

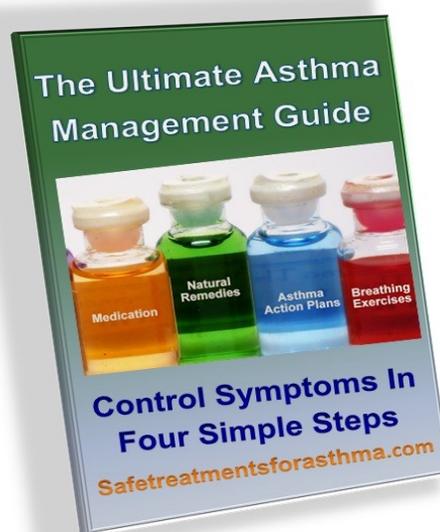
The Ultimate Asthma Management Guide

Safetreatmentsforasthma.com

Safetreatmentsforasthma.com is a website that is dedicated to asthma sufferers, their family and friends. It discusses the latest techniques to prevent, treat, and manage asthma symptoms.

Whether you want to learn more about seasonal asthma or the latest research about childhood asthma. It contains answers to the frequently asked questions about medical treatments and natural asthma remedies.

The author, Lynn Versailles, is a registered nurse and lifetime sufferer of asthma. She has fifteen years of patient care and over four decades of dealing with asthma.



The Ultimate Asthma Management Guide

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Introduction

If you suffer from asthma like I do, then you are probably frustrated with the vast amount of treatments out there. It can be very confusing. There are so many remedies with mixed results. And then there's the questionCan asthma be cured?

Don't Believe The Hype ...TThere is no cure for asthma. Asthma is a medical condition that is based upon how your body responds to the environment. But with the right tools, it can only be managed so that you can live symptom-free.

Each asthma attack is different and can vary from feeling shortness of breath on up to respiratory failure. While some symptoms may be a dry cough or light wheezing, others may be life-threatening and require a trip to the emergency room. Either way, every person with asthma should have a plan of action to help him or her get through it.

Fortunately, there are treatment options, from over the counter medications to allergy shots. If you are looking for a long term way to treat asthma, then this is the book to read.I have researched plenty of products to find out what works. With the right plan, anyone with asthma can reduce the risk of the developing symptoms. And with the right treatment plan, recovery from an asthma attack is a lot quicker.

So why should you start an asthma management plan?

If you suffer from asthma the right treatment plan can help you to live an active lifestyle without fear. With a positive attitude and proper medical guidance, you can overcome asthma. The right asthma plan can improve your overall health so that you can breathe freely without wheezing or coughing. And it can help you to sleep better at night

Lynn Versailles, Registered Nurse, Life-time Asthma Sufferer

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Asthma 101

What Is Asthma?

[A Quick And Easy Definition Of Asthma -](#)

Asthma is defined as a chronic medical condition in which the lung airways overreact to certain substances in the air. In response to these elements, the airway of the lungs swell and block the path for air to travel in and out of the body.

Asthma affects more than seventeen million people in the United States. Worldwide, the figures are impressive. About 10 to 15 percent of people in the world have asthma and suffer through episodes where they are left breathless. Although asthma is completely manageable with the right treatment plan, many people let it control their lives. Statistics show that over sixty percent of sufferers do not have it under control.

So the question is ... Do you have asthma under control or does it control you?

Rather than being a victim, understanding the pathophysiology of asthma can help you to be better prepared to fight against this chronic disease.



How Do You Know If You Have Asthma?

If you ever had periods of time where you wheezed, coughed, and just could catch your breath ... and you are not choking on a piece of steak ...then there's a good chance that you suffer from asthma. Each person is different and asthma symptoms vary from feeling slightly short of breath to a bad episode of wheezing.

During an asthma attack, the lung airways are inflamed because the lungs are irritated in response to something in the air or food. As the lining of the lungs swell, the airways become even smaller, and breathing becomes even more difficult.

Just don't panic. If you are unable to breathe and then suddenly panic, your airways are going to swell even more. If you have the disease and you know how to treat it, then you can be your own hero and save yourself.

