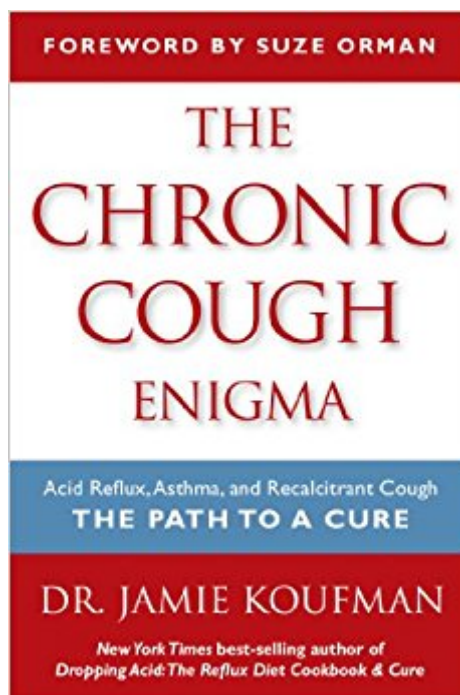




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# The Chronic Cough Enigma: How To Recognize, Diagnose And Treat Neurogenic And Reflux Related Cough



## 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

Congratulations! The Chronic Cough Enigma really packs a punch. Like Dropping Acid: The Reflux Diet Cookbook & Cure, this book is very clearly written. You do an excellent job of explaining some fairly sophisticated medical concepts. That's important, because most patients want to be educated but not talked down to. When I wasn't furious at the medical establishment in general and my GI doc and his ASC in particular, I actually enjoyed reading it and learned a lot. I know that you became a doctor because you wanted to help people, and this book will help many, many people. (Elizabeth Bachman, patient) After ten-years of seeking a cure for my chronic cough, Dr. Koufman finally has me on the road to recovery. Her practice of what she calls integrated aerodigestive medicine puts all the pieces of the puzzle together in a most logical and innovative way. (Nancy Lieberman

(Dr. Koufman's patient)) "Congratulations to you on The Chronic Cough Enigma; it is first rate. I will recommend it to my residents and to my patients." (Robert T. Sataloff, M.D., D.M.A., F.A.C.S.)

Dr. Jamie Koufman is one of America's leading laryngologists and has lectured widely nationally and internationally. With three decades of clinical and bench research focused on the diagnosis, treatment, cell biology, and epidemiology of reflux, Dr. Koufman is one of the world's authorities on reflux disease. She coined the terms laryngopharyngeal reflux, silent reflux, and airway reflux. She is a New York Times best selling author for *Dropping Acid: The Reflux Diet Cookbook & Cure*. Dr. Koufman is the Founder and Director of the Voice Institute of New York, a comprehensive voice treatment center. She was a pioneer of laryngeal framework surgery, minimally-invasive laryngeal laser surgery, laryngeal electromyography, and transnasal esophagoscopy. Dr. Koufman is Professor of Clinical Otolaryngology at the New York Eye and Ear Infirmary of the New York Medical College, and she also has surgical privileges at the Beth Israel and Lenox Hill Hospitals. Dr. Koufman has received the Honor Award and the Distinguished Service Awards of the American Academy of Otolaryngology-Head and Neck Surgery, the Broyles-Maloney Award of the American Broncho-Esophagological Association, and the Casselberry and Newcomb Awards of the American Laryngological Association. The latter is a Lifetime Achievement Award for research and publications in Laryngology. Dr. Koufman has been listed among the Top Doctors in America every year since 1994.

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

Very informative for anyone who has unexplained or untreated coughing or choking. Who would have thought that it could be another sign of GERD?.. But instead of heartburn, the person coughs! Drs and patients alike should read this book.

An important read for LPR sufferers. It tends to be pretty technical, though, so you have to invest some time and attention towards actually reading it.

Brief, concise, to the point and extremely well written by a doctor who really cares! I've been on the diet and realized it was helpful after the first three days. I'm thrilled with it and very thankful to Dr.

Koufman.

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.....

i have been suffering from a cough which was diagnosed as asthmatic. it probably is not. it probably is this. i will be spending some time trying to watch my diet and this book started me considering my options. it is very scientific, and the author has an axe to grind against his profession. this got in the way, at least occasionally with the value of the book.

I STRONGLY ENCOURAGE ANYONE WITH A CHRONIC COUGH (AND/OR SINUSITIS, ASTHMA, POST NASAL DRIP,etc.) -- WHICH HAS NOT RESPONDED TO TREATMENT -- TO READ THIS BOOK. It could save you a lot of time, money and misery. Unlike the multitude of specialists I've seen, Dr. Koufman doesn't focus solely on one body part ...instead she looks at the whole person and the inter-connection of symptoms.I have had an unrelenting, embarrassing, constant chronic cough (and chronic throat clearing) for 6+ years, which started after a severe upper respiratory infection. I've seen dozens of specialists (including at the Mayo Clinic); endured innumerable tests; and taken at least 25 different medications. I was given various diagnoses including reflux or GERD; post-nasal drip; psychogenic cough (a.k.a. habit cough).Over the years, I made a number of dietary changes -- to no avail. I was put on Nexium for years even though I now know that the manufacturer recommends it only for short-term use (i.e. weeks, not years). I was put on numerous antibiotics and multiple courses of steroids (which led to a yeast over-growth in my gut -- only discovered recently -- which also can cause chronic cough and chronic throat clearing, among other things).As described in Dr. Koufman's book, the gastroenterologists, ENT's, pulmonologists, allergists and internists I saw over the years have a shockingly incomplete understanding of "silent reflux" and "neurogenic cough." The diagnoses I was given by various

doctors were incomplete (or simply, incorrect); the medicines I took for years were mostly unnecessary (and, in some cases, exacerbated the cough and/or caused other damage) and the recommended dietary changes were not enough. How I wish I had read Dr. Koufman's books years ago! Having implemented the comprehensive dietary changes and lifestyle modifications recommended in this simple, easy-to-read book, my cough has improved tremendously and I am finally on the road to recovery. Thank you, Dr. Koufman!

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.

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