

This ebook may be distributed freely on your website, as long as this entire ebook, including links and this resources are unchanged.

The Ultimate Asthma Treatment Plan: How To Find The Right Asthma Treatment Plan is distributed by safetreatmentsforasthma.com

LEGAL NOTICE:

The author(s) and publisher(s) of this ebook and the accompanying resources and materials have used their best efforts in preparing this site. The author(s) and publisher(s) of *The Ultimate Asthma Treatment Guide* make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this ebook. The information contained in this ebook is strictly for educational and informational purposes and are solely the opinions of the author(s) and publisher(s). Therefore, if you wish to apply ideas, information, products, or anything else found in *The Ultimate Asthma Treatment Guide*, you accept full responsibility for your actions and the results of those actions. While it cannot be sold, it can be freely distributed.

The author and publisher of Safetreatmentsforasthma.com disclaim any warranties (express or implied), merchantability, or fitness of materials expressed for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental, health or other consequential damages arising directly or indirectly from any use of this material, which is provided as is, and without warranties of any kind.

As always, the advice of a competent legal, health, tax, accounting or other applicable professional should be sought before using any materials or products found here in this ebook or elsewhere. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose. The author(s) and publisher(s) do not warrant the performance, effectiveness or applicability of any site or sites listed or linked to on Safetreatmentsforasthma.com.

Copyright © 2010 by Safe Treatments For Asthma.com. All rights reserved.

Table Of Contents

Asthma 101

<i>What Is Asthma?</i>	5
<i>How Do You Know If You Have Asthma?</i>	5
<i>Where Does Your Asthma Come From?</i>	5
<i>The Scary Feeling Of Asthma</i>	6
<i>Believe it or not ... Asthma Can Make Things Worse</i>	6

S = Screen Your Life

<i>Find Out What Is Causing Your Pain?</i>	7
<i>Understanding Your Asthma</i>	7
<i>Irritants At Home and Work....And Beyond</i>	7
<i>When Good Drugs Do Bad Things</i>	8
<i>Like You Don't Have Enough To Worry About</i>	8
<i>Here's A Little Secret</i>	8

A = Ask For Medical Advice

<i>Your Doctor Is The Best Source For Information</i>	9
<i>If You Need Additional Information ... Just Click Your Mouse</i>	9
<i>Exploring The Changing Faces of Asthma</i>	10

F = Find A Treatment That Suits You

<i>Medical Treatments That Will Stop Symptoms In Their Tracks ..</i>	11
<i>Natural Remedies Can Really Work</i>	12

E = Evaluate Your Progress

<i>The Power Of Monitoring Your Asthma Attacks</i>	14
<i>Step I: Create An Asthma Management Plan To Live With</i>	14
<i>Step II: Avoid Your Triggers To Break The Cycle</i>	15
<i>Step III: Follow Your Personal Treatment Plan</i>	15
<i>Step IV: Monitor Your Progress And Feel The Thrill Of Success .</i>	15
<i>Support Groups Can Give Guidance</i>	15

The Sweet Breathe Of Success

<i>More Information On Asthma Products</i>	17
<i>Asthma Action Plans</i>	18

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 question ...Can asthma be cured?

Don't Believe The Hype ...There 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.

About 10 to 15 percent of people in the world have asthma and suffer several recurrent attacks where they are left feeling breathlessness. 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.

For those who are suffering with asthma I know how difficult it can be to deal with this disease. Fortunately, there are treatment options, from over the counter medications to allergy shots that work. 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 and read many articles to find out what works. With the right management plan, a person with asthma can reduce the risk of the developing symptoms.

There are so many people who do believe that having complete control over asthma is not possible. But being unable to breathe is a scary experience and every asthma sufferer should have a plan of action. In fact most asthmatics could really benefit from an asthma management plan that improves their health.

So why should you start an asthma management plan?

If you suffer from asthma, this means that you don't have to live an inactive lifestyle. With a more positive attitude and lifestyle, the right asthma treatment plan can work for you. It can help you to breathe freely without wheezing or feeling tightness in the chest. And it can help you to sleep better at night.

Lynn Versailles,
Registered Nurse,
Asthma Coach

Asthma 101

What Is Asthma?



If you ever have moments when you cannot breathe, you may be suffering from asthma. It is defined as a chronic disease where the lining of the lungs become inflamed and eventually block the airway.

Asthma affects more than seventeen million people in the United States. Overall, the figures are impressive. Statistics show that over sixty percent of all those who suffer from this disease do not have it under control.