Where Does Your Asthma Come From?

Identifying and Understanding Asthma Causes -

Many doctors disagree on the exact cause of asthma. While the exact cause of asthma is difficult if not impossible to find, there are some factors that predispose some people to have this problem. These are the best known reasons for asthma:

- **Hereditary** – If one of your parents had it, then there is a good chance that it may have been passed onto you. But this does not mean that your children will inherit it.
- **Environmental** – Certain outdoor and indoor allergens can trigger attack. These are different for everyone so you will have to watch for your own agents.
- **Allergies** – Any shift in the air, temperature or pollen can set off an allergic reaction and cause your symptoms.
- **Immune Response** - Your body can overreact to certain substances that you eat, drink or smell.
- **Infection** - Sometimes an infection or sinusitis can worsen your asthma. And this can affect your breathing.

Asthma is closely linked to allergies. Children with a family history of allergies or asthma have a greater chance of acquiring it from their parents. Young children who have frequent respiratory infections are also at a higher risk.



The Scary Feeling Of Asthma

[Some Common Asthma Symptoms You Should Know](#) -

If you have not been diagnosed with asthma, you might find these early signs alarming. Many people mistake allergies for asthma. They have some of the same symptoms and both can be very uncomfortable. Only a skilled doctor or allergist can tell whether you or your loved one is suffering from allergies or asthma.



While some people's reactions to allergens can be severe, it is usually not as serious as an asthma attack. It has the potential to completely shut down breathing and this is life-threatening. If treated early, symptoms can be managed before breathing gets out of control.

The usual symptoms of an asthma attack include:

- **Wheezing** - Wheezing is the most notorious asthma symptoms. It sounds like a loud whistling sound and indicates that someone has trouble breathing.
- **Coughing** - Coughing on its own may not be a sign of asthma. But if you have a consistent cough and produce a thick, clear mucous, there is a good reason to visit your doctor.
- **Shortness of Breath** - Another problem for asthmatics is shortness of breath. As the air passages of the lungs narrow, less air can move in and out. The end result is a person who is left gasping for air.
- **Tightening Of the Chest** - This usually happens when air can no longer move into the lungs. The air passageways have narrowed and it is difficult for the lungs to move. At this point, the sufferer feels a large amount of pressure on chest and it is hard to breathe.

Believe it or not Asthma Can Make Things Worse

[Asthma Complications You Should Know About -](#)

Your breath is something that you simply cannot live without. When asthma takes your breath away, it threatens your very life. Described by physicians as a chronic inflammatory disease of the lungs, it becomes something that touches every aspect of your life.



So when you become ill from this respiratory illness, you need to be aware of other possible complications that can become lethal. Asthma can add complications to illnesses that someone without it may be able to shake off with treatment and medication.

But not every person with asthma suffers with additional complications.

Asthma can lead to a number of complications that affects the rest of the body. It can result in serious health issues such as pneumonia, respiratory failure, or severe asthma attacks that completely blocks the lung airways. Because of the close connection between the heart and lungs, someone who has asthma might have heart problems.

Don't be surprise that you have many sleeplessness nights as you may cough or wheeze while you try to sleep. Many people who suffer from asthma may also experience problems with fatigue. Because the body is frequently awakened during sleep due to lack of air flow, this illness often causes fatigue.

When it all comes down to it, asthma is no laughing matter. It can literally take your breath away. And when you cannot breathe, you will not live. But the right treatment plan can show you the right path so that you avoid potential complications.

S = Screen Your Life

Learn About Your Asthma Symptoms

Asthma is both an atopic and a non-atopic condition. Meaning, that it is triggered by both internal (atopic) such as infections, and external (non-atopic) factors, like pollen and extreme temperatures. Finding out what causes your attacks is necessary since it shows how your treatment will go.



[Find Out What Is Causing Your Pain -](#)

If you are diagnosed with this disease, your physician should be able to learn about your symptoms after a medical history and thorough physical examination. Once your triggers are identified, your doctor has a far better chance of finding adequate tools to help you control your symptoms.

