

This Free E-Book is brought to you by Natural-Aging.com.

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

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.

Asthma and Its Symptoms

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

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>

Information On Asthma For Grown Ups

By Roger Thompson

Adults and Asthma

This article talks about Asthma for the grown up and elderly. We know that asthma has many medical implications.

Adult asthma normally comes from one of three conditions. First off, some adults that have had asthma their entire lives or that have had it since childhood are in one condition. In the second, the asthma was there during childhood and then all symptoms of asthma were gone for a period of time and then sometime later in their adult life, asthma has come back. Finally, there are those adults that are first getting asthma during their adult years. In this case, the asthma is almost always brought on by occupational asthma conditions, or poor working conditions or exposure to triggers that over time developed into asthma in the individual.

Anyone that has asthma, including the adult, can find the help that they need in treating and living with it. As you will learn as an asthma patient, there are many types of medications on the market that can be used to treat asthma both in the episodes that you may experience (asthma attacks) as well as in the day to day living arrangements. Those that have had asthma as a child and then had no symptoms of asthma for much of their life only to have it resurface are often the hardest patients to treat. Here, something, possibly contaminants or even infection, has caused the resurgence of the asthma and it is often a severe case when this happens.

In cases where occupational asthma is the culprit, it is often the asthma specialist's first course of action to determine what the trigger is that is causing the asthma outbreaks. Then, the first treatment for this type of asthma will be to avoid that trigger. Of course, your doctor will help you to determine what that is and will work with you to determine just what can be done to help provide you with relief from your asthma. Even as an adult, it is important to seek out the help you need for asthma.

Roger Thompson writes about asthma, health related issues and jobs for

<http://www.Idohealthcare.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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