understanding and managing the disorder naturally With practical advice and evidence based strategies this book can help you and your family thrive and embrace life Attention Deficit Hyperactivity Disorder and Attention Deficit Disorder or ADD both deserve a fresh perspective These are rampaging through our children our young adults and now older adults The rate of this disorder has nearly doubled in a little over a decade in modern cultures The solutions provided to us by conventional medicine over the past 50 years are not working Yes they have been able to temporarily curb some of the symptoms But these are short lived bandages They do not meet the requirements of finding the real causes of this condition nor are they providing the long term solutions needed to slow the rate of contagion ADHD Holistic is a comprehensive guide that provides a fresh perspective by exploring the underlying root causes and offering practical evidence based strategies for ADHD in children and ADHD in adults This book delves into the latest research on ADHD revealing the often overlooked factors that contribute to its development including those that affect the brain moods depression anxiety and of course hyperactivity Using a holistic approach the author empowers readers with the scientific studies on proven natural strategies that have been shown to help manage ADHD symptoms including diet nutrients probiotics herbal medicines family therapy exercise play music mindfulness and others Whether you are a woman with ADHD a parent of a child diagnosed with ADHD or an adult looking for a natural approach to managing your symptoms ADHD Holistic offers practical guidance and evidence based strategies to support your journey towards optimal health and well being This book is for expecting parents parents of kids of all ages teenagers young adults or older adults this book will help you learn to unlock your or your child s true potential and thrive naturally Drawing on the latest research the author sheds light on the importance of gut health in managing ADHD symptoms From dietary changes and nutritional supplements to lifestyle and mindfulness practices ADHD Holistic offers a holistic path that can improve overall well being and quality of life for individuals of all ages

Oral Probiotics Case Adams,2022-04-10 If you are fighting cavities and or gum disease this book is for you If you have bad breath this book is for you If you are trying to help prevent getting sick from going out in public this book is for you This book is about the bacteria in your mouth If you are fighting gum disease or tooth decay then you have more bad bacteria than good bacteria in your mouth If you have bad breath a lot then you have more bad bacteria than good bacteria This book will teach you how to build up the good bacteria in your mouth sinuses and throat which will help prevent cavities gum disease strep throat and a variety of other conditions that are caused by breathing in disease causing microorganisms This book will show you how the bacteria in your mouth can lead to healthier sinuses and help prevent allergies and hay fever This book will show you how to build your good bacteria but also what to brush with whether you should use mouthwash and in general how to naturally increase your oral health without flooding lots of chemicals into your body Dental caries and gum disease are two of the most widespread forms of

infection known to humans and gum disease has now been linked with cardiovascular disease including heart attacks and strokes Yet these infections persist even with consistent use of antibacterial mouthwashes and toothpastes and rigorous flossing In this book the author exposes the mechanisms of disease causing oral bacteria and reveals an entirely new yet scientifically proven approach to combating these worthy opponents Oral Probiotics reveals a groundbreaking sustainable and healthy method for reducing infectious oral bacteria populations along with tooth decay and gum disease while at the same time helping protect us from new infections as we travel and work in environments teeming with infectious microorganisms Note Some technical scientific language is used to describe and reference scientific studies Lay readers can skim these areas and still understand the concepts and strategies *Hay Fever and Allergies* Case Adams,2024-01-19 The emergence of springtime is now dreaded by more people every year and increasingly all year long More of us are faced with allergies and hay fever with each passing year Why are so many people suffering from allergies and hay fever medically called allergic rhinitis and why is the condition affecting more of us each year And what causes allergies and hay fever And more importantly how can we find allergy relief What kinds of strategies can we employ for hay fever relief What about natural hay fever medicines Or natural allergy medicines And can we do anything to reverse allergies and hay fever Drawing from hundreds of studies and research papers and centuries of natural medicine remedy applications the mysteries about allergies and hay fever are solved Safe and proven natural strategies to reverse allergic rhinitis and its underlying issues are described in detail These include inexpensive solutions that come with clinical evidence along with applications that health professionals can employ in their practices Whether health providers allergy sufferers or their families this text is a necessary reference for those wishing to solve the riddle of allergic rhinitis Note Some technical scientific language is used to describe and reference scientific studies Lay readers can skim these areas and still understand the concepts and strategies

The Gluten Cure Case Adams,2024-01-29 Can gluten sensitivities including celiac disease wheat allergy and gluten intolerance be REVERSED Absolutely The GLUTEN CURE shows what causes each type of gluten sensitivity and proves using the latest clinical research how to reverse the disorder using natural strategies The GLUTEN CURE clarifies the science incidence diagnosis and causes of gluten sensitivities with objectivity and clarity These uncover the real and misunderstood facts on gluten and wheat related conditions Facts that anyone considering going gluten free needs to know These include clear answers to the hypothesis that gluten is a toxin or that gluten or wheat in general is unhealthy Utilizing over a thousand research studies this book puts all the pieces together to clear the fog on gluten and pave the path back to intestinal health and digestive vitality Healing with Light Case Adams,2024-01-04 Natural light surrounds us Yet not getting enough of the right forms of natural light causes disease Using decades of clinical research this text reveals the history of natural light therapy and the newest evidence showing that light therapy heals naturally This text discusses the basics of light radiation light waves sun and moonlight and how to produce the best form of vitamin D The science of using

light boxes infrared therapy saunas UV light lamps and sunlight therapy for insomnia chronic fatigue depression cardiovascular issues dementia and many other conditions is examined with practical strategies to enhance our moods and help us thrive physically and mentally

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