



Dramatic-Asthma-Relief.com

Asthma and Allergy Prevention & Control

Research on the Most Effective Measures You Can take to Prevent & Control Asthma & Allergies

There are currently 17 million Americans suffering from asthma, including 8.1 million children. Asthma is considered the most common chronic illness effecting children. Studies show from 1982 to 1994 the annual death rate from asthma rose 75% and is continuing to rise. Since the year 2000 there have been 5,000 asthma deaths a year in the USA according to Scientific American Magazine. A public awareness campaign is being launched to educate parents about asthma prevention.

If you already suffer from asthma or allergies, you can find information about a safe, highly effective drug-free alternative, [**The Dramatic Asthma Relief Report, by clicking here.**](#)

Doctors and researchers agree that the single most important thing that parents can do to prevent their child from developing asthma in the first place is to eliminate or significantly reduce dust mite allergens in the home.

"Clinical studies have revealed that avoidance of dust mite allergens in early childhood can prevent the onset of asthma..."
Michael LeNoir Md

Dust mite allergens are known to play a major role in its development. Researchers have determined that other important allergens (after dust mites) that also need to be eliminated from the home are cats, certain types of mold, dogs, cockroaches and tobacco smoke. It is a popular misconception that children will "outgrow" asthma. It is a severe and potentially life-threatening

illness that should be taken seriously. Long term use of steroid drugs is not recommended by doctors and has serious side effects. Making these preventative environmental changes is a much more viable, healthy and preferable alternative. If you, or your child are already suffering from asthma or allergies these measures will certainly help.

What are Dust Mites?

Dust mites are microscopic insects and live in bedding, pillows, mattresses, blankets, upholstery, carpets etc. They thrive particularly in humid climates. They live off of dead skin cells and produce an allergen from their excrement, which is inhaled.

All Homes Contain Dust Mites No Matter How Clean They Are

Studies have shown that dust mite allergens in the home must be reduced to at least 2mcg/g dust or mite populations decreased to 100/g dust to have any significant benefit. There are several things that can be done to accomplish this.

What Can Be Done To Eliminate or Reduce Dust Mites?

Researchers have found through numerous studies that these are the most effective measures:

Changing the relative humidity and temperature of the home: keeping relative humidity less than 50% is proven to greatly reduce the dust mite population. (Portable dehumidifiers were not shown to significantly reduce humidity).

Mechanical ventilation with a heat recovery unit has proved to be the most effective to reduce humidity in the home.

Using air cleaners that have HEPA (High Efficiency Particulate Air) filters, which will also eliminate other allergens such as pollen and animal dander.

Cleaning using a vacuum with a HEPA filter and steam cleaning rugs and upholstery regularly.

Washing all bedding in hot water (60 degrees C, 130 degrees F) on a weekly basis is known to kill dust mites.

Drying bedding in a hot dryer.

Dry cleaning quilts and blankets weekly will also kill dust mites.

Placing plastic casings specifically made for dust mite control on pillows and mattresses.

Chemicals used on carpets and upholstery which are known to kill dust mites include benzyl benzoate, permethrin, pirimiphos methyl, phenyl salicylate, tannic acid, common household disinfectants, combinations of these, and insect growth regulators. (please note: some chemicals can also trigger asthma and allergy reactions, therefore research them carefully before using).

Some additional well-known and not so well-known triggers for asthma or bronchio-spasm include:

- Pollens and molds
- Particulates (air-born pollution)
- Cold air or hot stuffy environments, or sudden changes in temperature
- Tobacco smoke and wood smoke
- Perfume, paint, hair spray, or any strong odors or fumes
- Common cold, influenza, and other respiratory illnesses
- Food chemicals that may trigger asthma include: sulphites (sulphur dioxide and sodium metabisulphite)
- Food colors (tartrazine)
- Monosodium glutamate (MSG)
- Alcoholic drinks (Sulfite additives have been associated with triggering asthmatic responses. They are present in significant levels in most wines, but other ingredients in wine can also trigger an asthmatic response.)
- Exercise (Exercise, especially in cold air, is a frequent asthma trigger)
- Overeating, or laughing excessively (Can we ever laugh too much?)

Some controversial triggers under discussion include:

Organophosphates – the widespread use of organophosphate insecticides to address pest infestations in lower socio-economic areas, may contribute to the very disproportionate high rates of asthma in disadvantaged black and minority communities in the US.

