

ASTHMA

What is asthma?

Asthma is a condition where the airways in the lungs narrow, due to inflammation and swelling of the airway lining.

This leads to the tightening of the airway muscles and the production of excess mucous, which can cause breathing difficulties.

Symptoms of asthma can include:

- tightness of the chest
- a chronic cough
- shortness of breath
- wheezing.

What causes asthma?

The causes of asthma vary from person to person, however various foods and environmental substances may trigger the condition. These triggers are usually detected when the reaction occurs (e.g. upon exposure to grass). However, in some cases (particularly when dealing with food sensitivities) asthma triggers can be hard to pinpoint. This is because reactions to foods may be delayed or may only occur when a person is exposed to an amount that is higher than what they are able to tolerate.

Many people who present with asthma have a family history of the condition. It may also go hand in hand with other allergic conditions such as hayfever and eczema, which can often appear at the same time, or in succession of one another.

Research also suggests that asthmatics could be at up to 25 per cent greater risk of an asthma attack if they are deficient in vitamin D.

Allergies and asthma

Common substances that may trigger asthma generally fall into two categories:

1. Airborne and seasonal allergens:

- pollens
- grasses
- dust/dust mites
- moulds
- animals.

2. Foods and food chemicals:

- dairy
- wheat
- salicylates (naturally occurring chemicals in many fruits and vegetables)
- sulphites (preservatives commonly found in alcohol, juice/cordial, dried fruit and processed meats).

Manage your asthma symptoms naturally with our Positive Association Technique

Natural asthma treatment

At Health & Wellness Australia (HWA), we use a technique called muscle testing (or kinesiology) to help identify your food sensitivities. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT).

PAT is a non-invasive holistic therapy, which:

- draws on acupuncture and kinesiology techniques
- aims to re-train your body
- may reduce your reactions to environmental allergens that may be causing or exacerbating your asthma, including airborne, seasonal and food-based allergens.

Some asthma cases can be complex, so our naturopaths may also recommend supplements, herbs and lifestyle advice to help you achieve the best long-term results.

This fact sheet is intended as general information only. PAT cannot cure asthma – it is intended to decrease reactions and help manage asthma-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.

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