

Asthma: Natural Remedies for Relief

For people diagnosed with asthma, they probably have a better understanding than most of what it actually feels like to be a “fish out of water”. This disease is characterized by classic indicators like frequent coughing, shortness of breath, difficulty breathing, wheezing, and chest tightness. There isn’t a cure for asthma, but it can be managed with proper prevention and treatment. Try these natural remedies to help manage asthma symptoms and prevent attacks.

Omega-3-Fatty Acids: Naturally found in fish, omega-3s may help support a balanced level of inflammation—one of the underlying mechanisms behind asthma. If fish isn’t regularly on the dinner table, try taking an omega-3 or fish oil supplement to support healthy cells and maintain a healthy level of inflammation. Hazle Drugs brand of “High Potency Omega-3 Fatty Acids” provides the healthy oils (“good fats”) scientifically proven to be nutritious to our body as opposed to harmful fats so common in our diet. Hazle Drugs “High Potency Omega-3” is a concentrated product that provides the proper balance of EPA/DHA fatty acids that are derived from molecularly distilled fish oils.

Antioxidants: Many patients with severe asthma have decreased levels of the antioxidants founds in fruits and vegetables. Taking supplements of vitamin C, vitamin A, and magnesium may help to replenish some of these missing antioxidants and support an optimal-functioning immune system.

Homeopathy: there is some evidence that homeopathy can reduce symptoms in long-term, chronic asthma cases. This practice involves exposing the individual to very small, diluted (homeopathic) doses of substances that stimulate the body’s self-healing response.

Ginko Extract: The seeds and leaves of the ginkgo biloba tree have long been used as traditional remedies for conditions including bronchitis and asthma. Ginko has been shown to reduce and relieve airway inflammation, so it may be useful therapy to support a health respiratory system.

Butterbur: *Petasites hybridus*, also known as butterbur, may be useful to promote healthy breathing. Either used alone or with other products, butterbur may be a good choice to support clear, easy breathing.

Before trying an alternative method of treating asthma, be sure to talk to your health care practitioner, they can help decide with remedies are the best course of treatment.

For more information regarding natural remedies for asthma, please contact Certified Clinical Nutritionist, Bill Spear, R.PH, CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201.

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