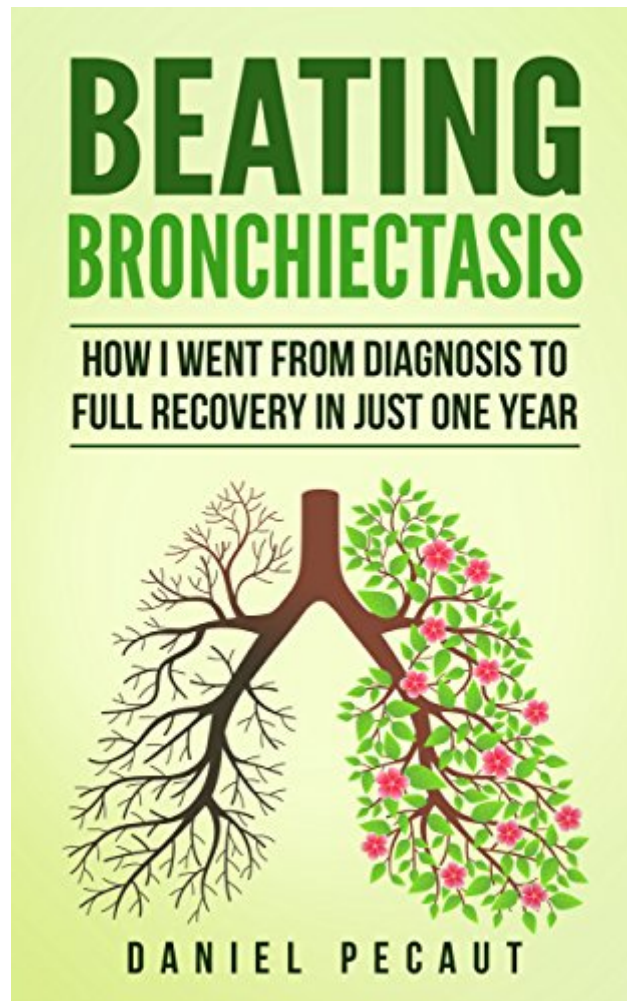


The book was found

Beating Bronchiectasis: How I Went From Diagnosis To Full Recovery In Just One Year



Synopsis

BEATING BRONCHIECTASIS is the riveting story of one man's phenomenal decision to overcome despair and demand a higher level of healing. During one particularly bad winter, Daniel's health started deteriorating rapidly in a downward spiral that lasted months. This free fall lasted until a life-altering appointment at the Mayo Clinic gave him the diagnosis: Bronchiectasis. But their only advice for him going forward was, "Don't get sick." • Realizing his doctors had written him off, Daniel went into denial. His situation was dire—he was dying. But if he wanted to live, he had to take control of his health. Daniel built a healing dream team, including a medical concierge, and started moving slowly but surely on the journey to optimum health. As his story progresses, Daniel describes in great detail the tips and treatments he learns along the way. He describes how he found them, how he used them and what each of them did for him. The combined results of which were life-changing. After 18 months of following his regime every day, he regained his vitality and energy. Instead of waking up exhausted after sleeping for 14 hours, he now felt rested after eight. Instead of getting winded while walking, he could comfortably run a 10K (6.2 miles) in an hour. He increased his lung capacity and cleared out the mucus in his lungs and sinuses. In the end, he was finally able to breathe deeply and easily once again. His resounding victory is proof that you don't have to lie down and suffer in the face of debilitating illness.

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Customer Reviews

I read this book with a very critical eye for several reasons. Firstly, I have had bronchiectasis all my life, myself, and secondly, I was a respiratory therapist for 23 years and know a little more about it than the usual person who has it. So I read this book with a great deal of doubt in my mind. The author suffered from asthma all his life and bronchiectasis for a number of years as well. His condition was not very receptive to modern medical treatments (and the Mayo Clinic is one of the best in the country for both of them.) This happens with some people who have bronchiectasis; some respond very well to the available treatments and some don't, and not even the doctors know why. The author went to many doctors, but was basically told that they had exhausted all the treatments they had on him. In desperation and terror, he began looking elsewhere, unwilling to accept that there could never be any hope. He researched everything he thought might help, met with practitioners of the things he chose to begin using, and coordinated it all into a very drastic and strict "regimen of recovery" for himself. Eating fresh foods instead of processed whenever possible, getting enough sleep, drinking a lot of water, taking specific dietary supplements, getting exercise, meditating and doing yoga, washing his hands often and avoiding sick people---mostly common-sense health practices that Western medicine tells us all to do, but most of us don't really DO any of it, or don't do it all the time. The author DID. He did all of it, every day, and made it a top priority over everything else, in an effort to get better.

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Book 4)
Bronchiectasis: My Journey
Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)
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