

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Reduce Asthma And Breathe Free**

**By Dr. Rita Louise**

**Reduce Asthma And Breathe Free**

by: **Dr. Rita Louise**

Asthma can be a serious and often frightening condition that is typified by a tightening of the chest, wheezing and difficulty breathing. Asthma is made up of two underlying components: inflammation and constriction. During normal breathing, the bands of muscles that surround the airways are relaxed, and air moves freely. But in people with asthma, the bands of muscle surrounding the airways tighten and air cannot move freely. In addition, individuals with asthma often have airways that are inflamed, irritated and swollen. This can make it hard for them to breathe. This irritation can also cause the mucus membrane that lines these tissues to produce excessive mucus, which can further reduce the flow of air into the lungs.

The airways of people with asthma are extremely sensitive. The airways tend to overreact and narrow due to even the slightest trigger. These can include: emotional upsets and stress, upper respiratory tract infections, breathing cold air and even exercising too hard. Airborne allergens, such as bee pollen, animal dander, dust mold and smoke can also trigger an attack, as can certain foods or medications.

Asthma attacks can be both mild and severe. The severity of an attack, however, can escalate rapidly, so it is important to treat these symptoms immediately once you recognize them. In any case, it is important to work with your primary health care provider when you look to treat this health concern. Fortunately, there are a number of things that you can do to help reduce the severity or eliminate asthma from your life.

Recommendations for Wellness

To help control an attack:

Sit leaning forward or in a semi-prone position to help restore normal breathing.

## Reduce Asthma And Breathe Free

Try placing a hot, moist towel over your chest to help relax your chest muscles and restore normal breathing.

To help reduce your chances of another attack:

Incorporate breathing exercises into your daily routine to help strengthen your respiratory muscles.

Keep a health diary. Use it to help you figure out what is triggering your attacks, then reduce your exposure to them or eliminate those things from your life.

Don't smoke. Avoid perfumes.

Make a special effort to keep your environment allergen free. Get an air purifier. Dust and vacuum often. Change your home furnace or air conditioner filter regular.

Stop exercising if you start wheezing or feel an attack coming on.

Drink plenty of water to help thin any mucus build-up in the lungs.

Eliminate or reduce mucus-forming foods such as milk products, products made with white flour and refined foods.

Lobelia has a long history for relaxing respiratory muscles and reducing spasmodic coughing.

To help reduce asthma symptoms, including ginkgo biloba into your health care program.

Herbal combinations such as Nature's Sunshine's Chinese Lung Support can help to support and protect the lungs.

Herbs such as mullein, licorice root, marshmallow root or slippery elm can be taken to soothe irritated tissues.

Fenugreek and thyme can help to open the chest as it loosens & stimulates the gentle removal of mucus and phlegm.

Incorporate a homeopathic Asthma formula to help with shortness of breath, difficulty in breathing, tightness of the chest and wheezing.

© Copyright Body, Mind & SoulHealer 2004. All rights reserved.

Dr. Rita Louise, PhD is a Naturopathic Physician and it is her unique gift as a medical intuitive that enlivens her work. Author of the books "Avoiding the Cosmic 2x4" and "The Power Within", Dr. Rita Louise, Ph.D. can help you identify what is really going on and provide you with straightforward guidance and advice. She can be reached by calling 972-475-3393 or visiting her website at

## **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

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

Reduce Asthma And Breathe Free



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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