

## OVERCOMING ASTHMA

- Identify dietary or environmental allergens and take steps to avoid them. Use the elimination diet if necessary.
- Reduce exposure to dust, mould, pollens and other common irritants.
- Don't smoke, avoid exposure to other peoples cigarette smoke and avoid other forms of pollution as much as possible.
- Reduce exposure to chemicals. Stop using aerosol sprays and other irritant products.
- Take steps to avoid asthma triggers associated withy your occupation.
- Learn to breathe through the nose, not the mouth.
- Practice breathing and relaxation exercises daily.
- Take some form of regular (daily if possible) excise. This should not be too strenuous if you are not used to it – walking or swimming is ideal.
- Take steps to reduce to stress.
- Eat only natural, unprocessed food. Avoid additives.
- Ensure optimal nutritional intake. Supplement with immune boosting nutrients.
- Ensure adequate fluid intake. Drink 2 litres of water per day.
- Treat any colds or rhinitis promptly.
- Improve digestion.