Toluene- 72% of asthma patients in a study showed adverse reactions to perfumes; i.e., pulmonary function tests dropping anywhere between 18% and 58% below baseline (from "Affects of Odors in Asthma," Chang Shim, MD and M. Henry Williams, MD, American Journal of Medicine, January, 1986 Vol. 80)

Toluene-laced fragrance industry chemical products have become increasingly pervasive in the last ten years - used not only in perfumes, but also in furniture wax, tires, plastic garbage bags, inks, hair gel, hairspray, and kitty litter. A Danish toxicological journal, "Ugeskr Laegar", Vol. 153, ISS 13, 1991, p. 939-40, found perfume in kitty litter to be a cause of asthma in humans.

The only safe assumption about scented products is that they contain numerous toxic chemicals which constantly vaporize into the air and attach themselves to the hair, clothing, carpets and surroundings of anyone who wears them. These chemicals go directly into the bloodstream when applied to our skin and are also absorbed into the skin from our clothing. We also inhale the chemical fumes, which then go straight to our brains where they can do major harm. These chemicals are skin irritants, suffocants, eye and respiratory tract irritants, and neurotoxins.

Here are some ways to help control the above asthma, sinus and allergy triggers.

Cockroaches- Cockroaches can cause problems so it's important to get rid of roaches in your home. The cockroach allergen comes from dead roaches and roach droppings. It collects in house dust and may persist in the home for some months even after the cockroaches are eradicated. It is thought that the reason some people are supposedly allergic to chocolate is by virtue of included cockroach protein. Apparently, when the dried cacao beans are gathered up, they are typically covered in cockroaches and some beasties and droppings come along for the ride.

Indoor Mold - When humidity is high, molds can be a problem in bathrooms, kitchens, and basements. Make sure these areas have good air circulation and are cleaned often. The basement in particular may need a dehumidifier. And remember, the water in the dehumidifier must be emptied and the container cleaned often to prevent forming mildew.

The smell of 'damp' can be a powerful trigger for an asthmatic. Molds may form on foam pillows when you perspire. To prevent mold, put the pillow in an airtight cover and tape the cover shut. Wash the pillow every week, and make sure to change it every year.

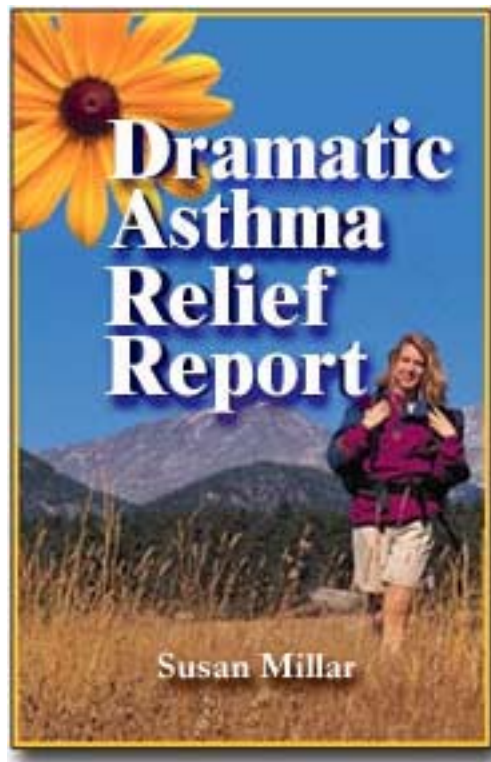
Molds also form in houseplants, so check them often. You may have to keep all plants outdoors.

Airborne Particulates -Stay indoors, close the windows and turn on the air-conditioning, or cover bedroom air vents with several layers of cheesecloth to lower the number of large-size allergen particles coming into the bedroom.

“Particulates, microscopic bits of soot and dust, burrow deep in the lungs, swelling airways and constricting already narrow breathing passages. Ozone sets off similar attacks.

On days with average particulate pollution in 1999, Valley asthma deaths jumped 10 percent compared to clear days, according to an Arizona Department of Health Services study. Asthma attacks increased 9 percent. On the worst pollution day that year, when particulates inched toward unsafe levels, asthma deaths jumped 40 percent and asthma attacks increased 36 percent.”
-The Arizona Republic Feb. 28, 2001

If you have asthma, The Dramatic Asthma Relief Report details a safe, alternative treatment that actually works to eliminate asthma symptoms without harmful drugs. You'll never have to suffer an asthma attack again with this information.



