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## Maximum Asthma Control: The Revolutionary 3-Step Anti-Asthma Program

By Michael Cichorski

Michelle Anderson Publishing, Australia, 2004. Paperback. Book Condition: New. 204 x 134 mm. Language: N/A. Brand New Book. Michael Cichorski spent many years promoting asthma drugs for the pharmaceutical giant Glaxo. However, after finding that breathing techniques subdued his own chronic asthma, he resigned from the drug company and set up his own clinic to promote his non-drug treatment. Maximum asthma control is one's best security against an unexpected severe attack and a life without the daily constraints of symptoms and attacks. To gain maximum control of asthma one needs to do more than just take medication. The core of Michael Cichorski's 3-step programme is not just special breathing therapy exercises but a complete system of rehabilitation. The programme not only sequences the breathing techniques better than any other current format, but also incorporates other key elements such as nutrition, exercise, stress management and sleep discipline. Known as the Applied Respiratory Method, this scientifically-designed breathing therapy is the single most important advance in asthma management since the availability of steroids. Breathing therapy actually gets to the cause of the asthma process earlier than any medication, giving users of the programme a real advantage over traditional drug-based therapy.



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