If you think that you might have this breathing problem, an asthma quiz can be helpful to ease your mind. These short tests can tell if you are on the right course. These questions review your symptoms and help to determine if you have this chronic breathing problem. But a doctor is the only person who can really say if you really have asthma.

Understanding Asthma Triggers

An asthma trigger can be a deadly, silent enemy when it comes to your health. It can be any food, smell, or drink that sets off an attack. If you are sensitive to a substance and don't know it, then you will become an unsuspecting victim.

Determining your asthma triggers and learning to avoid them will help you lessen or prevent the severity of your symptoms. By getting informed about what you are dealing with, you can regain control over your life.

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There are two basic types of asthma triggers. Some are inflammatory triggers and others are symptom triggers. It is the inflammatory triggers that actually cause the actual swelling of the lungs. Symptom triggers simply bring on symptoms similar to an asthma attack. It is the inflammatory triggers that you have to worry about. I

Many environmental factors can trigger asthma attack. The following are common elements that you should closely monitor. They include:

- Indoor allergens which include dust mites and pet dander
- Outdoor allergens, such as pollen, smoke and air pollution
- Drug reactions to prescription and OTC medications
- Stress
- Excessive exercise

Indoor Triggers Are Lurking In Your Home

Indoor Triggers That You Should Avoid-

At home, asthma can be triggered by many substances lurking in your house. They include dust mites, mold, smoke, and pet dander. Although you would like to think of your home as a safe haven, it can be deadly if it is the thing that is making you sick.

Although asthma allergies are everywhere, they can be controlled in many ways. One of these is by maintaining the area in which we live. Our home and work are not always ideal and can compromise our health. The best way to prevent attacks is to provide an environment that is clean and free from allergens such as dust and pet dander.



Triggers At Work, OutdoorsAnd Beyond

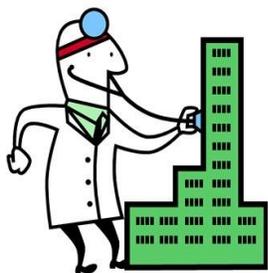
[Occupational Asthma: Your Job Can Leave You Breathless -](#)

At work, asthma attacks can be triggered by the chemicals or substances that we work with. Any allergen or foreign chemical can be a source of breathing problems. There are an increasing number of professionals who are exposed to harmful toxins and at risk for asthma related problems. For example, many livestock farmers and agricultural farmers who are exposed to pesticides on a daily basis are in danger.

[Asthma And Allergies – What Is The Connection -](#)

Tracking outdoor triggers is very important to many individuals. Pollen and can be a dangerous threat to anyone who spend time outdoors. So you should be aware of the location and severity of your attacks in order to help narrow down your triggers.

When triggers are identified, you have a far better likelihood of finding management tools to help you control your asthma.



[Allergy Test Kits Can Uncover Your Problems](#) - If you believe that you have asthma or allergies, you can use an allergy test kit to find if there is a triggering agent in your home or office. They can detect mold, mildew, lead, and carbon monoxide. Over time, many chemicals such as pesticides and other stuff have contaminated our homes and put our health in danger.

But the good news is that proper asthma management can control this ongoing illness. Preventing asthma attacks means knowing your trigger and avoiding them so you avoid larger problems.

When Good Drugs Do Bad Things

[When You Have Asthma, Drugs Can Sometimes Make It Worse -](#)

Although triggers such as dust, pollen, and pet dander are environmental, there are other substances that can give you problems. Because of the sensitivity of the lungs, certain drugs can prompt an attack.

As time goes by, the lungs of an asthmatic become sensitive and are at a higher risk of asthma attacks. Drugs are foreign chemicals that are introduced into your body and sometimes the lungs do not like it. If you need to take any drugs for any reason, you should be aware of the following risks:

- *Over the counter drugs can trigger asthma attacks.* - For some people, ibuprofen or acetaminophen can trigger an asthma attack. For others, it is a lifetime of smoking that makes them hold onto a cigarette as their drug. Either way, the wrong medicine, drug, or chemical can bring on an asthma attack.
- *Asthma can also be affected by a prescribed or over the counter drug* – Even if you use a drug for a medical reason, you should be careful about your breathing. It can be something as little having a cold or flu that causes a person to rely on drugs.

