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Wisdom Tree. Paperback. Book Condition: new. BRAND NEW, Your Family Doctor, Asthma: Understanding Asthma, Avoiding Allergies, Proper Use of Inhalers, Vinod Wadhwa, The trick with asthma is to learn how to keep symptom-free. Recognising and avoiding asthma triggers, following the medication plan and a definite action plan, will help you manage this chronic disease. This book also explains the proper use of inhalers and shares the latest development in managing asthma. So relax, take a deep breath and let's fight...

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