

Habit Cough "one sheet." Adult Version - Not every cough is a Habit Cough\*.  
Consult with your doctor prior to any treatment.



***"Could your chronic cough be Habit Cough?  
Habit Cough can be cured without medication."***

*- Dr. Miles Weinberger, MD, University of Iowa Cough Clinic Founder*

Dr. Weinberger's peer reviewed and published Habit Cough diagnosis, permanent cure & recovery procedure is available via-telemedicine, in-office, *and* by-proxy ~ in your home; simply by watching a YouTube documentary. Dr. Weinberger's by-proxy procedure is a self administered - no-cost, simple, satisfying, drug-free cure & recovery. Note: *Your doctor might certainly charge you a cost or a fee.*

**Cough is the #1 reason\* people go to the doctor.** Until now; in history ~ there has never been a cure. From a 1694 British medical textbook\*: *"habitual cough [absent once asleep] which often continues after the first Cough, which was caused by the Cold, is gone,..."* [post-viral - daytime cough] **Not every cough is a habit cough ask your doctor.**

### **Sip - Suppress - Satisfying - Cured!**

*"And then...THE COUGHING STOPPED! Like turning off a switch."* - Troy Thuma, Suamico, Wisconsin

1. Rule out any comorbidities with; and **trust your doctor**. Tell your doctor about Dr. Weinberger's peer reviewed and published procedure. *Dr. Weinberger's procedure does not treat, or cure any comorbidities. You may contact Dr. Weinberger from anywhere in the world at no cost here: [www.HabitCough.com/contact](http://www.HabitCough.com/contact)*
2. Refer to Dr. Weinberger's habit cough diagnosis: "... [dry] acute, or chronic cough; absent once asleep; only to return once awake." (Your awake, daytime, unexplained, dry cough that is absent **once** asleep.)  
[www.HabitCough.com/diagnosis](http://www.HabitCough.com/diagnosis)
3. Watch the simple and satisfying "peer reviewed & published" habit cough cure video documentary (35 minute) with a tall glass of room temperature water, when your daytime/awake "horror cough" is at its worst!  
[www.HabitCough.com/thecure](http://www.HabitCough.com/thecure)
4. Follow Dr. Weinberger's simple instructions in the documentary that he provides to his child patient at the link above. **(Same exact procedure/video for adults and children.)**
5. **Note 1: Sip a tiny; "tongues-worth" of water upon the "spark" BEFORE the "flame". This means to sip a "tongues-worth" of water upon the "tickle" BEFORE the "cough". (Very important: Tiny sips only. Do NOT sip, or gulp any water atop the cough.)**
6. **Note 2:** If there is an increase in the time between coughs; and diminished intensity of the coughs; the procedure is taking effect. **Now, all you must do is practice the method.**
7. **Practice, practice, practice!** When you are done; *practice again; and again.* This might take a week or two, and **remember to keep your doctor in the loop.** They will want to know about your progress. Refer them to Dr. Weinberger's peer reviewed and published research website.
8. Dr. Weinberger states that **recovery is THE most important part** of his procedure. If children, and adults around the world can do it; "... *you can do it too!*"

For educational and referral purposes only. NOT to be considered medical advice. **You should have no expectation of improvement or cure of any health concern.** \*All peer reviewed and published references, full explanation, & referral available at [www.HabitCough.com](http://www.HabitCough.com). Contents of this document have not been created, reviewed, edited, or approved by Dr. Miles Weinberger, MD, in any manner, fashion or form, and do not represent his medical advice or opinion. **Communicate with your personal doctor.**

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