



MONTHLY WELLNESS BULLETIN

7 Steps to Protecting Your Child From Asthma

No doubt you worry about your child breaking an arm or coming down with an ear infection, but do you worry about your child developing asthma? Maybe you should and here's why: Today, 5.6 million school-aged children are reported to have asthma and 3.1 million had an asthma episode or attack within the previous year (Vital and Health Statistics 2006). On average, in a classroom of 30 children, about 3 are likely to have asthma. A whopping 6.2 percent of children under the age of five have the disease, reflecting a 160 percent jump in cases since 1994. And according to the National Institute of Allergy and Infectious Disease, more than 14 million missed school days per year are asthma-related. That said, what can you do to protect your child from asthma?

1. Schedule a Chiropractic Check-up - Can chiropractic care alleviate asthma? Yes, say researchers who enrolled 81 children with asthma into a two month study. After 2 months, 90 percent of subjects reported a significant improvement in quality of life. The report concluded that "chiropractic care, for the correction of vertebral subluxation, is a safe nonpharmacologic health-care approach which may also be associated with significant decrease in asthma related impairment as well as decreased incidence of asthmatic attack."



2. Stay Away From Smoke - Once your child is born, take care to limit his or her exposure to smoke. Many experts believe that second-hand smoke can skyrocket a child's risk of asthma.



3. Avoid Allergens - Studies show that indoor allergens can precipitate the onset of childhood asthma. Specifically, limit your youngster's contact with mold, smoke, dander, cockroaches and dust mites. Experts believe that constant exposure to these allergens may "turn on" a genetic "switch" in some children, resulting in asthma. On the other hand, researchers followed 474 children from birth to 6 or 7 and found that the children exposed to two or more cats/dogs during the first year of life were 66 to 77 percent less likely to develop allergic antibodies to common allergens (dust mites, pet, grass, ragweed and fungus).

4. Go Play- Encouraging your physical activity may also ward off asthma. of sitting for 3 or more hours per day (in front of television or computer) are: decreased activity, increased obesity and to indoor allergens. Prolonged sitting may also influence lung predispose children to asthma. **One note of caution:** If your youngster asthma, exercise and outdoor allergens can provoke an attack, please professional before enrolling the child in an outdoor event.



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5. Increase Antioxidant Intake -Antioxidants like vitamin A, C and E, selenium, carotenes, grape seed extract and co-enzyme Q10 may help keep lung tissue healthy and repair damage caused by asthma. You can boost your child's intake of antioxidants by increasing consumption of fruits and vegetables, like Juice Plus.

6. Go Fish- Oily fish, including salmon, sea bass and mackerel, are loaded with omega-3 fatty acid. A bounty of scientific evidence indicates that diets rich in omega-3 prevent cardiovascular disease. Now, recent studies suggest that omega-3 can decrease asthma. One experiment looked at 468 youngsters in Australia and found that children who ate fresh, oily fish at least once a week were much less likely to develop asthma, compared with kids who did not eat oily fish.

7. Say No to NSAIDs-One reason to avoid giving your child aspirin is that it may aggravate asthma. Scientists have determined that approximately 10 percent of adult asthmatics are aspirin sensitive, meaning that taking aspirin provokes asthma attacks. So, rather than relying on drugs with potentially harmful side effects, make your appointment for a chiropractic checkup today!

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