

The Harvard Medical School

GUIDE TO

Taking Control of Asthma

Personalized
Programs for
Children,
Women, and
the Elderly

A Comprehensive Prevention and
Treatment Plan for You and Your Family

Christopher H. Fanta, M.D., Lynda M. Cristiano, M.D.,
and Kenan Haver, M.D., with Nancy Waring, Ph.D.

The Harvard Medical School Guide To Taking Control Of Asthma

Wendy Murphy



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The Harvard Medical School Guide to Tai Chi Peter Wayne, Mark L. Fuerst, 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of Tai Chi as well as a practical daily program for practitioners of all ages Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries regular practice leads to more vigor and flexibility better balance and mobility and a sense of well being Cutting edge research from Harvard Medical School also supports the long standing claims that Tai Chi also has a beneficial impact on the health of the heart bones nerves and muscles immune system and the mind This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works Dr Peter M Wayne a longtime Tai Chi teacher and a researcher at Harvard Medical School developed and tested protocols similar to the simplified program he includes in this book which is suited to people of all ages and can be done in just a few minutes a day This book includes The basic program illustrated by more than 50 photographs Practical tips for integrating Tai Chi into everyday activities An introduction to the traditional principles of Tai Chi Up to date summaries of the research on the health benefits of Tai Chi How Tai Chi can enhance work productivity creativity and sports performance And much more

Asthma Clay Farris Naff, 2009-09-28 Contains nineteen essays that present varying perspectives on asthma providing an overview of the disease and also discussing causes symptoms treatment options controversies and personal experiences

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