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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!

Remedies for Asthma or Allergies

By Rudy Silva

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A lot people have asthma. My daughter, 41 years old, included. She has suffered from attacks for many years. Recently I encountered three natural remedies that I asked my daughter to try. I have not yet received a report on these, so I would like to pass them on to you. Here is the first one.

Boswellia

Boswellia, an herb, is known for its anti-inflammatory abilities and its usefulness in reduces the effects of bronchitis, asthma, cough, laryngitis, and fever. It comes from the resin of a tree in India and made into a pill or cream. It is best known for use in arthritis.

Recommended dose is: 150mg three times a day.

Yamoa

Yamoa is an herbal powder treatment for Asthma, which is derived from the bark of an African gum tree. It is available in capsule and has been typically used to help asthma. It has a good history of helping asthma sufferers.

Minor Blue Dragon formula

The Minor Blue Dragon is a Chinese herbal formula. Another name for it is xiao-qing-long-tang, or XQLT. It's a blend of eight herbal medicines used to treat asthma for centuries in Asia

The XQLT formula has been used effectively for bronchial asthma for centuries and it is said to have an even more powerful bronchodilator effect than prescription drugs.

This formulation contains ephedra, which has been banned in the US in diet formulas. However, ephedra in this formula is considered safe, since the formula only contains around 15% of this herb. The other ingredients in XQLT are paeonia alba, cinnamon, pinellia, ginger, schisandar, asarum, and

glycyrrhiza.

Nutritional Supplements That Help Reduce Asthma

Antioxidants

In addition to the above herbs, it is also important to take a good supply of antioxidants – especially vitamins A, C, and E, carotenoids, and selenium. Taking antioxidants helps to reduce the irritating effects of airborne free radicals, which can activate an asthma attack.

Magnesium

Magnesium has been shown to reduce the risk of developing asthma and might also be helpful in

reducing asthma. Magnesium is also good for asthmatics because it helps to dilate the bronchioles. Also, make sure that plenty of water is drunk daily, which thins mucus. The recommended dosage of magnesium is 200–600 mg/day.

MSM

MSM has also proven useful for asthma aside from being beneficial for arthritis, allergies, fatigue, back pain, sinusitis, carpal tunnel syndrome, autoimmune diseases, and many other conditions. Start with 2000mg of MSM per day but be sure to take 50 to 150 micrograms of molybdenum daily since MSM needs molybdenum to activate it properly.

I was able to find a product that already has the proper molybdenum in the MSM, which makes it convenient to take just one pill. Go to google and put in the words "MSM molybdenum" and you will find some web sites that sell this MSM combination.

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Are There Asthma Attack Home Remedies – Or Just Hot Air?

By Mark Walters

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an

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alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

Hot bathroom

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>



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