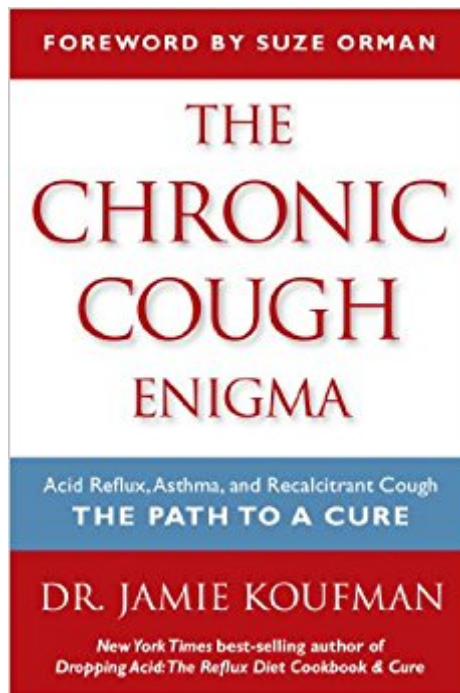


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# The Chronic Cough Enigma: How To Recognize, Diagnose And Treat Neurogenic And Reflux Related Cough



## Synopsis

If you have confusing and unexplained breathing problems or your asthma has not responded to treatment, this book is for you. The Chronic Cough Enigma is written for people who have been coughing for months or years and cannot get useful answers from their doctors. More than 20 million Americans suffer from what is known as enigmatic chronic cough. This book provides insights from Dr. Jamie Koufman's almost forty years of successfully managing thousands of long-suffering cough patients. Indeed, the typical chronic cough patient who comes to her office has been coughing for more than a decade. This book provides the many who suffer from chronic cough new and potentially life-changing information and the potential to be cured.

## Book Information

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## Customer Reviews

I have been battling reflux for almost 4 years now (probably had before though) but it never became so severe until after a bout of Pertussis....reading this book, I was actually brought to tears because I finally felt like everything was answered....if you have any doubts of buying this book and are a constant cougher or clearing your throat (or even other issues)....you really should pick this up...worth every penny and more...I have spent a ton of money on books regarding reflux (some helpful) and searching the websites and even canvassing my friends and employees (I use to work at a doctors office). I completely feel let down by every specialist I have seen (many). I know Dr. Koufman is probably getting some backlash for publishing this book from her peers....but I want to thank her....she has helped me so much in just 24 hours of buying the book.....

For years I have been coughing relentlessly unable to find a cure. I have been to over 15 different doctors over the past 10 years, and all I got were all the different asthma inhalers known to man. Thanks to this book and Dr Jamie Koufman, I am now able to lead a normal life. My cough is gone, and this book saved my life!

I've been suffering a multitude of sinus problems since December 2013 which turned out to be the result of acid reflux. I think I've gone through many stages from a "hell-ified" experience with terrible terrible post nasal drip, chronic coughing, no sleep for months/weeks at a time...on top of that I ended up being hospitalized for severe anemia due to fibroids....so my long journey with this acid reflux crap has taken me through crazy, overwhelming stages in addition to the "female issues". After damaging results after seeing an ENT in the beginning stages, I said "F" it, I'm taking matters in my own hands!" On top of that he didn't even appreciate the fact that I found alternative ways that actually helped me, instead he told me to get back on the medicine he prescribed, and reluctantly I did and it made matters so much worse! But I have to say that through my diligence and desire to fix the problem I am 90% better since taking things on into my own capable hands....recently my chronic cough has finally started subsiding and I'm starting to get more sleep...THANK GOD! Through this book and the Dropping Acid Diet book I have learned quite a bit. I totally appreciate Dr. Koufman's approach and all of her research over the years....she is THE TRUTH! I've recommended both books to family and friends on my Facebook page. Sooooo, on with the cloning PLEASE, we need more doctors like her!!

I bought this because my son has reflux and we have used Dr. Koufman's first book Dropping Acid, to help him figure out how to cope with and manage his reflux. Others in my family have had reflux like symptoms, including coughing. This book is an incredibly useful guide to coughs of all kinds and the relationship between silent reflux, coughing and diet. Dr. Koufman's guide to healthy eating is indispensable. And what you will learn about how packaged foods and sodas affect your health should be a wake up call for you and everyone you know. Revolutionary and powerful, highly recommended.

This is the first book (or doctor) that has actually explained what is happening to me when I have a choking spasm. Dr. Kaufman talks in clear, easy to understand language while giving complete explanations of the technical terms. This is a must read for anyone suffering with acid reflux.

This book and her book "Dropping Acid-The Reflux Diet," are the only books or information from the internet I've found that make sense. "The Chronic Cough Enigma," is even more enlightening. I'm on the second week of the Induction Reflux Diet and it's helping without a doubt. I've been following the direction of my doctor and my GI doctor and not making any real headway at all. I've been miserable! This is the best I've felt! I had been MISdiagnosed with chronic asthma for 4 miserable years. When I think of the damage to my throat, esophagus, lungs, and larynx.....This is heavy duty acid people! We have gotten so used to the term indigestion and to take a pill for as long as you suffer from it, and it doesn't cure it! I can only hope this book would change our fractured healthcare system, but it's so entrenched! I'm having to treat myself, because I can get a diagnosis, but no real help on how to get better. This book is my chance. Thank you Dr. Koufman!

Highly recommend this book if you have a chronic cough than YOU need this book,. I've changed the way I do allot of things now and even changed my sleeping and eating habits. Thank you for this opportunity..

Anyone who has been diagnosed with asthma, or has troubling coughing or other breathing issues should read this book--and their doctors should read it, too. I've had a chronic cough since March after being diagnosed with asthma last year and having a severe upper-respiratory virus last summer, and it kept getting worse and worse despite all the cough syrups, allergy testing, nasal sprays, etc. The doctors seemed at a loss as to what to do, or how to diagnose it. I eliminated gluten, soy, dairy, nuts, chocolate and sugar as I found those all impacted the quality of my breathing negatively. However the intensity of the cough was taking over my life, and my husband's life too. It wasn't until I found and read this book that progress towards regaining my health started. I basically guided my specialists (my general doctor, an ENT, an allergy/asthma doctor, and a pulmonologist) through the testing recommended in the book, made my own dietary changes, requested the acid controllers recommended, and voila.... it's not gone yet, but the difference in two months is nothing short of amazing. My own theory from some Internet research, that there is also neurogenic component, was backed up by the book, and that's the next issue that will be tackled (nothing happens quickly in the medical world). Basically, the information in Dr Koufman's book gave me my life back. Can't recommend it highly enough.

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The Chronic Cough Enigma: How to recognize, diagnose and treat neurogenic and reflux related

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