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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!

How To Discover Your Hidden Asthma Triggers – Taking Control By Tracking Your Asthma

By Susan Millar

Asthma is a serious lung disease effecting over 20 million people in the US alone. An asthma attack is caused by a trigger, which can be any external stimulant such as perfume, food, air pollution, cold air, animals, dust, etc., which our bodies react to. Knowing what your personal triggers are and avoiding them will help greatly to prevent asthma attacks. However, what triggers an asthma attack in some people may not even bother another asthma sufferer at all.

To make things more confusing, sometimes a trigger will cause a mild reaction one day and then a severe one the next day. This could be the result of being exposed to multiple triggers, for example one of your known triggers could be pollen, but when combined with a few new unknown triggers – fabric softener, detergent, perfume or a food additive can hit very hard and trigger a major attack. On days when you are feeling tired and haven't had enough sleep or are under stress, you may also find that things which never seemed to bother you previously now suddenly do.

As you see tracing them can be rather complex and requires a bit of detective work to track down and eliminate or minimize these triggers at home or at work. Keeping track of your asthma attacks by writing a journal for a few days is a good way to start. First it's a good idea to note how you were feeling the day you had an attack, if you were tired or didn't sleep well, had a fight with your friend.

What did you eat? Make this detailed and include food ingredients, additives and coloring since they can be a trigger for many people. Where did you go that day? Were there weeds or flowers blooming nearby, animals, damp moldy smells around you? Did you start using a new detergent, fabric softener or household cleaner? Make a note of any exercise you do and your body's reaction to it. On one particular day did the exercise have negative results? Why? What was the weather like? What was the room where you exercised like? If the room is where you regularly go to exercise, was there anything different about it on that day?

After only a few days of writing in your journal you will soon see a pattern emerging. You will have uncovered your asthma triggers and now you can take control and prevent an asthma attack by avoiding, reducing or eliminating them.

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However it just isn't practical or even possible to control or eliminate all triggers, particularly outside the home, at work, school or in public places. Fortunately, there is a safe non-drug solution that you should know about, a simple and natural allergy and asthma treatment, which many people have found to be very effective.

Susan Millar is a former asthma and allergy sufferer. She is a researcher and author of The Dramatic Asthma Relief Report, based on extensive research about a genuinely effective drug-free allergy and asthma treatment, helping people worldwide become asthma and allergy free. Please visit

<http://www.dramatic-asthma-relief.com/>

for more information.

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>



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