



Is Your Home Making You Sick? How Asthma & Allergy Sufferers Can Reduce Frequency And Severity Of Asthma and Allergy Attacks In Their Home

What Every Parent Should Know - Simple Ways Parents Can Significantly Reduce Their Baby's Risk of Developing Asthma and Allergies

Why Drugs Aren't The Solution - Plus A Highly Effective, Natural Asthma Treatment That Addresses The Causes Of Asthma To Safely Eliminate Symptoms



**Susan Millar, a health expert, researcher and author presents this in-depth report on Asthma Prevention and Control for parents and asthma sufferers.**



**Chet Day, a health expert, researcher and author interviews Susan Millar about a natural and effective asthma and allergy treatment.**

This three-part health report explains important asthma prevention measures for parents, how to reduce asthma triggers for asthma sufferers, plus how a natural asthma & allergy treatment works to eliminate the underlying causes safely and effectively.

## [Is Your Home Making You Sick? How Asthma & Allergy Sufferers Can Reduce Frequency And Severity Of Asthma and Allergy Attacks In Their Home](#)

You and your children may be at risk for asthma even if you don't have a genetic history of it in your family. Asthma is a serious debilitating lung disease that limits the enjoyment of a normal active life for the majority sufferers and can often be fatal. There are currently 17 million Americans suffering from asthma, including 8.1 million children. These alarming statistics are mirrored worldwide, with Australia's per capita percentage of asthma sufferers being even higher than the USA. One of the main reasons for this worldwide increase is growing levels of air and environmental pollution.

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.

During the last 15 years, there has been an alarming 160% increase in the rate of asthma in children under 5, sadly many of these children could have been prevented from ever developing asthma. Widely prescribed asthma drugs have potentially serious side effects and are not an optimal solution for asthma. The good news is you can do something to safeguard your own health as well as your child's health by taking a few simple preventative measures in your own home.

### **What is Asthma?**

Asthma is an allergic inflammation of the lungs, which can be triggered by air pollutants, dust mites, pollens, molds, dust, animal dander, chemicals, foods, exercise, or even temperature changes.

These triggers produce the symptoms of allergies and asthma, itchy, runny nose and eyes, blocked sinuses, coughing and wheezing. In a severe asthma attack, breathing becomes very difficult and can often result in a trip to the emergency room.

## **Asthma Can Be Prevented By Eliminating The Main Triggers**

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 asthma 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. If you find that they do not entirely eliminate asthma and allergy symptoms, there are safe, natural and effective drug-free solutions available to help you and your family.

## **What are Dust Mites?**

Dust mites are microscopic spider-like insects that 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 easily airborne and then 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 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 even extended laughing

**Some additional asthma and allergy triggers 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 - 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.

### **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 of these insects and droppings come along for the ride.

Cockroaches thrive in moist environments, so to discourage them from invading your home, be sure to fix all leaky pipes and plug up any holes in walls or near plumbing. Since they love to feed off crumbs, food droppings or open food containers, keeping food in sealed containers and maintaining a clean kitchen will discourage them from taking up residence. Beware of using pesticides as they can trigger an asthma attack.

**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** - 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

Clearly with pollution levels continuing to increase worldwide, buying a high quality HEPA air purifier is a wise investment for protecting you and your family's health.

## **What Every Parent Should Know - Simple Ways New Parents Can Significantly Reduce Their Baby's Risk of Developing Asthma and Allergies**

In addition to taking the above mentioned measures in reducing dust mites, cockroaches, adjusting the humidity level etc. in your home, there are other things that expectant or new parents can do to ensure their baby's health.

Carpets, upholstered furniture, all dust and dust collecting objects should be removed from your baby's bedroom. It's also a good idea to keep pets out of the nursery, as pet dander is also a very common allergy and asthma trigger.

### **Secondhand Smoke and Your Baby**

Secondhand smoke during pregnancy and after pregnancy should be avoided completely. If family members smoke, have them do it outside and don't let visitors smoke in your home. For women smokers who are planning a pregnancy, making an effort to quit smoking for the sake of their future baby's health is a wise choice. If your town or city has poor air quality, then you should invest in a HEPA air purifier to keep air born pollution to a minimum inside your home.

### **Food Allergies Contribute To The Development of Asthma**

Food allergies in infants and children can be life threatening and are also known to contribute to the development of asthma. Delaying the introduction of potentially allergenic foods to your baby is a good preventative strategy. Mothers who breastfed for at least 4 to 6 months can benefit their babies with stronger immune systems too. If breastfeeding is not possible, then avoid feeding your child milk or soy based formulas, instead use partially pre-digested protein hydrolysate formulas.

It's best to feed your baby solid foods only after they are six months old, then vegetables, rice, meat, and fruit can be introduced to their diets. Trying each food one at a time makes it easier to identify and eliminate any foods that cause a reaction. When your baby reaches one year old, milk, wheat, corn, citrus and soy may be added. Wait



until they are two years of age to serve them eggs. Next, when your child is 3 years old you can introduce fish and peanuts.

