Top 10 NLO|Asthma Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. Asthma and Secondhand Smoke: Understanding the Danger

While you may find it relatively easy to avoid cold air, high-pollen counts, and other allergic asthma triggers, secondhand smoke tends to fly under the radar. It’s a sneaky trigger, in that it travels farther than you might imagine, and could lurk in a variety of spaces.

9. How to Prevent Exercise Induced Asthma

When you exercise, you take in more air through your mouth. This air does not have the same benefits as air passing through your nasal passages, and the muscles of your airways react by tightening.

8. Coping with Asthma and Cold Weather

When you're cooped up indoors for an extended period of time, exposure to irritants like pet dander, dust mites, fireplace smoke, and mold become likely. But in winter, going outside doesn't guarantee relief, as cold air can trigger an asthma attack too.

7. Using Herbs to Relieve Asthma Symptoms

Herbal remedies have a solid place in the treatment of asthma, but if you decide to use herbal therapies to treat your asthma, you must learn how to correctly use them.

6. What Not to Say to Someone With Asthma

Your intentions may be great, but the words you utter can turn a nice discussion into an awkward situation if you’re not careful. Avoid the messy event altogether by leaving these phrases out of your conversation.

5. Asthma Nutrition

An asthma diet avoids certain foods that are likely to worsen your symptoms, and includes others that can open up your airways, prevent infection, and improve your energy levels.

4. The Relationship Between Asthma and Fatigue

Fatigue is a common problem associated with asthma, yet the standard treatment of this condition is often focus on respiratory symptoms only.

3. Understanding the Link Between Stress and Asthma

Though asthma is a physical health concern, be sure to give attention to your mental health. Feelings of frustration, anger, worry and sadness are perfectly normal and expected during periods of high symptoms.

2. Is a Cure for Asthma on the Horizon?

Medical researchers at Cardiff University in Wales have identified a protein they believe is responsible for the occurrence of asthma attacks. Finding a lasting cure for any illness depends upon identifying the primary cause of the problem. Now that the protein has been identified, researchers are optimistic that a cure for asthma may be within sight.

1. Coughing and Asthma

According to experts, one of the biggest signs of undiagnosed asthma is a chronic and persistent cough. By learning more about how coughing and asthma are related, you can better understand your condition.