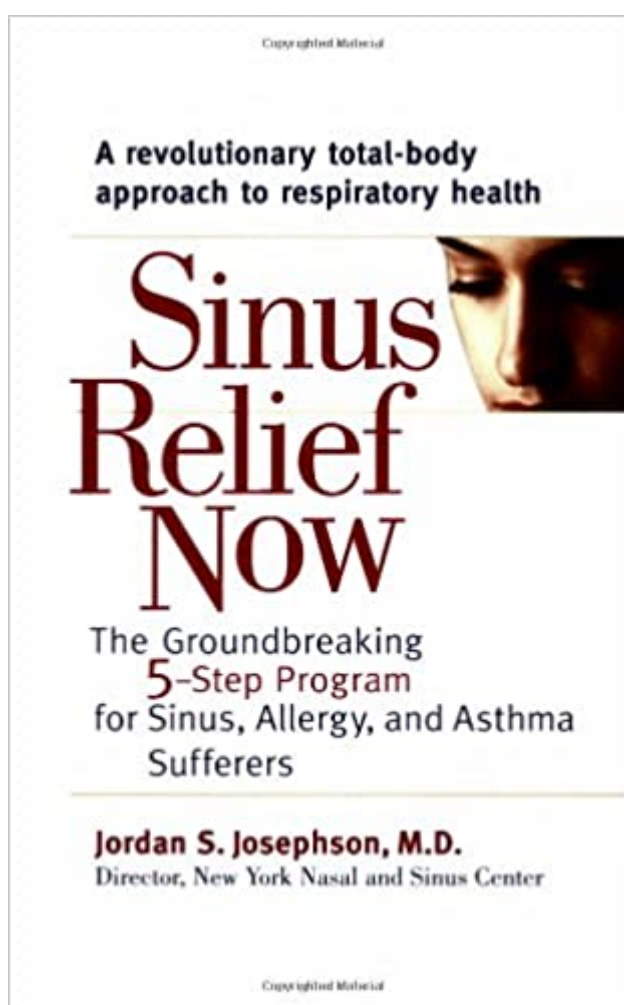


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# Sinus Relief Now: The Ground-Breaking 5-Step Program For Sinus, Allergy, And Asthma Sufferers



## Synopsis

Dr. Josephson's unique five-step program combines the best practices from traditional and alternative medicine to bring relief to the millions who suffer from respiratory problems. Recent research shows that many respiratory diseases are more related than previously thought. Their common, underlying cause is what Dr. Josephson terms "Chronic Airway-Digestive Inflammatory Disease" (CAID). His groundbreaking, proven approach will provide real relief from sinus disease, allergies, asthma, sinus infections, sinus headaches, bronchitis, ear infections, snoring, sleep apnea, GERD, and the acute mold epidemic. Sinus Relief Now will show how to: Maintain proper sinus care Remove mold and other irritants from the home, office, and car Follow a sinus-friendly nutrition program Find the right medications and treatments Experience total-body health

## Book Information

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## Customer Reviews

Jordan S. Josephson, M.D., is a board-certified Otolaryngologist who was named one of New York magazine's "Best Doctors." He was also named one of Castle Connolly America's Top Doctors. He is the director of the New York Nasal and Sinus Center and is an attending physician at Manhattan Eye, Ear, and Throat Hospital. Dr. Josephson has appeared on The Today Show, CBS News, and Fox News, and has been featured and quoted in the New York Times, New York Post, Newsday, Allure, Men's Health, Elle, and Parenting.

I'm giving this book 5 stars.(1) I still needed a doctor with an expensive scope to diagnose and

explain my LPRD. It's really difficult, if not impossible, for me to self-diagnose my own health issues by reading a book, and I think most people are the same way. This book is supplementary material, like most health books and there's no huge revelation to be found. Chronic health issues are slow to develop, slow to reveal themselves, and slow to fix.(2) I didn't read the book from cover to cover. Instead I used it as a reference book. That meant that I was skipping some essential material. It's all here if you are willing to read it all.(3) The book does not discuss recent findings about PPI drugs. The recommended duration for PPI therapy is much shorter now than during the last 15 years. (I've been lucky enough to avoid PPIs thus far.)

If you're going to buy this book, I don't recommend the Kindle version. The diagrams are very hard to read and understand. Also, for a book like this, you will probably want to be able to flip around through the book to various topics easily, without having to read from start to finish, or work with the Kindle's clumsy navigational tools. I may have to buy it again in hard-copy.

BEST DOCTOR AND AUTHOR BEST DOCTOR EVER JORDAN JOSEPHSON CHANGE MY LIFE

Informative information

This doctor confirmed what I've heard here and there over the years from other doctors and from my own research. Although some of the suggestions are extreme for those with more moderate allergy-related problems, most are fully do-able and helpful. The link he draws between digestive issues and allergies is the most comprehensive I've come across. Very easy to read and understand.

It has become nasal bible

Excellent piece of work. This book is what I have always been looking for. The Dr. is very articulated and explicit. I highly recommend it. He provides a lot of instructions that my ENT never provided me, probably because he is always back up with way too many patients.

As a long-time sufferer of chronic sinusitis (7 years), I've spent the last three years in and out of doctors and specialists trying to rectify the situation. There's a saying that to defeat your enemy, you must know them which is why I picked up Dr. Josephson's book. It's truly a relief as he describes a

lot of the insidious aches, pains and embarrassments a sinus-sufferer goes through, makes you feel as if you're not alone. The book not only provides empathy and support but a tremendous amount of physiological information for you to understand your illness. The quiz and treatment plan then gives you several ways and a multitude of treatments to manage the issue given sinus problems are often life-long. While I only got a lot of value from about half the book, it was only because of the serious amount of research and doctors I've been through over the last three years. For newly discovered sinus sufferers, this book may be eye-opening and a true life-saver that will short-cut you to the necessary treatment plan more quickly. The wealth of information, while a bit slow at times, is really necessary for the patient to work with your primary care physician or specialist to alleviate the situation. And that's probably one of the best points made by Dr. Josephson. Without an informed and knowledgeable patient, even the best doctor's will have some challenges making the correct diagnosis. If you have sinus issues, buy this book to give you and your MD the best chances at bringing you back to full health and happiness! Best of luck to you all...

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The Whole Body Approach to Allergy and Sinus Health  
Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules  
The Complete Kid's Allergy and Asthma Guide: Allergy and Asthma Information for Children of All Ages  
Fearless Food: Allergy-Free Recipes for Kids (Allergy Aware Cookbooks)  
Do you know your type of allergy is?: It's estimated that 60 million Americans suffer from some type of allergy.  
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