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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 Do You Have Asthma?

By Rudy Silva

Asthma is an inflammatory condition where your bronchiales constrict causing breathing difficulties.

Your bronchioles become inflamed for a variety of physical, emotional and environmental reasons. It is not contagious so, you cannot catch it from another person.

But what is the real cause asthma? Why do some people develop asthma and why is asthma more common in the western world?

### Inheriting Asthma

However, you can inherit the asthma tendency from your parents, although people with asthma should not worry about their future children on this score.

Studies show that children whose parents smoke are twice as likely to develop asthma as children of non-smoking parents. Also, children whose mothers smoked during pregnancy tend to be born with smaller airways, which greatly increases their chances of developing the disease.

The "westernised" environment and lifestyle in developed countries has a lot to do with the chances of whether a person will develop asthma or not.

Many people believe air pollution has something to do with asthma, although the evidence, at this stage, is surprisingly very weak.

### Allergies

Causes of asthma include allergies to house dust mites, cats, dogs, and moulds.

Childhood infections and exposure to substances from bacteria in a dirty environment seem to protect against allergies, and this seems to be the main reason why richer populations have more allergic disease.

## Why Do You Have Asthma?

So the causes of asthma are complicated. They include genetics, exposure to chemical irritants and pollution, a low immune system, emotional or mental problems, allergies to certain foods.

Almost all asthma in young people is caused by allergies. This means that if you have asthma you probably have inherited genes which make it possible for you to get asthma. Add to this, allergy-producing things in your environment, such as house dust mites, cats, or dog and your asthma gets worse.. The allergies and the genes are the causes for developing asthma, because if either of them were not present you would not have developed asthma.

But, what about colds, exercise, laughter, or tobacco smoke, which are asthma triggers?

You can't cure your asthma by not doing exercise, or by not laughing. Quite simply, these are not causes of asthma, though they can be causes of an attack.

The type of interior house paint can apparently make asthma worse. Glossy oil paints used for home decorating can bring on asthma attacks. The good news is that emulsion paints don't seem to do this.

Polyurethane paints, usually recognizable because they come in two packs which need to be mixed together before use, can cause occupational asthma in people who use them regularly. However, they probably cause no great risk in people with asthma who use them infrequently. As always, when using chemicals and paints, it is surely a good idea to ventilate the area well during and after use.

Emotional issues

Now, deep seated emotional issue can be the cause of asthma. When emotion is embedded into the body, it has to express itself in a way that its electrical charge can be released. This release happens over and over as outside situations trigger the memory.

The way an embedded emotion issue chooses to express itself is by the path of least resistance. If your heart is weak, the emotional issue will pound your heart. If your joints are weak, it will pound your joints. If your bronchia or lungs are weak, it will pound them and eventually weaken those more, leading you to asthma or other respiratory diseases.

Early on everyone should be aware of their family illness history. This is something that is seldom considered. If it were, you could take preventative measures if you knew you were prone to asthma. Choosing the right foods and keeping specific body organs or systems strong, with the right nutrients early on, would definitely prevent you from having to suffer with asthma as you became older.

Rudy Silva is a Natural Nutritionist. To learn more about using natural remedies for asthma go to:

<http://www.natural-remedies-thatwork.com/asthma1>

**Information On Asthma For Grown Ups**

## Why Do You Have Asthma?

**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

<http://www.Idohealthcare.com>

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