How Do You Know If You Have Asthma?

[A Quick and Easy Definition of Asthma](#) - An asthma attack is a medical condition where linings of the lungs become inflamed and seem to take your breath away. As the lining of the lungs increase, the airways become smaller, and breathing gets very difficult.

If you can't breathe and you are not choking on a piece of steak, then chances are you are having an asthma attack.

Just don't panic. If you are unable to breathe and then suddenly panic, your airways are going to become even more constricted. 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 The Major Causes Of Asthma](#) - While the exact cause of asthma is difficult if not impossible, it is important to understand that 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 it may have been passed onto you.
- **Environmental** – Certain outdoor and indoor elements in the air can trigger your attacks.
- **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, inflammation of the nasal airways, can worsen your asthma.

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 at times. Here are some of the symptoms to watch out for:

- **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 mucuos, 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** - Chest tightening usually happens when air can no longer move into the lungs. The sufferer feels a large amount of pressure on chest.

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.

There are some signs and symptoms when you should call your physician promptly.

When you have located a good doctor, you can give him invaluable information that will help him best prescribe a course of treatment.

S = Screen Your Life

Find Out What Is Causing Your Pain?



[Understanding Asthma Triggers](#) - 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 air temperature.

If you are diagnosed with the disease, a physician usually determines the cause after a thorough medical history.

Finding out the cause for the attacks is necessary since it shows how the treatment will go. Sources of triggers that set off asthma attack include:

- Outdoor allergens
- Indoor allergens
- Drug reaction
- Stress
- Excessive exercise

Understanding Your Asthma

[Steps In Effective Asthma Diagnosis](#) - 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 your asthma diagnosis 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 (spirometry) done in the office to see how your lungs are working.
- laboratory tests to eliminate any other problems.

Irritants At Home and Work....And Beyond

[Any Allergic Substances Can Be A Source Of Asthma](#) - To track asthma triggers, it is very important to monitor your attacks. Be aware of the location and setting of your attacks in order to help narrow down your triggers. Determining your asthma triggers and learning to avoid them will help you lessen or prevent the severity of your symptoms.

Anyone who suffers from an asthma allergy is familiar with the difficulty breathing and wheezing that come from external sources. In addition to weather and temperature, changes the amount of pollen in the air can aggravate an asthmatic condition.

Asthma can be controlled in many ways. One of these is through maintaining the area in which we live and work, making it easier on our respiratory system. The

best way to prevent attacks is to provide an environment that is clean and well protected.

When Good Drugs Do Bad Things

[When You Have Asthma, Drugs Can Sometimes Make It Worse](#) – Although most known triggers are environmental such as dust, pet dander, pollen and smoke, there are other things that can give you problems. Because of the sensitivity of the lungs, certain drugs can prompt an attack.

There are an increasing number of professions that are at risk for asthma related problems and exposure to harmful toxins. Many livestock farmers and agricultural farmers who are exposed to pesticides on a daily basis are at risk. Exterminators and manufacturers of pesticides also see an increase in respiratory problems as a result of exposure.

But anyone can be adversely affected by a drug. It can be something as little having a cold or flu that causes you to rely on cold medications for relief. 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.

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.



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.

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.

Having asthma does not have to mean shunning rigorous physical activity. Many asthma sufferers lead healthy full lives. The key to this is developing an asthma plan that works in conjunction with doctor and clinical recommendations. If properly managed, even those with asthma can exercise.

A = Ask For Medical Advice



Your Doctor Is The Best Source For Information

If You Have Asthma, Find A Doctor To Help You Control It -

To get valuable information about your asthma, begin by discussing the issue with your physician. Since your doctor is in the business of treating your symptoms, chances are good that questions will be welcomed.

At the very least, your doctor will be able to refer you to another healthcare professional who can meet your needs. So always begin with your doctor or another health care expert.

Once triggers are identified, doctors have a far better likelihood of finding adequate tools to help you control your symptoms. By getting informed about what you are dealing with, you can regain control over your life. Having this condition does not always mean having to be handicapped by it.

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

National Asthma Links That Can Give More Information - If you have additional questions, then take a look at the list of national asthma links. Feel free to discuss any problem, as you will be amongst fellow sufferers who may be able to help, or at the very least understand. Talk about medicines, breathing techniques, treatments, and emotional well-being. If you have children, you will want to discuss what can be done for them as well.

