

Asthma FAST FACTS for Kids

What is Asthma?

Asthma (az-ma) is when air can't get into your lungs and you have trouble breathing.

What causes asthma?

An asthma attack is when you have trouble catching your breath. Many different asthma "triggers" can cause this to happen. Some common "triggers" are:

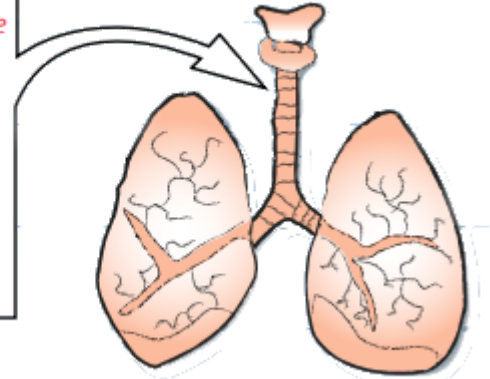
- Dust in your house
- Tobacco smoke
- Dirty air outside
- Cockroach droppings
- Pets
- Mold
- Hard exercise that makes you breathe really fast
- Some medicines
- Bad weather
- Some kinds of food

How is asthma treated?

Several classic treatments, that only take care of the symptoms and not get to the underlying problem are:

- Medications in the form of pills
- Medications in the form of inhalers

The tubes that take air to your lungs get too tight (like a pinched straw) and this makes it hard for you to breathe.



You CAN increase your health and help Asthma!

Chiropractic looks for interference in the nervous system, which can cause dysfunction in the lungs, which leads to disease in breathing and the symptoms of asthma. Chiropractic is not a cure for asthma, chiropractors help locate and address the cause of the disturbance of the healing process and lung function.

In our office we find two major issues:

- Neuro-Immune Suppression
- Biomechanical Fixation

How we treat asthma:

- Locate and correct spinal subluxation
- Dietary and nutritional support of the immune system

Check out what we do