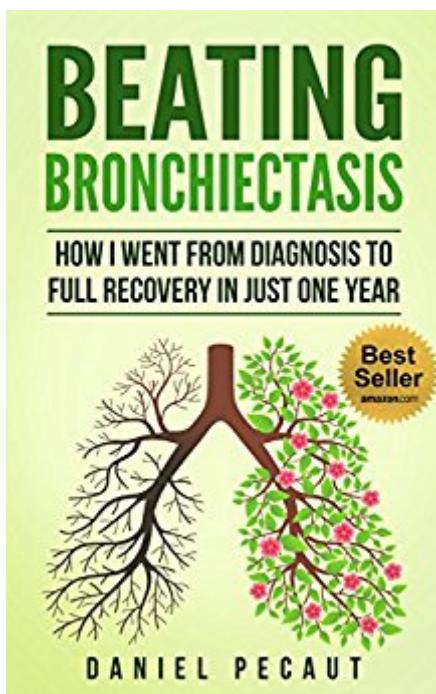


The book was found

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



Synopsis

Beating Bronchiectasis is one man's personal story of overcoming hopelessness in the face of rapidly-deteriorating health and being written off by the best doctors. Forced to take full responsibility for his own recovery, he researches and creates his own demanding plan to get back what he lost. The only question is: Will it work? 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.

Book Information

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& Respiratory Diseases #39 inÂ Books > Health, Fitness & Dieting > Diseases & Physical
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Customer Reviews

I was surprised to find out that this isn't only a book about beating bronchiectasis but it's also a well written thrilling story. I think the author isn't only addressing those who suffer from Bronchiectasis but a wider audience too. I liked the author's writing style, especially the vivid descriptions. Sometimes it reminded me a medical thriller, and I didn't want to stop reading.

This is an important topic. Modern medicine has done some amazing things, but it has also made people think they need a doctor for anything health related--many feel unqualified to take responsibility for their health. This seems ridiculous to me, given that each of us has 24/7 experience living in our own bodies and we are thus qualified to recognize when things are off.

I didn't know much about bronchiectasis before I started reading but I found myself wanting to find out more as I went through. It is written in an easy to understand way and based on personal experiences of the writer.

Very informative! Love that the author was so honest about his struggles and how he came to take the route he did. Gives me even more faith in natural healing for any ailments.

As one who has bronchiectasis I found the book inspiring and some helpful hints too.

One man's experience with a lung disease. Sometimes repetitive; could use some editing. Written first person from his own personal experience, therefore good but anecdotal.

As a doctor, cancer survivor, and life long sufferer of respiratory disease, I know first hand a protocol like this can save your life. This book is extremely well written and full of useful information for those who are ready to take their life back. Thank you

I really enjoyed this story. I was cheering for him all the way. Yay for him for taking control of his health and his openness to strategies that are different. I believe this book will help people gain control over their medical issues. It will give them hope and practical advice on what to do.Ã¢Â¢Â•

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