



Life and Breath: The Breakthrough Guide to the Latest Strategies for Fighting Asthma and Other Respiratory Problems -- At Any Age

Neil Schachter

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The fourth leading cause of death in the United States, COPD, or chronic obstructive pulmonary disease, affects an estimated 35 million Americans. Yet only half are aware that they are seriously ill. Life and Breath, by Dr. Neil Schachter, is the first book that alerts people to their risks for COPD and explains the steps they need to take to prevent the development of this debilitating and often fatal lung disease.

Life and Breath begins with a quick quiz to rate your risk for COPD. It explains the steps of a complete pulmonary work-up and teaches you about the painless, inexpensive six-second test that can save your life.

We all know that diet, exercise, and environmental changes can reduce the risk of heart disease and some types of cancer. Now, for the first time, *Life and Breath* provides the medical and lifestyle steps that can prevent, treat, and sometimes reverse the signs and symptoms of chronic lung disease. Dr. Schachter discusses the role of antioxidants in treating asthma and chronic bronchitis, explains why indoor exercise is better if you have irritable airways, and provides a supportive, simple, and successful plan to quit smoking.

Life and Breath takes you on a tour of your own home, pointing out sources of irritants and allergens that can cause pulmonary problems. Dr. Schachter explains how to improve indoor air quality to protect your lungs at any age, on the job, in your home, and on the road.

If you are one of the 15 million Americans with asthma, or one of the 94 million current or former smokers in this country, *Life and Breath* is the one book you need to stay alive and well.

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