Taking these preventative measures will help ensure your baby a healthy childhood free from allergies and asthma. If you or your children already suffer from asthma there is help provided in the following pages:

[Why Drugs Aren't The Solution - Plus A Highly Effective, Natural Asthma Treatment That Addresses The Causes Of Asthma To Safely Eliminate Symptoms](#)

Like most asthma and allergy sufferers who have been prescribed the traditional route for asthma treatments by their doctors you probably have found that these drugs are expensive, not very effective and quite often have very unpleasant side-effects. The reason why these drugs are largely ineffective is because they only mask the symptoms and don't deal with the underlying causes. Many widely prescribed drugs can also have very serious side effects, which can damage organs or even cause death.

Looking for alternative solutions to asthma drugs is an important step towards taking responsibility for you and your family's health. Despite what drug companies would like you to believe, there are safe, natural and highly effective solutions to asthma and allergies. The following interview goes into detail about this natural treatment and how it can help you and your family:

**She Discovered An Asthma Treatment That Saved Her Friend's Life-** An Interview with Susan Millar by Chet Day

Susan Millar has a popular [website](#) devoted to a natural health method for relieving and preventing asthma and allergies, an aid that she discovered to help her friend Stan Grist.

First an explanation of her background and how she arrived at her discovery is quite interesting in itself:

I asked Susan when she first got interested in natural approaches to health and healing, and she replied that it happened over 27 years ago: I was constantly sick and I became very worried. None of the

doctors could find out what was wrong. My immune system was so low, I was knocked flat by every flu and cold bug there was and spent weeks in bed. It got to the point where I realized that in the previous year, I was sick more days than I was well. I was in danger of losing my job. The doctor simply prescribed more antibiotics, which only made me worse.

I decided that I had to help myself, so I did a lot of reading about alternative medicine. Finally I went to see a naturopathic doctor. He tested me, and I was diagnosed with systemic candida yeast overgrowth. It turned out that the years of antibiotics I had been given throughout my adolescence had weakened my immune system. My doctor had freely prescribed antibiotics for just about everything and in addition, I had been on tetracycline for years to treat acne. I also suffered from allergies and sinus problems since I was six years old and had used antihistamines constantly over the years. Heavy antihistamine use can have a cumulative effect on liver function, which in turn lowers the immune system.

I was a mess, and traditional medicine and drugs had played a large role in getting me there. Don't get me wrong: if you get hit by a car, the emergency room is the place you want to go, so I'm not saying that traditional medicine doesn't have a place. But I also know that many doctors hand out drugs too freely that have very serious side effects, and they don't always inform their patients. It also helps to keep in mind that they are part of a multi-billion dollar drug industry. I realized I needed to take more responsibility for my own health by doing my homework and not blindly trusting doctors. They aren't gods, and they are often too busy to keep up on the latest research. To their credit, some open-minded traditional medical doctors are realizing the value of natural medicine and are studying and applying it when it is appropriate.

At that time, the traditional medical establishment claimed candida overgrowth was a myth created by alternative doctors who were irresponsible quacks. There was quite a backlash against them and unfortunately, there still is today. It took a year of treatment (combined with a healthy diet) for me to strengthen my immune system and regain my health. The difference in my health and energy was astounding and from there on in I was sold on alternative medicine. Over the years, I also became involved in studying

homeopathic medicine and acupuncture and found them to be quite effective in many areas.

According to Susan, I started my site in August 2000. A year before, my friend Stan suddenly became very ill with asthma, so ill he almost died. The side effects of the asthma drugs the doctor prescribed were worse than the asthma itself. To make matters worse, the drugs didn't really help him that much either. He was completely bedridden. Stan is a very active man, and this was very depressing for him.

But Stan and Susan didn't let the problem get them down, as she explains: Our work together was based on intensive research, which we both enjoy, so it was natural for me to dig deep and begin researching alternative treatments for asthma. The drugs just weren't an acceptable solution and we needed to find a better way.

At that time, we were based in Quito, Ecuador, a very polluted South American city. Stan and I were researching and conducting expeditions on various archeological projects together in the Amazon jungle when he first became ill. It was no longer possible for him to work, since the expeditions are often quite physically demanding and in remote areas without any medical help.

Because of the situation, they decided to move their base to Florida because alternative medicine and supplements just aren't that easy to find in Ecuador. Stan also needed the cleaner environment in Florida.

Susan continues with their story: Being in Florida also helped initially with my research because I had better access to books in English, as well as articles, medical journals, and the results of clinical trials.

After months of extensive research, she finally uncovered a powerful bioflavinoid supplement combination that genuinely works to safely eliminate asthma and allergy symptoms by addressing the cause not simply masking the symptoms. [The Dramatic Asthma Relief Report](#) is based on her own independent research from several internationally respected medical associations, publications & proven clinical trials and contains a bibliography of this research.

Anyone wanting to learn more about asthma or allergy relief will profit from visitings Susan's website, where she provides [a free report](#)

[about the negative side effects of asthma drugs](#), which are often quite serious. I think it is important for people to know what the risks are of the drugs they are taking. All of this information is fully documented from top medical sources and I provide these links on my site. Susan believes that health is an ongoing process of discovery. Taking responsibility for our own health is the most important thing we can do.