Read what a doctor has to say about the Dramatic Asthma Relief Report:

"I purchased your asthma report last year and I've had great success with it. Again, blessings to you for sharing this. For a number of years, each fall, I would get severe asthma attacks on a few occasions each season. At first I would go to the hospital where they would pump me up with prednisone, then have to be on it for a week. For the last few years, I have just had a prescription and used it as necessary w/o hospital visits. I've not had to take even 10 mg of prednisone since starting this! Since I practice alternative medicine and didn't like to have to use the drug, period, it was enlightening to see your article and put the information to use. Thank you!" – Dr. Cathy Kush, Chicago, Illinois.

[Here is what others have to say who have used the information in the Asthma Relief Report to completely eliminate their asthma and allergy symptoms...](#)

"Susan, I was diagnosed with asthma at age 14. I am 38 now and had been on ventolin, steroids, etc... for all my adult life, and advair for the last 3+ years. I ordered your report, and on Jan. 1st..., as a New Years resolution, I began slowly removing my inhalers from my daily routine. I am amazed beyond words. Today I use NO asthma medications. NONE !!! I play tennis, ride bikes, swim, run with my kids, and never have a wheeze attack or phlegm build up in my lungs. (I always had both before your report) Thank You so much for your help. May God bless the truths you speak, Dave McCreary MA. USA

"Hi Susan, Just wanted to drop you a quick note of thanks and let you know I feel great. I have been using the supplements for two weeks...I can sleep for six continuous hours and wake up rested. I have suffered with Allergies and Asthma for the last 19 years and have gotten progressive worst with in the last 10 years (i.e., fall/spring hospital visits, breathing machines, inhaler, maintenance dose of prednisone 5 mg, 30lbs weight gain). Peace and Blessings", Michele Jackson, Columbia, MD

"In the early spring I ordered your report. I had been so ill that the MD had me coming to her office every other day for breathing treatments. I was on steroids and antibiotics and getting worse. I had trouble walking to the bathroom, I was so short of breath. The last visit the doctor wanted to put me in the hospital, but I'm an RN and knew that there was nothing more that would happen there - steroids, breathing treatments and antibiotics. So, I went home and got on the internet and found your site. Praise the Lord! I started that evening... I took 2 loading doses before I went to bed and woke up the next morning with energy. I actually walked two houses down to my mailbox, and I was able to do some much needed light housekeeping that day. Thank you again for the information that practically saved my life."

Carolyn Morris RN, Sacramento, California

[If you would like more information about this highly effective alternative asthma treatment please click here.](#)

For more information about how these drug-free alternatives described in the Asthma Relief Report work to eliminate asthma symptoms, please visit this link: [Asthma](#)

For more testimonials from other people who have tried it, please [click here](#).

Are you aware of the dangerous side effects of many prescribed asthma drugs that you or your child may be taking? This information is compiled from medical databases. See this [free report on Asthma Drugs](#).

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Other Highly Effective Alternative Solutions For Better Health

Many individuals have undergone their own "voyages of discovery" over their lives and learned natural techniques and approaches that can help others. Like myself, some have also put their knowledge into print so it can be accessed easily by those who wish to benefit. This information, although often priceless, is available at very low cost through electronic publishing. I have also personally tried those that applied to my own health needs and I found them to be highly effective. All come with a 100% guarantee. They are listed below:

WEIGHT-LOSS

Physicians Weightloss Secret - Joy Siegrist MD reveals the diet program that enabled hundreds of her patients to lose weight permanently and without extra expense. No starving, no pills, no strenuous exercise - Joy researched to find out the most important feature of any diet program and uncovered an overlooked medical fact - effective diets must compel the body to lose weight by exploiting the natural metabolic systems. Money back guarantee included. [Click here for more information](#)

ANTI-AGING

The Anti-Wrinkle Handbook by Mike Hodge. Unlike Ponce de Leon I do not believe in a quick-fix remedy for preventing aging. But there is growing scientific evidence that the rate of aging is variable, depending on several factors. Some are outside our control but others are very much under our control and are easily adjusted to maximize our biological potential in reducing and even reversing the physical deterioration associated with aging. The Anti-Wrinkle Handbook explains straightforward ways to maximize your "stay young" potential. Money back guarantee included. [Click here for more information](#)

ADHD AND YOUR CHILD

How to Get Your ADHD Child Off Mind-Altering Drugs - This comprehensive eBook on Attention Deficit Hyperactivity Disorders reveals full details on more than twenty alternatives to prescription stimulants. Interactive as well as informative and fun to read, the information in this eBook has shown many parents how to address the ADHD conditions of their children without resorting to powerful drugs. Money back guarantee included. [Click here for more information](#)

