

# Taking Charge — of — Asthma

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## A Lifetime Strategy

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- How to prevent asthma
- Controlling your environment
- The latest medical and alternative strategies
- Healthy foods and foods that trigger asthma

Betty B. Wray, M.D.

Former president, American College of Allergy, Asthma, and Immunology

# Taking Charge Of Asthma A Lifetime Strategy

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