The best way to control your asthma is to avoid unnecessary drugs and self-monitor what makes your symptoms worse. Also speak to your doctor to learn how you can decrease your exposure to harmful drugs so that you can live a healthier life style.

Asthma management goes beyond medicine to a whole new way of looking at this disease and its treatment. Rather than focusing on crisis management of acute asthma attacks, new asthma treatments emphasize preventing the disease by controlling the environment to reduce the risk of acute attacks. It is best to stop an

asthma attack before it happens.

Like You Don't Have Enough To Worry About

[Stress Can Worsen An Asthma Attack -](#)

More and more sufferers are becoming aware that stress itself can bring about an attack. Asthma can certainly be a cause of stress, and stress can definitely make it more difficult to control asthma attacks.

Feelings of anxiety or panic can come from many sources, such as work or social situations. Many people who have asthma often say that it tends to be worse whenever they are upset or under stress. Wherever it may come from, stress can affect health and recovery.

In recent years, there have been an increasing number of both human and animal studies that link psychological and emotional stress to illness. With asthma, external elements, such as pollen and air pollution, cause the body's defense system to overreact.

Stress can change the delicate balance of the body over time, or it can also simply affect the way that your body functions. If you suffer from asthma and have a lot of stress, then you will probably have an increased incidence of attacks.

Asthmatics with a higher stress levels are known to have attacks with a smaller amounts of outside irritants. Since asthma is basically a hyperactive response to an outside stimulus, any imbalance will cause these responses to perform improperly.

One of the key components of controlling asthma and stress involves overall good health. If your lungs should feel like you are under attack, you will have trouble breathing. By maintaining healthy habits and stress management, it becomes much easier to manage potential asthma attacks. Therefore, if you can remove some of the stress in your life, then you will probably be able to better manage your symptoms.

Here's A Little Secret ...

[Exercise Can Be One Big Asthma Trigger](#) -

Strenuous activities that cause you to become breathless can bring on an asthma attack. While exercise is recommended for everyone to maintain optimum health, it can be deadly for some people. For this reason, strenuous exercise is the secret trigger of asthma.

Sometimes when a person exercises, the air that is breathed in is cooler and drier than the air in the lungs. And this triggers an asthma attack.

Does this mean asthmatics should avoid rigorous physical activity?

Not really. Many asthma sufferers lead healthy full lives that include exercise. The key is to develop an asthma management plan that works in conjunction with clinical recommendations. If properly managed, you can exercise even if you have asthma.

But be warned ... sports that are played outdoors in cold weather can make an individual highly more susceptible to an attack. With enough exposure, it becomes more and more likely that the body will react to cold air.

During exercise, an asthma attack usually occurs within the first fifteen to twenty minutes of an activity. Once the activity is stopped, the attack begins to subside in most cases. With the help of a rescue inhaler, this can be brought down to a few minutes. Therefore you should have an inhaler at all times for safety.

Having exercise asthma does not necessarily mean that you have to shun rigorous physical activity. If you choose to exercise, then you should follow the guidelines that are set by your asthma management plan. It is there to keep you safe during extreme conditions.

A = Ask For Medical Advice

Asthma management should always begin with the right information. Since your doctor is in the business of treating your symptoms, chances are good that questions will be welcomed.

Your Doctor Is The Best Source For Information



[The Right Asthma Doctor Can Help You To Live Healthier -](#)

When it comes to looking for reliable information, always start with your doctor that you trust. This is a person that you want to build a long term relationship. By learning about asthma management, you can regain control over your life.

When you have located a good doctor, you can give him information about yourself that will help you to find the right course of treatment.

[Steps In Effective Asthma Diagnosis](#)

An asthma diagnosis usually is not made at one doctor visit but rather over time. Before you can be diagnosed with any kind of asthma-related illness, you will need to undergo some testing. Here is what you can expect to go through before one can be made.

