



# Asthma Free in 21 Days: The Breakthrough Mind-Body Healing Program

*Kathryn Shafer*

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Is it really possible to reverse the painful, debilitating symptoms of asthma and to reduce your dependence on doctors and medication--*in Just 21 days?*

Conventional medicine offers no real solution to the seventeen million Americans suffering from this disease. But in this remarkable book, Kathryn Shafer, Ph.D., and Fran Greenfield, M.A., share their natural alternative, the FUN program (Focus, Undo, Now Act!), that can help you break the bonds of asthma forever in only minutes a day!

Kathryn Shafer's triumph over life-long asthma is a testament to the power of mind body healing. This approach allowed her to successfully run the entirety of the New York City Marathon without medication. Her astounding victory became the seed for the FUN program. Together, Fran Greenfield and Kathryn Shafer reveal the intimate relationship between asthma and personal freedom in this self-guided, breakthrough method, which many of their clients have used with miraculous results.

This "masterful, innovative, and successful program for the treatment of asthma" (from the foreword by Gerald Epstein, M.D.) introduces:

- Over forty exercises, including visualizations, for immediate symptom relief
- A blueprint that redefines your relationship with asthma
- Three twenty-one-day healing plans that can be tailored to your own needs
- A unique mind body perspective on exercise-induced asthma, nutrition, and environment
- A fun guide developed especially for kids!

Along with a wealth of real-life success stories, these strategies can prevent panic, clarify the meaning of symptoms, increase energy levels, and achieve a deeper healing than you ever thought possible. Whether used as a complement to conventional medicine or as a medication reducing alternative, this program empowers people of all ages to live more active, fulfilling lives.

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