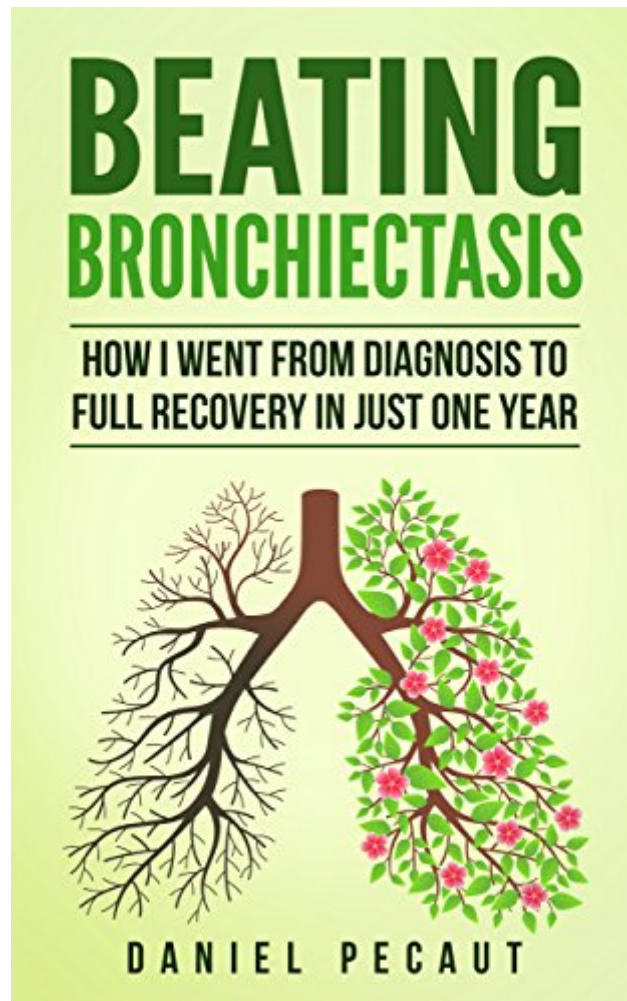


The book was found

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.

Book Information

File Size: 298 KB

Print Length: 83 pages

Simultaneous Device Usage: Unlimited

Publisher: Daniel Pecaut (July 9, 2016)

Publication Date: July 9, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01HUBS7J2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #138,430 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory
#13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory
Diseases #17 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

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.

[Download to continue reading...](#)

Beating Bronchiectasis: How I Went from Diagnosis to Full Recovery in Just One Year
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction:
(addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean
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)
Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions
Gambling, Quit Smoking, Addiction)
BACKUP & RECOVERY SPECIALIST, DATA BACKUP & DISASTER RECOVERY ENGINEER: FORMULAS, PRINCIPLES & REFERENCES: JUST IN TIME
REVISION GUIDE FOR SUCCESS AT ANY BACKUP ADMINISTRATOR JOB INTERVIEW
Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and

Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime
Prostatectomy: One patient's experience, from diagnosis, through surgery, to recovery
How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One
Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and You'll Never Smoke Again!)
Enslaved by Ducks: How One Man Went from Head of the Household to Bottom of the Pecking Order
Silicon Sky: How One Small Start-up Went Over the Top to Beat the Big Boys
Into Satellite Heaven
A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and then suddenly ... empty, just with one person, that is me..
Practical guide for the diagnosis and management of asthma : based on the Expert Panel report 2 : guidelines for the diagnosis and management of asthma (SuDoc HE 20.3208:AS 8/8)
Diagnostico por la imagen del encefalo / Direct Diagnosis in Radiology: Brain Imaging (Directo Al Diagnostico En Radiologia / Direct Diagnosis in Radiology) (Spanish Edition)
Diagnostico por la imagen del torax / Imaging diagnosis of the thorax (Directo Al Diagnostico En Radiologia / Direct Diagnosis in Radiology) (Spanish Edition)
Zitelli and Davis' Atlas of Pediatric Physical Diagnosis: Expert Consult - Online and Print, 6e (Zitelli, Atlas of Pediatric Physical Diagnosis)
Cope's Early Diagnosis of the Acute Abdomen (Silen, Early Diagnosis of the Acute Abdomen)
Textbook of Physical Diagnosis: History and Examination With STUDENT CONSULT Online Access, 7e (Textbook of Physical Diagnosis (Swartz))
Mosby's Guide to Nursing Diagnosis, 4e (Early Diagnosis in Cancer)

[Dmca](#)