- A thorough medical history to find out your triggers.
- A physical examination to check out the severity of your symptoms.
- A breathing test (spirometer) to see how your lungs are working.
- Laboratory tests to eliminate any other problems.

One of the most important aspects of managing asthma is getting proper treatment regularly. If you have or think you may have asthma, finding a good local doctor can get you on the path to a healthy life. Even if you opt for non-traditional methods of treatment such as herbal medicines, it is imperative to get routine

check-ups.

Exploring The Changing Faces Of Asthma

[Recognizing Different Types Of Asthma -](#)

Although many people think that there is one type of asthma ... they would be wrong. Asthma has many faces and touches different people across many generations. Each person has a different causes and different reactions. And this will affect the overall treatment.

When you understand your type of asthma, you can find the right treatment plan and experience less symptoms. When your type of asthma is identified, your doctor can you the correct tools to help you control your asthma.. The major types of asthma include:

- Extrinsic - People who experience this kind of asthma normally also have other allergy problems. Environment plays a major factor so external factors
- Intrinsic – This is a non-allergic or intrinsic asthma is triggered by something other than common allergens.
- Infant asthma - . A breathing disorder which produces an overreaction to a substance that your baby smells, eats, or touches. This substance that causes an allergic reaction can also trigger an asthma attack.
- Childhood asthma - Childhood asthma is a condition that causes the airways in the very young to become swollen and inflamed. The thickened mucus fills the tubes and causes trouble breathing.
- Adult Onset asthma - It occurs after the age of 20, is not a well-known problem. It can occur either in a person with no prior symptoms or someone who experienced the condition as a child.
- Elderly asthma – Since asthma is known as a disease of the very

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young, many older people with this disease go undiagnosed. Often these people deny any symptoms or believe that these symptoms are part of getting old. Early detection can start treatment and avoid many unnecessary hospital visits.

- Pregnancy asthma – An asthmatic who is pregnant must also consider the unborn baby while she is expecting. Pregnant sufferers of this respiratory illness who have it well controlled should not experience any more complications than women who do not have this condition. Every expecting mother is different and the symptoms from asthma will vary with each pregnancy.
- Surgery asthma - For asthmatics, respiratory problems can be magnified during surgery. The whole procedure the can be very stressful, any point of the surgical process can trigger an asthma attack. Special precautions must be taken before, during, and after surgery to prevent complications.
- Sports - Sports asthma, also known as exercise-induced asthma, occurs during or after an exhausting activity.
- Occupational Asthma – It is actually a breathing condition set off by something inside the workplace. Some folks are more susceptible to breathing problems than others.

When you understand your type of asthma, you can find the right treatment plan and experience less symptoms. When your type of asthma is identified, your doctor can you the correct tools to help you control your asthma.

So which asthma type are you?

If You Need Additional Information ... Just Click Your Mouse

[National Asthma Links Can Give More Information -](#)

Proper asthma management should make you confident to tackle breathing problems on a daily basis. You should know that you are not alone in your struggles and there are others who can help.

Asthma sufferers can sometimes feel isolated and feel that the problem is rather foreign. For those who have not experienced this breathing problem, it can be a scary experience. There is no worse feeling than having a breathing problem and feeling powerless.



An asthma association can bring you up-to-date information and knowledge about your treatment option. If you need someone to listen, you can talk about medication, breathing techniques, treatments, and emotional well-being. If you have children, you will want to discuss what can be done for them as well.

If you have additional questions, take a look at the list of national asthma links. Feel free to discuss any problems, as you will be amongst fellow sufferers. They may be able to help or at the very least understand.

Whether or not they are applicable to your specific situation is questionable. You can take a look at the educational tools, research and interactive activities that they have to offer:

- Allergy and Asthma Foundation of America- AAFA has Educational Support Groups (ESGs)
- American Academy of Allergy, Asthma and Immunology
- Mothers of Asthmatics/Allergy and Asthma Network

F = Find A Treatment Plan That Suits You

If you have asthma, it is in your best interest to find out about your options. It is important to research and learn more about your treatment options. This will give you tools that are specific to your asthma and this information will help you to control it. The following describes the most common medical treatments and natural remedies.

