



Sleep Apnea: The Ultimate Guide on Diagnosing and Treating Sleep Apnea: The Alternative Healing Series (Paperback)

By Hayden Anderson

Mojo Enterprises, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you one of the millions suffering from sleep apnea and don't even know it? Age, weight, health, race and hereditary can be factors. Do you wake up with a dry throat, headaches, unable to focus or concentrate during the day because you're tired after sleeping all night? These are just a few of the signs and symptoms of sleep apnea. Author Hayden Anderson has written an easy-to-follow guide about Sleep Apnea to help readers diagnose and learn about treatment options. Items covered in this book are: o The signs and symptoms of sleep apnea o The different types of sleep apnea o How sleep apnea is diagnosed o Sleep apnea symptoms in children o Treating sleep apnea o The benefits of lifestyle changes and sleep apnea Sleep apnea is easy to treat and cure but can lead to serious health risks when left untreated. Don't ignore the symptoms another day. Diagnosis, treat and overcome sleep apnea and improve your health and quality of life.



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