

Now Asthma Sufferers Have another Reason to Hate Roaches

Now there is another reason to hate cockroaches. Studies show they can trigger asthma attacks.

Blame cockroaches for your asthma.

Everyone knows that cockroaches are disgusting little insects (make that disgusting big insects), but did you also know they are a prime suspect in the triggering of asthma attacks? Several separate studies have been made in recent years and their results have been far from reassuring.

Researchers have discovered that a protein found in cockroach saliva and their droppings is a major reason for increased attacks, especially among children. Because this protein can last for several months asthma attacks can occur even after the pests have been eradicated. What happens is that this protein gets mixed up with ordinary house dust and is extremely difficult to get rid of. However, armed with a bit of knowledge and a lot of common sense, we can prevent these effects from getting out of control.

Cockroaches are very adaptable. They are able to inhabit most homes with comparative ease, and contrary to public opinion, not just dirty houses, either. They like a damp environment, so the first job on our list is the check that there are no leaks in the kitchen or bathrooms. They also enjoy feasting on the remains of food that we leave behind on a daily basis. Even the tiniest crumb of bread is enough to get a roach licking its lips and salivating (which we don't want) at the mouth. Make sure to thoroughly clean the kitchen every day and try not to eat in other parts of the house. If you live in an apartment block, then check with neighbors to see if they have noticed an infestation (not that they would necessarily tell you the truth!).

More at risk are older houses where over the years colonies of cockroaches have bred and they have literally taken over the building. In the studies already mentioned, more asthma sufferers lived in these environments than anywhere else. If this is your case then you will have to make even greater efforts to keep them at bay. Go through your entire house and check there are not gaps or cracks in the walls, ceilings and floors. Call an exterminator at once if you suspect any cockroaches might be present or if you have heard rumors from your neighbours.

If you don't want to call in an expert, then there are lots of anti cockroach traps and sprays on the market, but sadly, it is possible that they themselves will trigger an asthma attack. An alternative is to check out this asthma treatment that has been dramatically successful in scientific trials. If you can't beat 'em, join 'em but without your asthma.

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About the Author - Karon Beattie is a former asthma sufferer. She is the author of several books including "Naturally Free From Asthma" which describes how she eliminated her own asthma. This book has helped many other sufferers WorldWide do the same.

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