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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are There Asthma Attack Home Remedies – Or Just Hot Air?

By Mark Walters

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

Hot bathroom

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

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Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>

Asthma and Its Symptoms

By Rudy Silva

In his book, *Essential Allergy*, Niels Mygind defines asthma as,

"A lung disease characterised by: 1, variable and reversible airway obstruction; 2, airway inflammation; and 3, bronchial hyper-responsiveness."

Asthma is a disease where bronchial tubes are sensitive to irritants, which cause them to inflame and produce difficult breathing. The inflammation can cause,

- * contraction of muscles around the air passages,
- * swelling of the airway lining due to airway inflammation, and,
- * excessive mucus in the airways.

Asthma occurs in most western countries and is the leading chronic illness of children.

Asthma, in some cases, cannot be cured, but for most patients it can be controlled so that they have only minimal and infrequent symptoms and they can live an active life.

If you have asthma, managing it is an important part of your life. Controlling your asthma means staying away from things that bother your airways and taking medicines or natural remedies as directed by your doctor.

When a person experiences a worsening of their asthma symptoms, it is called an asthma episode or, in severe cases, an asthma attack. During an asthma attack, smooth muscles around the bronchial tubes contract, making the airway openings narrower so less air can flow through. Inflammation increases and the airways become more swollen and narrow. Cells in the airways also make more mucus than usual, which narrows the airways further. The changes to the airways cause the symptoms of asthma.

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Asthma attacks are not all the same—some are worse than others. In a severe asthma attack, the airways can close so much that not enough oxygen gets to vital organs. This condition is a medical emergency. People can die from severe asthma attacks. A person suffering from an asthma attack has a sensation similar to drowning.

Learning the warning signs or asthma symptoms can often alert a sufferer in time to take preventive action, such as medication or natural remedies.

Asthma attacks can occur over a long period of time. Although there are times when acute episodes strike asthmatics, most asthma sufferers say that there are long periods during which they suffer few, if any, asthma symptoms.

Here are some asthma symptoms:

- * Coughing. Coughing in people with asthma is often worse at night or early in the morning, making it hard for them to sleep. This may be the only symptom a child with asthma has.

- * Wheezing. Wheezing is a whistling or squeaky sound when you breathe.

- * A tight feeling in the chest. This can feel like someone is squeezing or sitting on your chest.

- * Shortness of breath. Asthma sufferers often say they can't catch their breath, or they feel breathless or out of breath.

- * Narrowing of the air passages in the lungs and hence increased resistance to airflow.

- * Significant reversibility with steroid drugs

- * Symptom-free periods

- * Frequent occurrence of allergy

- * Inflammation of the air passages

- * Bronchial hyper-responsiveness to non-specific stimuli such as cold air, air pollution, pollen, dust, or other irritants

- * Asthma symptoms brought on by exercises

- * Coughing or wheezing brought on by prolonged crying or laughing

Not all people have these symptoms, and symptoms may vary from one asthma attack to another. Some symptoms are mild and some are life threatening.

Symptoms also differ in how often they occur. Some people with asthma only have symptoms once

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every few months, others have symptoms every week, and still other people have symptoms every day.

Learn how to use natural remedies to reduce asthma attacks and to eliminate many of the asthma symptoms

Rudy Silva is a Natural Nutritionist. To learn more about using natural remedies for asthma go to:

<http://www.natural-remedies-thatwork.com/asthma1>



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