

Asthma

Written by Administrator

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- - Check you salt intake if you are having asthmatic attack during exercise.
- Do not drink cold drinks or eat ice cream due to the bronchial spasm.
- Eat a high protein low carbohydrate diet.
- Eat light meals to keep from shortness of breath.
- Fast with distilled water and lemon juice for 3 days a month.
- Garlic and onions have been found to release inflammation by the quercetin and mustard oils.
- Keep a diary of diet medications, and symptoms to help figure out what triggers your asthma.
- One hour before exercise take 2,000 milligrams of Vitamin C to reduce asthma attacks.
- Painkillers can cause asthma reactions (Advil, Nuprin, etc.)
- Reduce stress
- Research by eliminating certain foods that cause asthmatic conditions.
- Stay away from BHA and BHT in food along with FD&C Yellow 5 dye. Keep away from furry animals and tobacco (smoke) and the amino acid tryptophan.
- Use bee propolis