



Q: *I know so many adults and children with Asthma. Can you help by giving me a guideline as to what products I should recommend. I am getting very confused as there are so many products to choose from?*

A: This is a condition which is caused by so many different things which produce an inflammatory response causing the lining of the tubes to swell and produce mucous. Asthma is made difficult by muscle spasms and increased mucous in the lining of our airways. One can be allergic to pet hairs, dust, feathers, paint, perfume, pollen or the house dust mite. One also needs to find out what food and household items to avoid; passive smoking, mucous-forming foods like cow's milk, cheese, chocolate and biscuits. Reduce your intake of salt, junk foods, fizzy drinks, sugar, nuts and seafood. Avoid foods and drinks that have been preserved with sulphur, such as dried fruits, wines, beers. Diet should be rich in dark green-leaf vegetables, garlic, fresh salmon, mackerel, sardines and extra virgin oil dressing.

As far as supplementation is concerned, there are many Asthma sufferers who can benefit. I will give you what I think is my opinion and the most important, then I will list others that are equally as important but subject to personal expense.

- **Aloe Vera Gel** 3-6 fl oz - each time you take your 2 fl oz of Gel, mix it with some luke warm, pre-boiled water and sip slowly. This is very soothing on the bronchial tubes.
- **Bee Propolis** tablets 3-6 tablets.
- **Lycium Plus** 2-3 capsules.

Other supplementary help:-

- **Absorbent-C** - strengthens the immune system.
- **Garlic-Thyme** - strengthens the respiratory system.
- **A-Beta-CarE** - repairs body tissue.

Mechanisms in Asthma could also respond to Zinc and Selenium both of these are rich in supply in the Nature Min. Deficiencies in Zinc and Vitamin B can affect the metabolism of essential fatty acids, which are vital to all Asthma sufferers.