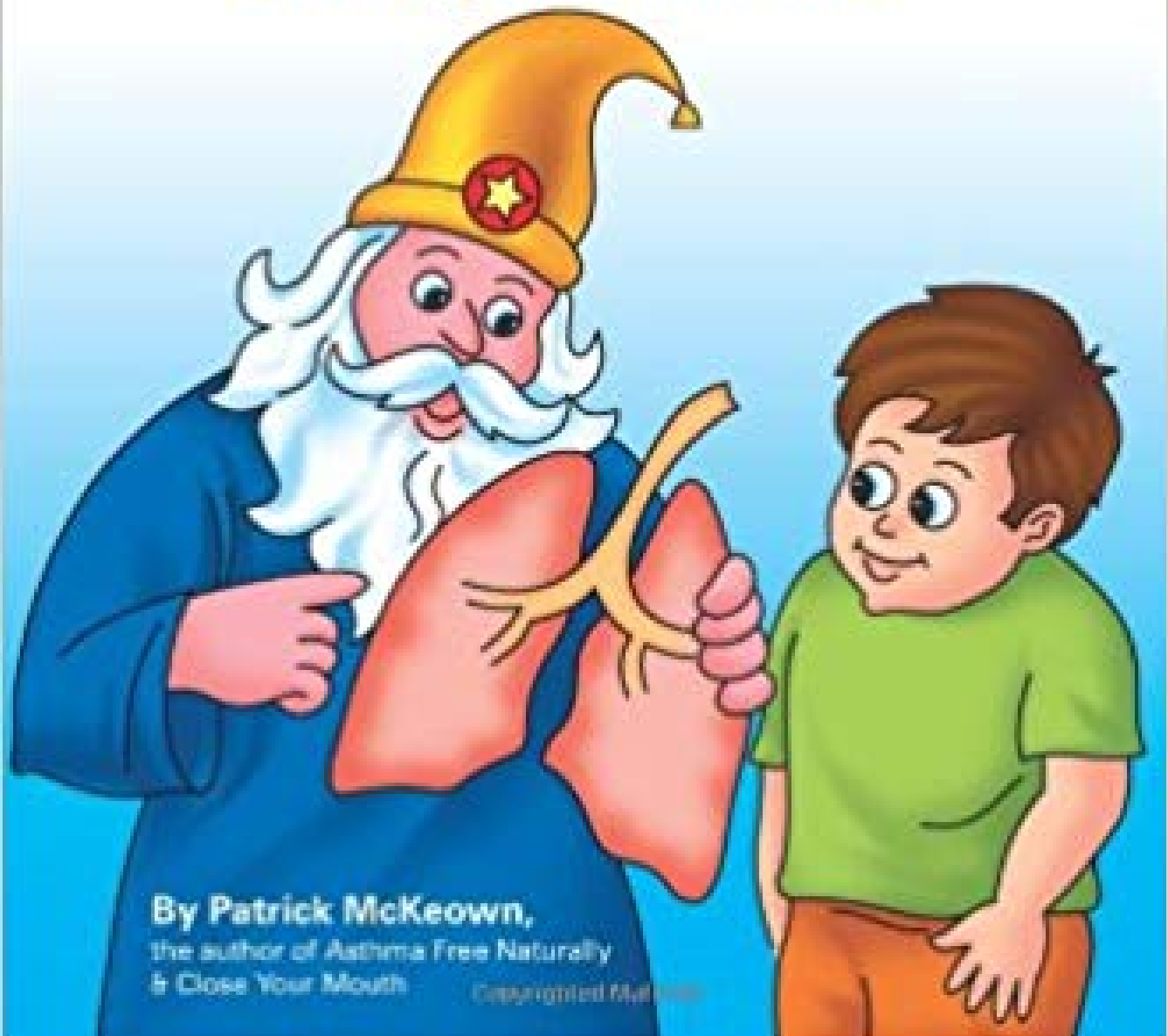


# ABC

## to be Asthma Free

**Always Breathe Correctly to stop coughing,  
wheezing and breathlessness**



**By Patrick McKeown,**  
the author of *Asthma Free Naturally*  
& *Close Your Mouth*

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**ABC to be Asthma Free. Buteyko Clinic self help book for children**



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Very helpful It has helped a whole lot in managing the asthma of my child, although at times we had to resort to medicine. Though it is designed for small children, my old teen child used the info in it to correct her tongue thrust. Not really a substitute of the big publication with the explanations, but this one helps in making kids understand what they need to do. This book was recommended to us by a dentist. Very useful and easy reading! We've not yet followed the entire program.



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