Asthma prevention strategies

- Eliminate triggers, including strong emotions, such as anger, yelling, laughing or crying too hard, which may lead to rapid breathing and trigger asthma attack.

- Eat diet rich in marine-based omega-3 fats. Researchers from John Hopkins Medicine found that diet rich in omega-3 fats led to fewer asthma symptoms triggered by indoor pollution, and diet high in omega-6 fats led to more severe asthma.

- Normalize vitamin D levels - ideally by getting sensible sun exposure (optimal levels: 40-60 ng/ml or 100-150 nmol/L). Vitamin D deficiency is associated with 50% increase in the risk of severe asthma attacks.

- Get regular exercise which helps improve maximum ventilation and oxygen uptake.

- Relaxation techniques, such as Emotional Freedom Technique (EFT), help improve symptoms by managing fear and anxiety about asthma triggers.