### **Susan explains how these powerful supplements work to eliminate the cause of asthma and allergies:**

Asthma is an allergic inflammation of the lungs, which can be triggered by air pollutants, pollens, molds, dust, animal dander, chemicals, foods, exercise, or even temperature changes.

These triggers produce allergens, which are then absorbed into the bloodstream causing the B cells or white blood cells to produce billions of molecules of the antibody IgE. These IgE molecules in the bloodstream then combine with the mast cells, which line the blood vessels or basophils, a type of white blood cell. Mast cells and basophils both contain histamine and serotonin, and the antibody IgE causes the mast cells and basophils to leak the histamine and serotonin into the blood stream. This, in turn, produces the symptoms of allergies and asthma, itchy, runny nose and eyes, blocked sinuses, coughing and wheezing.

[This powerful alternative supplement combination acts to support the mast cells and basophils, stabilizing the cell walls, preventing them from spilling histamine and serotonin into the bloodstream.](#)

[In addition to this, it also prevents the production of a group of fatty acids called leucotrienes or Lt's which is the primary cause of asthma symptoms.](#) (Lt's are formed by the combination or action of two enzymes, phospholipase A2 and lipxygenase). [This supplement combination also acts as a powerful inhibitor of these two enzymes.](#)

Best of all, there are documented positive benefits: These supplements actually have healing properties that non-steroidal anti-inflammatory drugs (NSAIDs) and antihistamines lack by repairing tissues, fibers, and membranes, they strengthen the entire

respiratory system by regenerating tissues. It is completely natural and proven to be safe and without any negative side effects.

Studies show that in addition it is useful in fighting viruses such as herpes, respiratory, polio, para-influenza type 3, and Epstein Barr. It is also a cancer preventative and is known to prevent free radical damage to the body. Its anti-inflammatory ability is also beneficial to rheumatoid arthritis, bursitis and relieving prostate pain.

### **Most important are the results of using these natural supplements:**

- Stan was able to stop taking harmful asthma drugs within a few days after this discovery - it's been six years and he has never needed drugs since.
- He was able to resume his active life without any restrictions- he can forget about asthma completely.
- I am also totally free of allergies and asthma.
- Now, we no longer need to take any supplements due to their gradual healing properties, which have helped to repair lung tissue and strengthen the respiratory system over time.

### **You and you loved ones can also benefit in the same ways.**

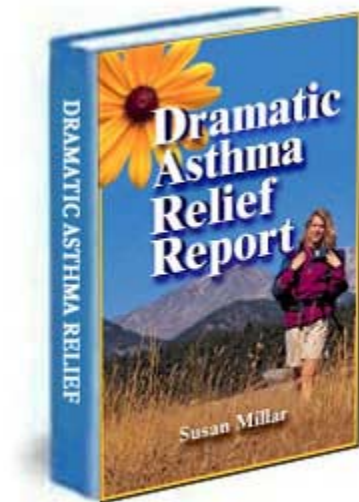
In the [Dramatic Asthma Relief Report](#), I include everything you need to know to get started right away - detailed information from medical research about the correct combination, proportions and dosage you need to take for full effectiveness in eliminating your asthma and allergy symptoms and where to find it. But if you need any support, I am always available to help. This information allows you to take control of your health and get your life back again, it can even help to save a life.

You really have nothing to lose except your asthma and allergy symptoms because of my personal 100% guarantee.

It really is possible for you breathe free and enjoy an active lifestyle without drugs. [The Dramatic Asthma Relief Report](#), will positively change your life and those of your loved ones too, just as it has changed ours and many others who have tried it.

To you and your family's health,

*Susan Millar*



### **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.

**What others have to say who have used the research from the Dramatic 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.](#)**

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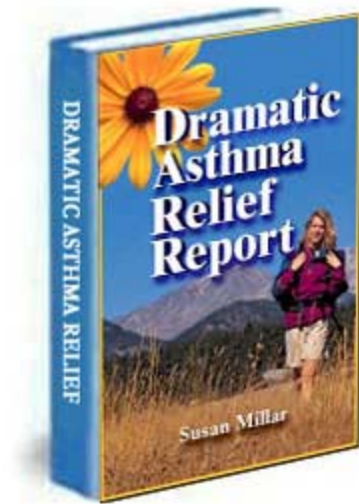
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Chet Day, from [Health & Beyond](#) a natural health website helping people improve their lives with natural health articles and healthy Recipes Since 1993...is a health expert, researcher and author of several health books, including “Don’t Fear Bio-Terrorism” and “The Grape Cure.”



Susan Millar is a health expert, researcher and author of [The Dramatic Asthma Relief Report](#), about genuinely effective and natural drug-free treatment for asthma & allergies, which helped her to eliminate her and her family’s asthma and allergies. This book has helped many other sufferers worldwide to do the same.



Do you want to be free of your asthma symptoms? Do you hate asthma drug side effects? Neither you nor 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](#)

### [Dramatic Asthma Relief](#)

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