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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!**

**Natural Cure For Asthma**

**By Sharon Hopkins**

If you experience sudden bouts of breathlessness, you are suffering from asthma. When some

dust, smoke or the scent of any odd flower or perfume will get you whizzing, coughing and gasping, you are suffering from asthma. These are just some of the allergens that can irritate your nasal passage. Other irritants are exercise, pollution or smog, a sudden change in weather, cold or any infection of the airways.

Though asthma attack can be scary, there is no need to panic. Besides following doctor's medications, there are certain tips that you can follow to prevent asthma. First, it is important for you to guard yourself against dust mite allergies and hay fever. Take the following steps:

- Go for yoga: Performing simple yogic breathing where you exhale for twice as long as you inhale can prevent against future asthma attacks. This technique has been proven to be very effective. The effect of this breathing is similar to that obtained by the use of a corticosteroid inhaler. To do this breathing, close your eyes, inhale and then exhale naturally. Pause without holding your breath for one or two seconds before the next inhalation. This will allow the exhalation to complete naturally. Do not try to breathe deeply or slowly. But if there is a need to breathe deeply, you can do so till you can come back to breathing exercise.
- Avoid sleeping on full stomach: Sleeping while your stomach is full can aggravate your asthma. Asthma is caused by stomach reflux, which occurs when stomach acid goes back into esophagus. This causes the stomach contents to regurgitate into your mouth and then drip down into the airways when you are lying down or sleeping. Avoid heavy snacks and take an antacid to reduce your stomach's acidity. Theophylline medications can also aggravate the asthma by increasing the stomach's reflux. If you are on this medication and are experiencing stomach reflux problem, consult your doctor to reduce the dosage.
- Note your food sensitivity: Eating or smelling certain foods can trigger an asthma attack in some people. Foods like milk, eggs, seafood and nuts are the main culprits.

## Natural Cure For Asthma

- Eat plenty of fish: Eskimos rarely suffer from asthma. Hence, some researchers conclude that eating plenty of fish may prevent asthma. The fishes more likely to have an impact on asthma are omega-3 rich fish like sardines, mackerels and herring.
- Take multiple vitamins: Taking a good vitamin/mineral supplement and having a diet rich in fruits and vegetables might help; since some nutrients have been shown to prevent asthma. People who take vitamin C and zinc are less likely to suffer more than the others. Increase your intake of citrus fruits, broccoli and peppers for vitamin C and beef, crab and oysters for zinc.
- Get relief from caffeine: Coffee has been shown to help people with asthma. It has the same effect as theophylline. A cup of a regular strong black coffee will have beneficial effect on asthma. But do not use caffeine as a substitute for or along with other medications and must be always used in case of emergency. When you do not have medications, you can have 2 cups of regular strong black coffee for instant relief. You can get relief, albeit slower, with hot cocoa or milk chocolate.

Sharon Hopkins has been managing a number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, provides information on different uses of the home remedies

and natural cures. Asthma can be cured by some simple home remedies along with medications.

### **Cure Your Asthma Naturally!**

**By Ulla Saastamoinen**

#### **Cure Your Asthma Naturally! by Ulla Saastamoinen**

How to cure your asthma in just 1 week. Simple program that will change your life.

Karon Beattie shows us how to naturally cure asthma using a simple method anyone can follow. The pain and agony of asthma can now be cured in 1 week using my easy program. Become naturally free from asthma, sinus and allergies with a safe, fast-working and drug-free treatment proven by clinical trials!

Asthma Free In 1 Week offers a natural asthma cure. Many of our customers are stating similar statements to Karon who said "I didn't think I would EVER get rid of the asthma that had tormented me for so long. I desperately wanted to feel better about myself. I wanted the asthma GONE – so, I gave it a try. My recovery was dramatic and exciting. Over the space of a week, my badly-congested lungs cleared and I was breathing easily (and I was finally able to leave my "puffer" out of my handbag/pocket!).

Visit the website at

<http://www.4evermarketing.com/asthma>

## Natural Cure For Asthma

She is giving you the information for you to take control of your own destiny on asthma, sinus and allergies.

The rest is up to you, but she also gives you her personal commitment to help you in that journey, if you want her to!

What worked for her and others is not widely known, but has been validated by scientifically–proven controlled clinical trials.

The results show that severe asthmatics are able to totally eliminate their need for asthma treatment drugs (or reduce it by over 90%) Can you imagine those results for yourself or a loved one? Don't you think you have the right to know about such an asthma treatment?

The treatment is suitable for adults of any age, and for children over three years.

The treatment is completely natural, safe and is without any negative known side effects. You will start to feel the results almost immediately.

You have to never suffer a life–threatening asthma attack again, or the day–to–day restrictions and discomfort of living with asthma since you underwent this treatment.

The cures found in our book can be applied at your house. No need to go to the doctor or spend thousands of dollars on prescription medicines.

For more information click here Now

<http://www.4evermarketing.com/asthma>

None



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