



## **Air: The Breath of Life (DK Healthcare)**

*Jan de Vries*

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Pollution is an ever-growing threat to our planet and manifests itself most dramatically in its impact on the natural environment which surrounds us. But just as trees are dying daily because of environmental pollution, so too are humans suffering. Air pollution has led directly to an increase in asthma, bronchitis and other related respiratory complaints.

In *Air: The Breath of Life*, Jan de Vries calls upon his vast experience in dealing with respiratory problems to guide his readers on how best to assist our own immune system in combating the worst effects of pollution.

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