Medical Treatments That Will Stop Symptoms in Their Tracks

[A Guide To Modern Asthma Treatments](#) -

Medical treatment usually begins with a trip to a doctor's office or emergency room. An asthma diagnosis is based upon medical history, physical examination and lung function. Your doctor will use this information to find how well your lungs are functioning.



Based on these results, your doctor will prescribe medications to manage your condition.

Asthma is usually treated with two types of medications: a short term "quick relief" medication and a long term preventative one. The short term, or "rescue," medication relieve asthma symptoms such as wheezing and shortness of breath that frequently occurs. The long term control medication reduces airway inflammation of the lungs and prevents future asthma symptoms.

During asthma management, you will monitor your condition to find which medical option works for you. Or you can use a natural remedy to supplement or replace it.

Asthma Medications

[Learning About Asthma Medications](#) -

Asthma medications are prescribed according to asthma condition and the severity of asthma attacks. Inhalers filled with selective and powerful asthma medications are a popular form of treatment. They're extremely effective and safe to use long term.

Asthma medications work solo or together to alleviate asthma symptoms. The following describes these drugs:.

- **Bronchodilators** - They reverse the tightness of the airways by dilating, or relaxing the muscles. These can be a short or long-term medication. When symptoms appear, a person is usually given a medication, such as albuterol, to open the airways and relieve the symptoms.
- **Anti-inflammatory** – These type of medications stop future attacks by decreasing the redness and swelling of irritated lungs. After reviewing the symptoms, the severity of the attacks, and possible triggers, a doctor will plan a long-term treatment of anti-inflammatory drugs to take on a daily basis.
- **Corticosteroids** - For long term sufferers of asthma where standard bronchodilators and anti-inflammatories do not work as well, doctors can prescribe corticosteroids. This type of steroid reduces the hypersensitivity of the lungs and consequently the overreaction to triggers.

If your doctor prescribes this type of medication, you will need to take it on a regular basis to prevent complications. Some people can take asthma medication with no ill effects. With others, a number of side effects have been reported. Depending on the medicine taken, side effects may include bruising, infection, cataracts, glaucoma, stomach upset, rashes, itching, rash, and sore throat to name a few.

Allergy Shots

Allergy shots, which are also known as Immunotherapy treatments, are sometimes prescribed by a doctor to treat asthma symptoms. These shots are taken regularly to reduce their body's sensitivity to a specific allergen.



[Asthma Allergy Shots Can Help You Breathe Easier -](#)

Allergy shots may sound like a drastic way to treat breathing problems, especially if you hate needles. But that all depends on how well traditional inhalers work for you. If you cannot get your breath, a little poke is nothing compared to the panic an asthma attack may cause. Allergy shots are recommended for asthmatics who have sensitivity to specific allergens.

The purpose of allergy shots is to reduce the frequency and severity of attacks.

Shots to treat allergic asthma act just like vaccines for measles and mumps. Asthma allergy shots are given to decrease the troublesome symptoms that keep you sneezing and coughing at night. Overtime the attacks decrease as the asthmatic becomes “less allergic” to these substances.

Allergy shots are safe to take when you have a doctor or allergist who can administer it properly. While it takes time and patience, it has the advantage of continuing to work long after the treatments are done. While it is not for everyone, it can provide relief for asthma sufferers who cope with severe symptoms.

Research studies have shown that long-term relief can be achieved after receiving allergy shots for about three years. Sufferers are generally very healthy and can recover quicker from attacks. If you suffer from allergies that trigger asthma attacks, allergy shots may be your ticket to easier breathing. Discuss it with your doctor to find out more.

Natural Remedies Do Really Work

Natural Asthma Remedies : What You Should Know - Asthma can be successfully managed with the right tools. One of the best ways is through keeping a clean and healthy home and workplace. Another excellent way to prevent attacks is to find a medicine-free treatment plan that works for you.

