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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!

Reduce Indoor Allergens, Reduce Asthma Attacks

By Richard Douglas

Minor adjustments to your everyday routine can yield enormous results when it comes to preventing

asthma attacks. How you ask. Let's look at just one kind of asthma. Extrinsic, or allergic, asthma is instigated by environmental triggers. Most childhood asthma falls in the extrinsic category. It is more frequent in boys than girls. Asthma is the most common childhood illness, accounting for 10 million lost school days annually. Asthma affects 5 million children in the U.S. Common culprits are

- air conditioning
- air pollution, including atmospheric ozone
- animal saliva, urine and dander
- bacteria
- chemicals (particularly hexachlorophene, formalin, ethylene diamine)
- cockroaches
- cold air
- colds and upper respiratory tract infections
- drugs (especially aspirin, cimetidine, antibiotics, beta blockers)
- dust mites and their droppings
- exertion (especially if strenuous and in cold air)
- food additives or preservatives (especially tartrazine or sulfur dioxide)

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- fungal spores

- fumes (e.g., paint) As you can see, many of these causes are found in the home. So how can we do a better job fighting asthma in our indoor environments?

Here are some tips:

- Dust frequently.

- Vacuum frequently; use a cylinder vacuum instead of an upright model. Using a HEPA, or high efficiency particulate air, vacuum is optimum. These vacuums are equipped with high-spec pre-filter and filter systems; they are sealed, allergen-free and designed to remove and trap allergens such as bacteria and mold-filled dust that normal vacuums can't.

- Clean carpeting and drapes regularly. Carpet is a huge hideout for asthma allergens, harboring dust mites and pet dander--the two most common triggers of childhood asthma.

- Replace carpeting with non-fibrous flooring, such as tile or hardwood, particularly in the bedroom.

- Replace feather pillows and down comforters with those containing synthetic fibers; use a plastic mattress cover.

- Wash bedding in hot water (130 degrees Fahrenheit) to kill dust mites and remove allergens. Alternately, you can place bedding in an airtight container for 48 hours.

- Place stuffed toys in the freezer for 24 hours or in an airtight container for 48 hours to kill dust mites.

- Wear a scarf over your nose and mouth in cold weather.

- Monitor the pollen count in spring, summer and fall; avoid open fields when pollen counts are high.

- Always keep your medication with you in case of an attack. Using an air filter can also help prevent asthma attacks. Following are some different options:

- Use an HEPA air filter. They feature a minimum particle removal efficiency of 99.97% for all particles 0.3 microns in diameter and larger. This size covers most pollen, mold spores, animal hair and dander, dust mites, bacteria, smoke particles and dust.

- Use an air purifier. They are classified according to the technology they utilize to remove different-sized particles from the air. Certain models use a chemical process, such as ozonization, to purify the air.

- Install a large room unit air purifier. These air purifiers utilize strong filters or collecting plates; some large units use electrostatic precipitation. These purifiers are highly effective at removing pollutants, particularly smoke and dirt, from large areas. They are more effective as single room units than as

fixed central air filters.

– Install air filters. The efficiency of different models is measured by the size of particles they can remove from the air. They are classified in two categories: central filtration, or induct, systems and portable units with fan attachments. Central filtration systems are installed in heating, ventilation and air conditioning systems. Asthmatics should choose a HEPA filter that can trap very small and very large particles.

– Use a tabletop air purifier. These models are equipped with small panels of dry, loosely packed, low-density fiber filters and a high-velocity fan. Although these models are fairly inexpensive, be sure that the specifications match your requirements to remove very small particles from the air that can trigger asthma attacks.

Find out more about Asthma and the things we can do to battle this ailment. Visit

<http://asthma-treatments.blogspot.com>

Relief From Allergies And Asthma

By Dorothy Miller

Asthma is often diagnosed when you cannot control your breathing. You may wheeze, have a dry cough, a feeling of tightness in the chest, and shortness of breath. This is due to a narrowing of the air passageways to the lungs. This can be brought on by a tightening of the muscles, swelling, and inflammation. Asthma is normally triggered by an allergy or certain activities that irritate the lungs. When you are having an allergy attack, your airways may constrict and you may have difficulty breathing. These symptoms can be even more severe when you have asthma. Your chest may feel heavy and you may need oxygen support or an inhaler to open the airways to your lungs.

To help prevent or lessen the severity of your asthma attacks, you may need to do a lot of cleaning. It may be advisable to invest in an air filter that removes any mold spores found in a room. You will want to eliminate any dust lying around. Dust is one of the primary triggers that cause full-blown asthma attacks. You may need to ensure that you do not have any dust mites or bed bugs in your room. You should also try to eradicate any harmful food allergens.

You can avoid ingesting a food allergen by checking food labels and reading ingredient lists. This is one way to help reduce the likelihood of an asthma attack from a food allergen. You may also want to clean your air conditioner and heating ducts. You can have this done professionally in order to reduce the mold spores and pollen in the air. You will want to consult your doctor about your allergies if you suffer from asthma. You should make your doctor aware of any allergies you think you may have developed, but takes on special importance if you are asthmatic.

If you know that you have allergies and you suffer from asthma, it is vital that you take precautions such as cleaning your home, as well as avoiding certain areas and activities that you know to trigger your asthma. Prevention of an attack is the best course of action. However, if you do suffer an attack,

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there are inhalers and injections available that can help you stay calm while the asthma attack is occurring.

Dorothy Miller contributes to several online magazines, such as

<http://mibow.com>

and

<http://himug.com>



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