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

Family Doctor <http://familydoctor.org/online/famdocen/home.html>

MayoClinic.com <http://www.mayoclinic.com/health/medical/HomePage>

Medline Plus Medical Encyclopedia

<http://www.nlm.nih.gov/medlineplus/encyclopedia.html>

National Jewish Medical and Research Center, <http://www.nationaljewish.org/>

The Nemours Institute Alfred I. Dupont Hospital for Children

<http://kidshealth.org>

University Of Maryland Medical Center

<http://www.umm.edu/ency/carepoints/Signs-of-an-asthma-attack.htm>

Exploring The Changing Faces Of Asthma

Recognizing Different Types Of Asthma - Although most people think all types are the same, each person has a different cause and different reaction. And this will affect the overall treatment. The major types of asthma include:

- Extrinsic - People who experience this kind of asthma normally also have other allergy problems.
- Intrinsic – This is a non-allergic or intrinsic asthma is triggered by something other than common allergens.
- Nocturnal - Nocturnal asthma is a type of asthma that only attacks at night and often causes nightly hard wheezing and coughing.
- Sports - Sports asthma, also known as exercise-induced asthma, occurs during or after an exhausting activity.
- Occupational Asthma – This type of asthma usually occurs from triggers common in certain work places.

It is important to research and learn more about your asthma. This will give you tools that are specific to your asthma and this information will help you to moderate and control it. Constructing a working asthma treatment plan can help you enjoy life without having to forgo the fun.

Following The Road To Recovery

Medical treatment usually begins with a trip to the doctor's office or emergency room. Diagnosis is based on medical history, physical examination and lung function. On their way to a diagnosis, physicians often assess the symptoms and attempt to determine the disease's specific triggers as well. Based on this results, your doctor will prescribe medications based your condition.

Step Down Therapy

Most medical asthma treatments are based upon the Step Down Therapy. In this type of treatment plan, the doctor will treat a person to immediately alleviate the symptoms and then slowly reduced the medical therapy step by step. While this person is closely monitored, treatment is added or taken away to completely relieve the symptoms. The goal is to slowly improve the symptoms and find a management plan that works over time.

Peak Flow Meter

In most cases, doctors will prescribe a therapy that uses a peak flow meter. This device carefully measures the lung's performance. While using one, you able to watch for worsening symptoms and take action when the condition starts to get out of control. These simple devices are hand-held, extremely easy to use, and with diligent application can help you recognize and stop an oncoming attack.

F = Find A Treatment That Suits You



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. This will monitor for improvement in your illness so that you can manage the condition.

Medical Treatments That Will Stop Symptoms in Their Tracks

[A Guide To Modern Asthma Treatments](#) - If you have asthma, it is in your best interest to find out about your options. The following describes a few of the most common medical treatments.

Asthma Medications

[Learning About Asthma Medications](#) - Asthma medications are prescribed according to the severity of the 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. The steroidal medicines that are inhaled by the sufferer don't generally cause side effects. But when they do, they are generally considered to be less severe than the symptoms they are controlling.

For severe and life threatening asthma attacks, shots of powerful agents are injected to combat them. In these emergency situations, asthma patients usually experiences severely inflamed airways and may even lose consciousness. These situations, for most sufferers, are rare but scary when it does happen. For this reason, many moderate asthmatics opt to keep these life-saving drugs on hand, just in case.

Allergy Shots

[Asthma Allergy Shots May Help You Breath More Easily](#) - Allergy shots, which are also known as Immunotherapy treatments, are sometimes prescribed. The shots are taken regularly to reduce their body's sensitivity to a specific allergen that is causing the asthma attacks.



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.

Natural Remedies Can 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. Online resources can be helpful, as can your regular doctor. Either way, you should continue to see your doctor so make sure that your new treatment is working.

Diet and Herbal Treatments

[The Asthma Diet That Really Helps](#) - What many asthmatics do not know is that by improving their diet they can further reduce issues and prevent attacks. Eating good foods can help a body to react less to allergens, and therefore be less prone to asthma-related problems.



[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 beforehand. Getting the right information before you invest can help you choose your herbal remedy or supplement wisely. Many herbal solutions can help treat the problem of asthma without introducing toxins into the body. These include:

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

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. These include:

- Buteyko Breathing
- T'ai Chi
- Yoga

[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 practiced 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.

