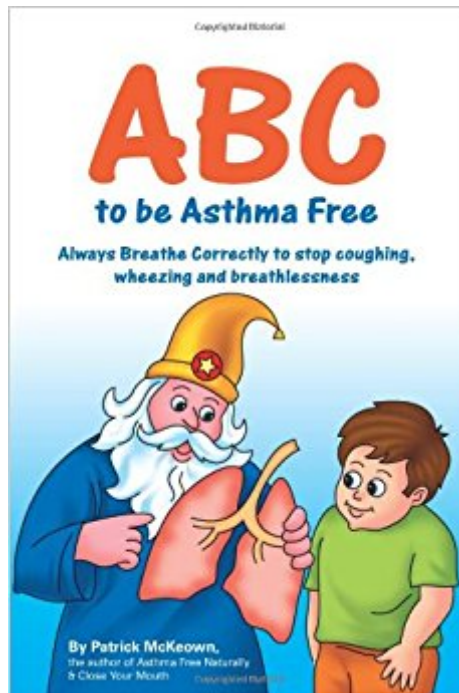




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# ABC To Be Asthma Free. Buteyko Clinic Self Help Book For Children



## Book Information

Paperback: 30 pages

Publisher: Asthma Care; Newest version just published 2016 edition (2004)

Language: English

ISBN-10: 0954599624

ISBN-13: 978-0954599621

Product Dimensions: 6.6 x 0.1 x 7.9 inches

Shipping Weight: 3.5 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,874,149 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Children's Health > Asthma](#)

## Customer Reviews

This book was recommended to us by a dentist. Though it is designed for young children, my older teen daughter used the information in it to correct her tongue thrust.

It has helped a lot in managing the asthma of my daughter, although at times we had to resort to medication. We have not yet followed the complete program. Not a substitute of the big book with all the explanations, but this one helps in making children understand what they have to do.

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