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Asthma: You're the Boss

Gary R. Epler

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Asthma: You re the Boss by Dr. Gary Epler demystifies asthma, enabling individuals to take charge of their health. Harvard Medical School faculty member and pulmonary consultant to the Brigham and Women s Hospital and Dana-Farber Cancer Institute, Dr. Epler shows how to apply five steps to manage your asthma. The good news is that asthma is very treatable. You just need to know how.

Asthma: You re the Boss details the different types of asthma in easy-to-understand, practical language. Using real-life examples, Dr. Epler guides people through step one of learning everything you can about asthma; step two of understanding the diagnostic process; step three of knowing the treatment options; step four of monitoring your asthma; and step five of creating a healing environment. Armed with the information in this book, no one need consider themselves as suffering from asthma. Instead, readers gain self-confidence by becoming active participants in treating and managing their asthma. Readers also learn that they can apply Dr. Epler s five-step process to maintaining their overall health. This five-step process is based on Dr. Epler s observations over decades of practicing medicine and visiting hospitals all over the world and finding that individuals who follow these five steps can successfully manage their asthma.

Asthma: You re the Boss is the third book published in Dr. Epler s series of books using his five-step process to manage disease and health. The series will continue, and give people with nutritional problems and diabetes valuable insight and information on how to learn, understand diagnosis and treatment, monitor, and create a healing environment.

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