E = Evaluate Your Progress



The Power of Monitoring Your Asthma Attacks

Asthma self-monitoring is invaluable for a number of reasons. When you know what triggers an attack, you can be far more effective in alleviating your own symptoms. Being able to anticipate an attack also helps you mentally prepare for the worst moments and ultimately reduce or eliminate the element of panic entirely. By keeping yourself fully informed about the details of your condition, you have a greater level of control over your life.

Step I: Create A Plan To Live With

Your treatment plan should be a step-by-step guide to help you to achieve your lifelong goals. If you don't have an idea of how to prevent or treat your attacks, you will live in fear and never gain control. The plan should be put together with your health care provider and shared with your family members.

Long Terms Goals

Ultimately, your long term goal will be to have a normal life with the least number of episodes of asthma. The long term goals of your management plan should include a description of how you will be preventing and managing your asthma symptoms.

A Management Plan To Live With

Developing a treatment plan will provide you with a road map to controlling your asthma. If you take the time to fully research your options and plan a course of action, you will succeed and live a healthy lifestyle. Your asthma management plan should consist of the following:

- A list of triggers to avoid
- Signs and symptoms to look out for and indications that your symptoms are getting worse
- Daily activities to prevent asthma attacks
- Medications to treat asthma episodes

Turning The Light On Your Treatment Plan

An Asthma Action Plan Can Shed New Light On Your Treatment -

One of the best way to plan your line of defense is an asthma action plan. Written by you and your doctor, it is a basic guideline to help you recognize an oncoming attack and how to treat it. If you follow it closely, you have the power to decrease the periods when you feel breathless.



Step II: Avoid Your Triggers To Break The Cycle

One of the easiest methods of asthma prevention is finding out your triggers and avoiding them. Knowing what your triggers are can help you remove the allergens from your life as much as possible, making it easier for you to breathe. When you know what creates breathing issues, you have better control over your ability to maintain a safer environment.

Step III: Follow Your Treatment Plan And Inhale With Health

One of the most important aspects of managing asthma is finding a personal treatment plan and using it regularly. It is usually decided after a consultation with a medical professional. This is the point where you should be involved in managing the condition. Although asthma is not an illness that can be cured, it can be managed with medical or natural remedies. With the right approach, it can be controlled to the point where it has little impact on quality of life.

Step IV: Monitor Your Progress And Feel The Thrill of Success

Because numerous external factors can be triggers, it is imperative that you keep a detailed journal of their experiences. This should include the suspected triggers, the duration of attacks, and the resolution for attacks. It should also include the physical response from any prescribed or herbal/non-traditional medicines.



Each day you can use action plan to measure how well your treatment is working. By recording these results you can collect the data that will help create a chart that can reveal any significant fluctuations. When you have diligently collected data for several weeks, implementing a new treatment product can be easy to do and monitor.

Support Group Can Give Guidance

[Online Asthma Support Groups Can Really Help](#) – When you feel like you are drowning on dry land, and you have no one to talk to about it, this may be a great step to your health and wellness. Do not hesitate to reach out to others.

Allergy and Asthma Foundation of America- AAFA has Educational Support Groups (ESGs) to help you gather relevant information about asthma and allergies and find emotional support.

American Academy of Allergy, Asthma and Immunology - AAAI features links from their site to various asthma and allergy support groups around the country.

Asthma Society of Canada - Get support and information from the ASC.

Mothers of Asthmatics/Allergy and Asthma Network
Reach out to other mothers of children with asthma

The Sweet Breathe Of Success



Asthma can be successfully controlled with the right kind of therapy. While there is no cure, there are a number of medical treatments and natural remedies to control the illness and keep symptoms at bay.

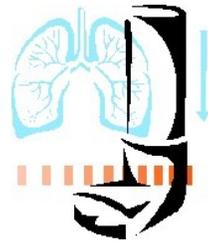
It is always important to get regular check-ups regardless of the asthma products that you choose to implement on your own. These will help determine any major changes and can help gauge the effectiveness of any product that you should choose.

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. Most people find fewer problems with the disease when they find a treatment plan that is suited to their lifestyle.

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

An asthma management plan can help restore your control over your life and enable you to enjoy the activities that you love without a tremendous amount of stress or fear. As you progress in your understanding of your condition, you can work with your doctor to form an asthma action plan that is customized to your special needs.

Copyright © 2010 by Safe Treatments For Asthma.com. All rights reserved.



More Information On Asthma Products

Even though asthma is a difficult condition to live with, it can be successfully controlled with the right kind of therapy. There are ways to control the illness 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 It Comes To 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 treatments,
visit safetreatmentsforasthma.com and take a look at other asthma books such as:

