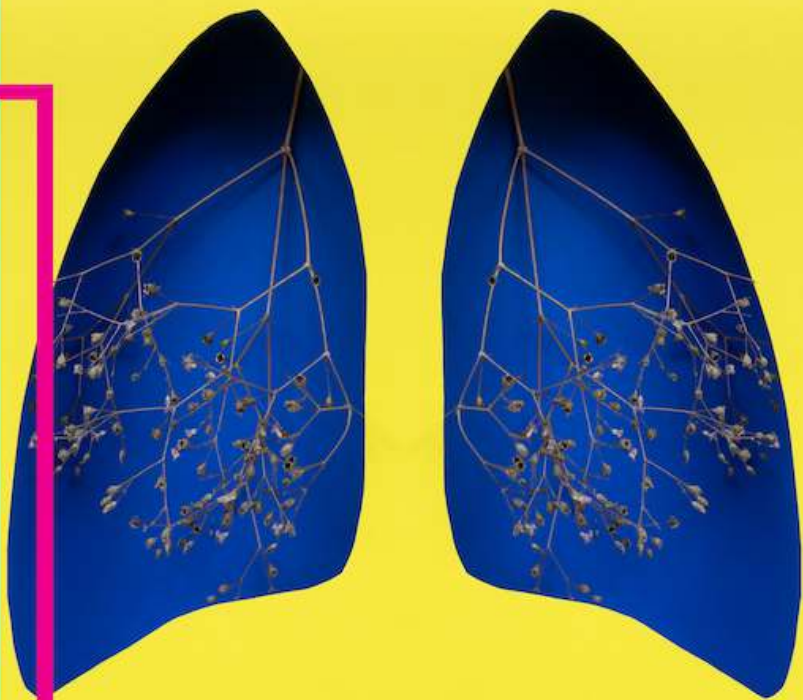


BANISHING BRONCHITIS



BY: SHELLY MANNING

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Banishing Bronchitis by Shelly Manning offers a holistic approach to address and alleviate the symptoms of bronchitis through natural and lifestyle-based interventions. The program, as outlined in the review, focuses on understanding the root causes of bronchitis and implementing specific steps to reverse the condition. Let us summarize the key points highlighted in the review.

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What is Banishing Bronchitis?

Banishing Bronchitis is a comprehensive program designed to address and alleviate the symptoms of bronchitis through natural, lifestyle-

based approaches. Developed by alternative health practitioner Shelly Manning, the program focuses on understanding the underlying causes of bronchitis and implementing specific lifestyle changes to reverse the condition. The program is presented as a drug-free alternative, emphasizing the significance of choices related to smoking, diet, stress, sleep, and exercise in managing bronchitis effectively.

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About Banishing Bronchitis

Author

Shelly Manning, an alternative health practitioner, developed the program based on her expertise in analyzing global research to identify the root causes of diseases.

Approach

The program is presented as a drug-free alternative, emphasizing lifestyle choices related to smoking, diet, stress, sleep, and exercise in managing bronchitis effectively.

Scientific Foundations

Banishing Bronchitis is grounded in scientific research, highlighting the connection between lifestyle choices and the development and progression of bronchitis.

How Banishing Bronchitis Works:

The program comprises five steps:

1. **Quit Smoking:** The program provides unique and effective guidance to quit smoking, emphasizing a logical and gentle approach.
2. **Remove Foods Worsening Bronchitis:** Identifies specific foods that may worsen bronchitis symptoms and recommends their removal from the diet.
3. **Eat Anti-Inflammatory Foods:** Recommends the incorporation of anti-inflammatory foods into the diet to reduce inflammation.
4. **Exercises:** Advocates for regular exercises (3-5 times a week) to contribute to overall health and alleviate bronchitis symptoms.
5. **Address Sleep and Stress:** Highlights the importance of managing stress and ensuring sufficient sleep for recovery.

Benefits of Banishing Bronchitis

Specific benefits mentioned in the review include reduced coughing, improved breathing, better sleep, increased energy levels, and overall well-being.

Pros of Banishing Bronchitis

- **Natural and Drug-Free Approach:** The program emphasizes a natural approach without the use of medications.
- **Scientifically Aligned:** The program is based on scientific research, providing a grounded foundation.
- **User-Friendly:** The instructions are described as user-friendly, making it accessible for individuals to follow.
- **Holistic Impact:** It not only addresses bronchitis but also contributes to overall health and well-being.

- **Money-Back Guarantee:** The program is backed by a 60-day money-back guarantee.
- **Customer Support:** Comprehensive customer support is available.

Cons of Banishing Bronchitis

- **Online Availability:** The program is exclusively available online.
- **Commitment Required:** Success with the program necessitates commitment to lifestyle changes.
- **Individual Variations:** Results may vary among individuals.

Pricing and Money-Back Guarantee

Banishing Bronchitis is currently discounted at **\$49**, with an original price of \$149. The program comes with a **60-day money-back guarantee**, making it a risk-free investment.

Conclusion

Banishing Bronchitis appears to be a comprehensive program offering a well-rounded approach to managing bronchitis. With its emphasis on natural and lifestyle-based interventions, backed by scientific research, it aims not only to address bronchitis symptoms but also to enhance overall health. The availability of a money-back guarantee provides added assurance for users. As with any health program, individual responses may vary, and it is advisable to consult with healthcare professionals before making significant lifestyle changes.

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