

asthma

safe and effective natural strategies to reduce your asthma symptoms

Over 2 million Australians have currently diagnosed asthma.

The prevalence of asthma in Australia is relatively high, by international standards: 11.3% of children aged 0 to 15 and from 9.9% to 15.1% of adults have asthma. While more boys than girls have asthma, after teenage years, asthma is more common in women than in men.



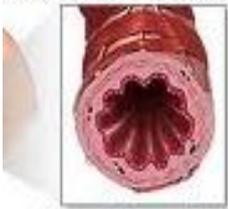
There is a strong link between asthma and food reactivity.

Food Sensitivity

Eating Bio-Incompatible foods can lead to an immune response and the release of inflammatory mediators into the blood which often centres in the mucous membrane that lines the respiratory tract. Once the membrane and the nerve endings are inflamed the body will create mucous to cover the inflammation which acts as a protective coating; this is a normal immune response. The inflammation also causes the muscle in the airways to contract, reducing the diameter of the airway. The build up of mucous and the swelling and constriction of the lung tissue restrict breathing and oxygen uptake.



Asthmatic bronchiole



Normal bronchiole

Symptoms caused by the narrowed airways include: wheeze, cough, and shortness of breath.

It is important to note that while you may appear to be symptom free for any length of time, there will always be a certain level of inflammation in the lungs, as a result of food sensitivity, which may allow certain "triggers" for example, exercise, cold air, pollens, pet's hair, air pollution and viral infections to bring on an asthma attack in some people.

In 2009 I incorporated Bio-Compatibility Testing into my practice. I recommend this as the first step to regaining your health. A Small hair sample is taken and tested against over 400 common foods and household products.

You will be alerted to exactly what foods are causing your symptoms and aggravating your condition.

The focus is to give you a list of safe foods you can eat. Once you eliminate the reactive foods from your diet the lung tissue will start to heal, the allergy response will begin to subside.

Conventional Asthma Treatments

The conventional asthma treatment typically consists of a non-steroidal bronchodilator – an anti-inflammatory agent that you inhale. It causes the smooth muscle cells in your lungs to relax, which opens up your airways.

If that doesn't work, the next level is typically an inhaled steroid, which is a very potent anti-inflammatory agent. The reason these aggressive types of intervention are performed is because asthma is indeed a serious condition.

It can be fatal, so you need to be serious about treating it.

These aggressive drug approaches clearly do not treat the cause of your asthma, and they can be quite dangerous. In addition to local side effects, the most common side effect is that non-steroidal bronchodilators will double your risk of a heart attack.

And steroids, even though they can help reduce the inflammation in your lungs, are fraught with serious side effects, including **Cardiovascular disease, Growth retardation in children, Infections, Cataracts, Glaucoma , Osteoporosis, Diabetes, Weight gain, High blood pressure, and a variety of other disease conditions .**

Safe and Effective Strategies to Treat Your Asthma

Although asthma is a serious disease, safely treating your asthma is not a complicated affair. Here are some basic, simple strategies:

Herbal Medicine

There are many herbs used to treat and manage asthma; some act to prevent the chronic inflammatory response of lung tissue, others act to relax the bronchial muscles and dilate the airways, there are lung tonics, anti-catarrrhal herbs to reduce mucous secretions, expectorants and herbs to soothe an unproductive cough. Herbal mixtures are created to suit the individual symptoms of each patient.

Optimize your vitamin D levels

We now know that there's a very strong connection between vitamin D levels and asthma, as vitamin D can be a very powerful immune modulator. However, you really need to make sure you're getting therapeutic levels. This is ideally obtained from exposing a significant amount of your skin -- not just your hands and face -- to appropriate amounts of sunlight. Enough, from either the sun or a safe tanning bed, to turn your skin the very lightest shade of pink which can take 10 to 15 minutes. Once you reach that shade of pink, your body is not going to produce any more vitamin D.

Increase your intake of animal-based omega 3 fats DHA and EPA, which are potent anti-inflammatories either by increasing intake of cold water fish or take a supplement of fish oil liquid or capsules.



Reduce your intake of omega 6 fats

In addition to adding omega 3 fats to your diet, you also want to reduce the amount of omega 6 fats you consume because the ratio between these two fats is very important. Limit vegetable oils, such as corn oil, soy and safflower oil by reducing your intake of fried and processed/ packaged foods.

Consider the hygiene hypothesis

There's a tendency in our modern culture to be obsessive about cleanliness, especially in children. However, this may not be as healthy as initially thought. It appears that being exposed to common bacterial and viral infections as a child can be instrumental in providing the stimulus to your immune system to prevent asthma naturally.



Get regular exercise

Exercise (especially out in fresh air if you're an asthmatic) is actually crucial as it helps to improve:

- Maximum ventilation
- Maximal oxygen uptake
- Work capacity, and
- Maximum heart rate

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