

# ASTHMA

*The energy of the mind is the essence of life. – Aristotle*

## Asthma - Basics

- Chronic lung condition, involves airway inflammation, airflow obstruction, and bronchial hyper-responsiveness which decreases the ability to breathe & exchange oxygen
- The result of a strong immune response to an allergen in the environment
- Triggers: Viral infections, exercise, hyperventilation, cold air, allergens and environmental pollutants such as pollen, smoke, dust, mold, dust mites, pet dander, cockroaches, animals, and chemicals such as fragrances, air fresheners, cleaning supplies, scented candles, personal care products, etc.

## Symptoms

- Wheezing, coughing, Shortness of breath, chest tightness/pain
- Range from mild to severe, occur rarely or daily, may happen suddenly, and may be life-threatening



## 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.