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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!

The Simplest Asthma Solution

By Drs. Ralph & Lahni DeAmicis

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During the Democratic convention the Reverend Al Sharpton quoted a shocking statistic: One third of the children in Harlem suffer from asthma. This shouldn't be completely surprising since asthma cases have been consistently increasing over the years, especially in the cities, escalating recently during the rollback of some key environmental laws, but it is a trend we must turn back.

While parents have only limited control over the environment where they raise their children, there is a personal environmental decision they can make that may dramatically reduce the symptoms their children experience. It all comes down to detergent, and not just any detergent. It is the detergent that they use to wash their children's clothes and sheets. The biggest selling detergents in the United States contain large amounts of irritating phosphates, which are not only a major irritant to the skin and respiratory system, but a source of serious pollution, and a component in global warming.

If you are wondering if your laundry detergent contains phosphates just read the label, it is listed there. In most industrialized countries phosphate detergents are outlawed for good reason, but in the United States the chemical industry has a strong lobby and cheap phosphates help manufacturers keep their costs low, so their use continues. The next time you walk through the laundry detergent section of your supermarket, take a deep breath and notice how much the smell irritates your nose and lungs.

What kinds of detergent contain low, or no phosphates? Baby detergent! No mother would dream of washing their newborn's clothes and sheets in the family's powdered detergent! That would give their baby's delicate skin rashes, not to mention an increase in crying and crankiness. There are many readily available natural detergents that are phosphate-free and it's worth the time to find them.

We have noticed tremendous improvements for both children and adults when their clothes and sheets are consistently washed in a phosphate-free detergent. By itself this change may not alleviate all of the symptoms of asthma and those related skin rashes, but it clearly removes an insidious irritant from the equation.

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It might be helpful to explain why this simple change is so effective. Testing in Europe shows that, while sleeping, people are between two thousand and ten thousand times more sensitive to chemical and electromagnetic pollution than while they are awake. When a child's pajamas are washed with a chemical irritant and they sleep on bedclothes containing those same toxins, their immune system is challenged nightly, during a time when they are most vulnerable. Their body's nutritional reserves are consumed in that battle and they are less able to defend themselves from the pollutants they encounter during their day. Asthma and allergies are not produced by a single irritant, but by an accumulation of minor irritants that eventually overwhelm the body's ability to adapt. It is not a huge leap to imagine that removing a respiratory irritant from the sleeping environment, where a person spends one third of their time, is going to produce an improvement in a child's ability to breathe.

Drs. Ralph & Lahni DeAmicis are Naturopathic Physicians. Their educational program, The 10 Minute Herbalist, seeks to put the knowledge of everyday good health into everyone's hands. Information about their program and publications is available 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

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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

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