



# Herbs to Help You Breathe Freely

*C. J. Puotinen, Cj Puotinen*

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# Herbs to Help You Breathe Freely

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**Herbs to Help You Breathe Freely** C. J. Puotinen, Cj Puotinen

A guide to effective ways to treat asthma, hay fever, bronchitis, and emphysema using foods, herbs and lifestyle changes to ease the suffering.

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