

Asthma

Asthma is usually associated with allergies and intolerances in the body responses. Have some allergy testing done if it hasn't been done already.

The Osteoprocure may be very helpful in an asthmatic attack. The magnesium and calcium have a dilating effect on the bronchial muscles, and so increases the vital capacity of the lungs. Also the glucosamine is important for the regulation of mucous secretions of the respiratory tract. Vitamin D is needed by the body for the repair of tissues.

The MSM in Flexeoplus is a powerful natural antihistamine. Flexeoplus also contains extra glucosamine. Body Balance contains antioxidants that destroy free radicals created from air pollutants. It is also a great source of minerals that are necessary for enhanced immune function. Certain minerals can have specific application. For example, zinc is needed by the body to lessen the severity of an asthma attack.

Amino Acids are needed to repair lung tissue and reduce inflammation. The Amino Charge is a highly bio-available food source of all essential amino acids.

Taheebo acts as a natural antibiotic and has been shown to reduce inflammation. It is also a wonderful immune strengthener.

Sunset contains relaxing herbs, and COQ10 which has the ability to counter histamine. Do not use Sunset if you have an allergy to ragweed, as the product contains chamomile, which is in the same botanical family.

True Greens is a great source of chlorophyll, the body's natural detoxifier. It contains powerful antioxidants and anti-inflammatories such as grape seed extract and flaxseed.

Sunbright has herbs specifically indicated for asthmatics, including green tea and ginger, both of which open up the respiratory tract.

Use an elimination diet to see if certain foods aggravate the asthmatic condition.

Do not ingest anything very cold, such as ice cream or iced drinks. The cold can shock the system, causing bronchial spasms. Extremely low temperatures like this also have an adverse reaction on the digestive system. Avoid foods that are known to produce gas in the intestines. Beans, brassicas (cabbage, cauliflower, broccoli) and large amounts of bran. Gas can put pressure on the diaphragm.

Eat small meals, as large amounts of food can also put pressure on the diaphragm.