



Providing an optimum exercise experience for ALL members

Eating right for you!

May 2011

Lung Health: The Gateway to Life

Lungs are the first point of contact with life supplying oxygen. However they are also a gateway for dangerous inhalants. Consequentially, asthma is on a steady rise amongst children and adults alike. **Indoor/outdoor inhalants such as house dust, insects, animal dander, dust mites, molds, fungi, pollution, cigarette smoke, infections, stress, heavy exercise and the use of NSAID's** (non-steroidal anti-inflammatory drugs) **all contribute to asthmatic attacks and poor lung function.** If you are one who suffers from lung issues, cleaning up your living space is of utmost importance.

Pets: clean hair, urine/feces and saliva from any surface/clothing as much as possible

Molds and Fungi: inhalation of spores can cause reactions in sensitive individuals. They like dark damp places in/outdoors. Keep rooms highly ventilated, address leaks, cracks in all parts of the house especially basements, kitchens and bathrooms. Other sources of mold include carpeting, closets drawers, hampers with damp/unwashed clothing, old upholstered furniture, storage areas, plants/soils/leaves, humidifiers unless cleaned daily, old wallpaper, air conditioning systems left without cleaning and window sills.

Cleaning Supplies: solvents, ammonia, chlorinated and phenolated cleaning supplies are all lung irritants – avoid!

Your Bedroom and Dust Mites: they thrive in warm/humid places, keep bed, mattresses and pillows dry, vacuum entire surface area once a month and wash once a week with a non-toxic laundry soap. The idea is to have a clean, dust and clutter free sleeping environment. Remove all carpeting, avoid heavy curtains/venetian blinds, if used wash frequently. Wash blankets in hot water every week, avoid wool and down blankets. H.E.P.A air cleaners can remove airborne dust particles. Avoid cluttering your sleeping space with pictures, decorations etc. Cover air vents with filters. Keep all clothing in the closet with the door shut. Dust regularly

By: Janet Liguori

Reference: Dr Krop, Jozef, *Healing the Planet One Patient at a Time.* Kosh Publishing, Alton Ontario, 2008

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HERBS CAN HELP!

#1 **Respiratory Demulcents:** help coat, soothe and heal the respiratory tract – Flax, Mullein, Fenugreek

#2 **Respiratory Stimulants:** Elcampane, Fenugreek, Coltsfoot, Angelica

#3 **Respiratory Relaxants:** Dilate bronchioles and may suppress cough reflex – Wild Cherry Bark, Thyme, Lobelia, White Horehound

#3 **Expectorant/Anti-catarrhal:** Liquify mucous so it can be expelled more easily – Fenugreek, Ground Ivy

Anti-Oxidant Fruit Salad

Ingredients – preferably organic

- 1 De-seeded Pomegranate
- 1 Cut Apple
- 1 Cup Blueberries
- 1 Cup Strawberries
- 2 Bananas
- ½ Cup of Ground Cold Milled Flax Seed
- 2/3 Cup of pumpkin seeds
- 1 Fresh squeezed juice of lemon

Method

Combine all ingredients in bowl, mix gently and enjoy!



THE POWER OF VITAMINS!

#1 **Limit exposure** to food allergens which can induce asthmatic attacks: tartrazine, dyes, and preservatives such as sodium benzoate and sulfites CHECK FOOD LABELS!

#2 **Support Digestion:** determine and eliminate food sensitivities/intolerances

#3 **Vitamin C** a major antioxidant of lungs limits secretion of lung histamine.

#4 **Flavonoids:** another anti-oxidant phytonutrient that inhibits histamine release. Best sources are **quercetin, grape seed, and green tea extract**

#5 **Selenium:** contains anti-oxidant enzyme that decreases inflammation

#6 **Magnesium:** relaxes bronchial smooth muscle

Always consult a certified health care practitioner before taking herbal, vitamin and mineral supplements.