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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!

Why Are So Many Children Getting Asthma?

By Deborah Mumm

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Go to any grade school or high school sporting event! Take a peek at the sideline bench and note how many inhalers you see. Did you know that the number one reason children miss school is asthma?

Why the explosion of asthma and respiratory problems in children?

4 Reasons Respiratory Problems are on the Rise!

- 1) 'Couch Potato Generation' - kids weigh more, exercise less and spend more time indoors.
- 2) Too much antibiotic use – Immune systems never get much opportunity to fight infections, and then react abnormally to airborne contaminants.
- 3) Air Pollution - Pollution does not cause asthma but can be a trigger for an attack. Cars and factories now have stricter controls on emissions but the problem is still there.
- 4) Indoor Air Pollution - 20 years ago no one ever heard of Indoor Pollution! Since the Energy Crisis in the 70's, buildings became more energy efficient. This meant all pollutants became trapped inside. Many of the items we furnish our home and school with are outgassing contaminants continually. Carpeting, curtains, cleaning products, particleboard furniture and more! With people spending 90-% of their days indoors, this becomes a problem!

7 Things You Can Do To Protect Your Kids from Allergy & Asthma Reactions!

- 1) Watch for days when pollen counts are high and restrict vigorous exercise on hot days.
- 2) Avoid Wood Stoves and fireplaces in the home and NEVER allow smoking in the home of an asthmatic.
- 3) Keep pets out of the bedrooms.
- 4) Make sure kitchen, bathrooms, and basement are well ventilated to cut down on mold in humidity.
- 5) Put pillows and mattresses in allergen-impermeable covers to cut down exposure to dust mites.
- 6) Use non-toxic cleaning products and avoid perfumes and scented products.
- 7) A filter-less air purifier is highly recommended since a filter can only capture a small portion of

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allergens.

To learn more about products for a healthier indoor environment, please visit my website at www.myhealthysolutions.com or register here for my monthly issue of My Healthy Solutions...an online newsletter to help you and your family with allergies and asthma at subscribe@myhealthysolutions.com .

Deborah Mumm has been helping families and business with Indoor Air, Water and Nutrition issues since 1996. Her website is <http://www.myhealthysolutions.com>

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

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