While many people opt to get their complete asthma care administered by their trusted physician, there are many alternatives that are both appealing and effective. Herbal and naturopathic remedies are everywhere and finding the right one means taking the time to research to find out the safety and history of any natural treatment.

The Asthma Diet

[The Asthma Diet That Really Helps](#) -

What many asthmatics do not know is that by improving their diet they can further reduce breathing issues and prevent attacks. The right foods can be very beneficial for asthmatics. Eating good foods can help a body to react less to allergens, and therefore be less prone to asthma-related problems.

There is nothing complicated or expensive about an asthma diet. Simple changes in your eating habit can have a huge effect on this disease. While there is no magical diet that will eliminate symptoms completely, studies have shown that the right diet will produce wonderful benefits.

It can be very helpful for an asthmatic to keep a log of the foods eaten each day and take note of any reactions. If there is a problem, foods that cause a reaction can be identified and then eliminated from an asthmatic's diet. Although it is not an exact science, it can help you to learn more about your asthma condition and trigger foods.

Herbal Treatments

[What You Should Know When Implementing Asthma Herbs](#) -

If you are considering herbs as part of your treatment, there are a few things to know. Herbs can be tricky when it comes to your health. Get the right information before you invest. While conventional medicine should be used to treat serious asthma symptoms, especially in an emergency situation, natural remedies can be used for optimal health. Many herbal solutions can prevent symptoms without introducing toxins. They include:

- Aromatherapy
- Chinese herbal medicines
- Western herbal solutions
- Ayurvedic therapies



The more that you know about using herbs, the less risks that are involved. For more different types of natural asthma remedies, visit safetreatmentsforasthma.com and read ***Natural Treatments For Asthma: Do They Really Work?*** It contains ideas about natural methods that you can do at home to decrease the risk of wheezing.

Exercise and Touch Therapy

[Finding The Right Asthma Exercise For You](#) -

Breathing exercises are a fantastic way to help manage your asthma. Breathing exercise can help you to breathe normally and relieve the stress and anxiety that come with an attack. They include:

- Buteyko Breathing
- T'ai Chi
- Yoga

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[Learning The Basics Of Asthma And Stress Management](#) -

If you suffer from asthma, stress management will enable you to better control your condition. With every attack, you can be prepared to weather the storm. By effectively addressing your triggers and calmly resolving your breathing issues, you can shorten the duration and severity of the episode. Stress management methods include:

- Visualization
- Meditation
- Biofeedback
- Hypnosis

[A Brief Look At Asthma and Touch Therapy](#) -

If you suffer from attacks, touch therapy may provide relief for you. When practice properly and regularly, this process can help you avoid painful and anxiety-filled episodes. It can also be a huge boost in your ability to manage the stress related to this condition. There are numerous forms of touch therapy that can be used to combat asthma symptoms. This includes:

- Acupressure
- Acupuncture
- Shiatsu, Chiropractic therapy
- Reflexology

Natural remedies for asthma can be a new solution for an old problem.

E = Evaluate Your Progress

Asthma management is the process of watching your symptoms and learning what causes and stops them. Overtime, it can show you everything you need to know to control your breathing. When you know what triggers an attack, you can be far more effective in preventing breathing problems.

The Power of Monitoring Your Asthma Attacks



[The Importance Of Asthma Self-Monitoring -](#)

Tracking your asthma attacks is invaluable for a number of reasons. When you monitor your breathing and keep track of what makes it better or worse, you can create a healthier environment. By keeping yourself fully informed about the details you have a greater level of control over your life.

Being able to anticipate an attack also helps you to mentally prepare for the worst moments. When it comes to asthma, you should be to recognize the early warning signs. Some people feel short of breath while others feel fatigue and need to sit down. Asthma attacks almost always give a warning but sometimes it is easily missed. You can find out more about your own symptoms through an asthma action plan and asthma journal.

[Take An Asthma Quiz If You Have A Breathing Problem -](#)

Breathing.com offers a free breathing test to evaluate how your breathing is. You can use this simple test as a way to learn more about your own breathing patterns. This breathing test will show you a more natural way to breathe so you will have less symptoms. You can visit safetreatmentsforasthma.com and learn more about breathing tests and how to manage your asthma symptoms.

