



## Conquering Your Own Sleep Apnea the All-Natural Way

By Julia W. Rath

Virtualbookworm.com Publishing. Paperback. Book Condition: New. Paperback. 582 pages. Dimensions: 7.8in. x 5.3in. x 1.5in. Sleep apnea is one of the most widespread chronic and dangerous diseases today, with links to diabetes, high blood pressure, heart problems, stroke - and even cancer and premature death. Its prevalence had grown significantly over the past 30 years, with 18 million cases having been recorded in the United States in 2008, and estimates as high as 28 million in 2012. By focusing on the root causes of apnea rather than its symptoms, Dr. Rath developed an alternative method of treatment that virtually eliminates the need for the CPAP machine, expensive dental devices, surgery, and reliance on prescription drugs. Basically she discovered that certain food and chemicals triggered her own illness. The key in learning how to use her all-natural, self-help approach to learn which ones are your own triggers. This book will show you how - and should provide many sufferers with some lasting relief. Among other things, you will learn how to pay attention to various clues that your body gives off, such as fatigue, panic attacks, associated chronic insomnia, and restless legs syndrome. A significant departure from current medical research and practice,...



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