

Natural Asthma Treatments May Be The Alternative For You

by LeeAnna

Our immune system is our main fighter against anything foreign in our bodies. It protects us from diseases by recognizing and eliminating and removing that foreign material from our bodies. Introduction to a variety of chemicals can affect our system badly and put us at risk for illness and disease.

Allergies are caused by an over sensitive immune system which leads to a misdirected immune response. Our immune system should protect our bodies against harmful substances like viruses and bacteria. When the body has an allergic reaction it's our bodies immune system reacting to some substance or allergy which is generally harmless to most people and will not cause an immune response. Allergies (including asthma) however are abnormal inflammatory responses of the immune system to dust, pollen, a food or some other substance. Those that involve an antibody called immunoglobulin E (IgE) occurs immediately or within an hour. Reactions may include coughing, sneezing, runny nose, hives, diarrhea, facial swelling, shortness of breath, a swollen tongue, difficulty swallowing, lowered blood pressure, excessive perspiration, fainting, anaphylactic shock or even death. There are some great Natural asthma treatments that may help you with your asthma better than what you're using now. I'm by no means a medical doctor, and I'm not recommending you stop what your taking now, and before using any medications natural or otherwise, consult with your doctor first.

Most medication for treating asthma seeks to reduce the inflammation by using anti-inflammatory medications, or use pharmaceutical inhalants to temporarily dilate the passageway. Pharmaceutical medications have long term affects and usually only offer a temporary relief. Many asthma medications contain steroids which can have long term affects on a person. There are two popular Natural asthma treatments, one is from the Middle East and has been a primary treatment for asthma and allergies. A traditional extract blend taken with honey includes black cumin, chamomile, cinnamon, cloves, rosemary, sage, spearmint, thyme and other herbs. Natural asthma treatments have herbs that contain antioxidants, and Black cumin seed, rosemary and thyme are known to inhibit the contractions of tracheal smooth muscle that is stimulated by histamine and acetylcholine. In Asia one natural asthma cure is a blend known as Saiboku-To is used clinically for asthma treatment and contains 10 herbs like ginger, Korean ginseng, magnolia, Baikal and licorice. In Japan , 40 asthma patients were treated with Saiboku-To for six to 24 months, and all were able to greatly reduce their steroidal asthma medications.20 Saiboku-To have also been shown to inhibit lipooxygenase.

When you're looking for Natural asthma treatments on the Internet, make sure you're not allergic to any of the natural ingredients themselves, which would defeat the purpose. Always take small doses and one at a time than recommended if you've never taken something before to make sure your body will not have an adverse affect from anything. Just because something is natural does not mean it can't be dangerous to you

About the Author

Leeanna is an expert author who writes for Natural Asthma Treatments