The Sweet Breath Of Success



Asthma can be successfully controlled with the right kind of management plan. While there is no cure, there are a number of medical treatments and natural remedies to control the illness and keep symptoms at bay. The key to asthma management is to start treatment at the earliest possible sign of an attack. If you closely monitor your symptoms and treatment plan, you can always stay one step ahead.

Overall, the goal of asthma management is to control asthmatic symptoms as well as stop any possible future episodes. When you have asthma, you need to have an asthma management plan to track the various changes of the disease and treat accordingly.

Although asthma is a serious condition, it does not have to be lethal or painful. Even though certain medications are needed for emergency situations, there are natural ways to successfully prevent an onset of symptoms. You can find different types of therapies at safetreatmentsforasthma.com.

With the right kind of treatment, most people who follow an asthma management plan can expect to have few, if any symptoms.

If you think that you or someone you love may have asthma, see an asthma doctor. He or she can help you manage your asthma symptoms more effectively. When you can control your breathing, you have a better chance of fighting off this illness that can disturb your life.

Asthma management can help you enjoy life without having to forgo the fun. What you've learned here can be applied in your life, help to control your disease and keep stress at a minimum. By implementing the advice you've read here, you'll find that your life is a lot more enjoyable!

More Information On Asthma Products

Even though asthma is difficult to live with, it can be successfully controlled with the right kind of therapy. There are ways to control it and keep symptoms at bay. If you want to learn about different types of medical treatments and natural remedies, take a peek at:

Air Cleaners Can Stop Your Worst Asthma Attacks

Using Air Humidifiers To Breathe Easy

Allergy Bedding Prevents Asthma Symptoms

Allergy Control Products That Help Relieve Asthma Symptoms

Choosing Allergy Cleaning Products To Ease Your Asthma Symptoms

Using Asthma Herbs To Prevent And Treat Attacks

Using Asthma Products For Daily Help

Dust and Pollen Masks Can Prevent Symptoms From Outdoor Allergies

Using Dust Mite Covers To Protect Your Home Against Allergens

Mold And Mildew Products To Properly Clean Your Home

Finding The Right Pet Allergy Control Product For Your Family

The Benefits Of HEPA Vacuum Cleaners For Asthma

Most people find fewer problems with the disease when they find a treatment plan that is suited to their lifestyle. Any asthma treatment that has been prescribed by a physician should always be taken as ordered, even if there are no symptoms.

For more information on asthma symptoms, treatment plans, and preventative care, visit safetreatmentsforasthma.com. While there is no cure for asthma, you have the ability to control it so that you can breathe symptom-free.

Asthma Action Plan

The Only Breathing Map That You Will Ever Need

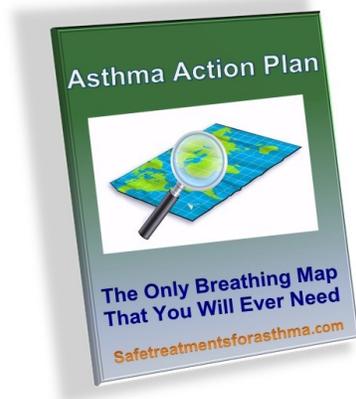
Are Your Asthma Symptoms Out Of Control?

Do You Feel Lost When Dealing With Your Breathing Problems?

You are not alone. Asthma is chronic respiratory problem that affect millions of people worldwide. Unfortunately it is a breathing issue that has many twists and turns and it leaves many people confused about where to go.

The truth is that many asthma sufferers are puzzled about this disease ... there is no direct cause...no one diagnostic tool ... and no cure. In fact, the way that most people deal with it is to use asthma medication and hope for the best.

Fortunately if you have asthma, there is an answer ... An Asthma Action Plan.



Proper asthma management is the key to gaining control over any symptom. While there is no cure for this breathing problem, an asthma action plan can help you to build a treatment plan that is individualized for you. For more information on asthma action plans, visit safetreatmentsforasthma.com.