TAP YOUR WAY TO EMOTIONAL FREEDOM

What would your life be like if you could...Heal your past? Release your fears? Resolve your angers? Change your mind? Be calm and focused, no matter what? Feel your sadness melt away? I used it myself and was very impressed at well it works, how quick and simple it is to do. Forget expensive drawn-out therapy! This technique really works, and it's also 100% guaranteed. [Click Here for more information](#)

MEMORY

Cognitive/Memory Decline and Nutrition - If you'd like to put an end to short term memory loss and if you'd like to think clearly and sharply again, natural health researcher Karen Railey, a certified nutritional counselor, has written a 75-page eBook that you can use to put an end to frustrating and embarrassing memory losses. When you buy Karen's Cognitive/Memory Decline and Nutrition, you'll learn how to improve your memory and clear out the brain fog or you get your money back. [Click here for more information](#)

ARTHRITIS

Cure Your Arthritis - Margie Garrison suffered from arthritis for 43 years and spent thousands of dollars on medication and doctors bills. This best selling book resulted from her long struggle with crippling arthritis and her frustration after 13 arthritis specialists had told her at the age of 28 there was no cure, only a lifetime of medication and pain relieving drugs. The doctors predicted that she would be in a wheelchair within five years. She describes her unique natural program that has brought pain relief and renewed mobility to thousands of sufferers. Money back guarantee included. [Click here for more information](#)

ENERGY

Supercharge Your Energy with Secret Tibetan Rejuvenation Rites - In this fascinating eBook, you'll learn the secret Tibetan rejuvenation rites that people have used for hundreds of years to gain energy and restore youth. These five simple exercises work wonders. They're easy to do, and most people report positive results in a matter of days. This is great fun to read and very effective. Money back guarantee included. [Click here for more information](#)

CANCER

How To Defeat Cancer - Naturally - Without Chemo, Radiation, Or Surgery. This new e-book talks about the underlying cause of cancer, it talks about how you can prevent cancer from developing within you, and it provides you with an 8-week action plan that will take you through the steps for defeating cancer if you have it. When you read this e-book you will understand how this 8-week action plan works, why it works, and why this is the only method whereby your cancer can be permanently defeated. Money back guarantee included. [Click Here for more information](#)

DETOXIFY YOUR BODY

Detoxify Your Body and Lose Weight with the Grape Cure - In the 1920's a South African woman by the name of Johanna Brandt introduced the world to what she called The Grape Cure, a natural method for detoxifying the body that allowed her to heal herself of cancer. Today, you can use the grape cure to detoxify your body as well as to lose weight. This method works. Money back guarantee included. [Click here for more information](#)

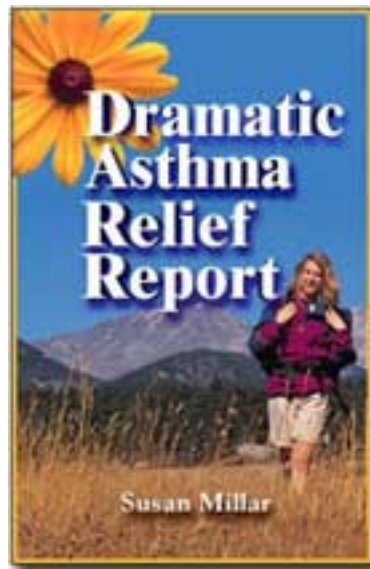
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And Strengthen, Restore And Revitalize Thinning Hair Naturally. What the multibillion dollar corporations don't want known! What if you could stop and prevent male and female hair loss and strengthen, revitalize and restore thinning hair, without involving cost, treatments, products or drugs. Leading International hair health specialist, Jonathon E Phillips shows how and why this breakthrough information has never been previously available - revealing how you can stop

hair loss naturally and retain healthier, fuller thicker hair - guaranteed. [Click here for more information.](#)

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Educate yourself instead by learning about ancient and modern alternative ways of dealing with catastrophic diseases. Arm yourself with simple and inexpensive treatments from past and present physicians. A must read for anyone concerned about protecting their health. 100% guarantee included. [Click Here for more information](#)



Do you want to be free of your asthma symptoms? Do you hate asthma drug side effects? Neither you or your loved ones ever have to suffer a potentially life-threatening asthma or allergy attack again. The Dramatic Asthma Relief Report, which is based on extensive medical research & proven clinical trials will positively change your life! It's 100% guaranteed. [Click here for more information](#)

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