



## Free Your Child from Asthma

*Gary Rachelefsky, Patricia Garrison*

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**Free Your Child from Asthma** Gary Rachelefsky, Patricia Garrison

- Asthma is one of the most common chronic diseases, affecting more than 6 million children in North America
- The four-week program includes an at-home asthma treatment plan, ways to work with a doctor to chart children's progress, steps to improve day-to-day symptoms, and tips for setting up a trigger-free environment
- Dr. Rachelefsky, a leading asthma specialist and member of the board of directors for *Parents* magazine, has made thousands of children feel better in less than a month despite years of struggling with previous asthma symptoms.

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