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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!

What Are Some Natural Asthma Remedies?

By Gray Rollins

Most asthma sufferers are familiar with the inhalers and oral remedies prescribed by their doctors

for the treatment of wheezing, coughing and shortness of breath that accompany an asthmatic episode. While these medicines are typically effective in the treatment of the condition, there are people who may prefer a more natural approach to asthma relief, for a variety of reasons. Some people want more natural remedies.

Any drug introduced to the body has the potential for unpleasant side effects; short term reactions such as nausea and long term concerns such as potential permanent damage from steroids used to decrease inflammation in the lung tissues. There has been ongoing controversy in the medical community regarding the safety and advisability of steroid use. While these can be life-saving, there is concern that the steroids may cause irreversible damage such as muscle weakness and bone loss. To minimize the frequency of use, the asthma sufferer can make some dietary and lifestyle changes to help reduce the likelihood of an asthma attack.

The best "natural" defense against an asthmatic episode is to avoid known triggers. People with sensitivity to tobacco smoke should obviously stay away from it; and if your trigger is cat dander, you'll just have to avoid petting the kittens in the pet store - no matter how adorable. Stay indoors on "high pollen" days if that is your trigger and always try to keep stress levels down. Using common sense is the first step toward lowering frequency of asthmatic episodes.

Asthma sufferers can also make healthy changes to their diets which can minimize asthma symptoms. Beyond avoiding known dietary triggers such as food allergies, nutritional supplements in the form of necessary vitamins and minerals can go a long way toward minimizing asthma attacks. Nutritional deficiencies make for a weakened system that isn't able to effectively fight unexpected environmental triggers. Asthmatics need to exercise care even when using natural supplements. Make sure supplements are hypo-allergenic so as not to react to those! The need for certain vitamins and minerals may be greater among asthma sufferers than the average person as the condition itself tends to contribute to certain deficiencies. A good multi-vitamin is recommended to compensate for these deficiencies and make for a healthier body, better equipped to ward off reactions. Asthmatics also tend to have very low magnesium levels - a mineral that helps relax bronchial tubes - so a supplemental

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dose may be advisable. Finally, Vitamin C is believed to improve bronchial functioning.

More and more people are turning to herbal remedies to find relief from asthma symptoms. While most herbal supplements are not evaluated or endorsed by the Food and Drug Administration, there have been reports of success among those who have used them. *Tylophora indica*, used in Auyurvedic medicine in India, has been getting a lot of positive attention thanks to its anti-inflammatory effects. Additionally, some individuals treated with the herb, *Boswellia*, reported a reduced number of asthma attacks. *Butterbur* is another promising herb shown to be as effective as traditional antihistamines in initial studies. As conclusive studies have not been done on most herbal remedies, the asthma sufferer is advised to be cautious when experimenting with these.

While it is possible to relieve symptoms of asthma, and reduce the likelihood of an asthma attack by avoiding known triggers, making lifestyle and dietary changes, and using certain herbal remedies, it is imperative to listen to your healthcare provider. Discuss vitamin and herbal supplements with your

physician, and keep him informed of any changes you make and improvements you notice in your condition. The journey to a healthier life begins with a healthy amount of care and old-fashioned common sense.

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. To learn more about asthma

treatments, visit

<http://www.asthmadocs.com/asthmatreatment/>

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 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

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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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