

Is Asthma another Reason to Quit Smoking?

Smoking and asthma do not mix. This article explains why.

Do away with cigarettes before they do away with you

If ever you needed a good reason to stop smoking, developing asthma would be the most dramatic and unfortunate. We all know that smoking causes cancer of the lungs, chronic bronchitis and will also complicate viral infections. For the asthma sufferer the effects are ten fold. A person who is allergic to peanuts doesn't eat peanut butter for breakfast every morning, and if you have or develop asthma the cigarettes should be the first things thrown out the window.

The smoke we inhale from a cigarette is full of pollutants and nasty chemicals. These can cause an allergic effect to occur in an asthma patient, causing the lining of their throat to inflame and make breathing extremely difficult.

Even if the asthma patient doesn't smoke, the effects of passive smoking can often be just as bad. Why do you think that smoking is forbidden on planes and other forms of public transport in practically every country? At least the governments are beginning to listen to the doctors and introduce new laws. But that doesn't stop people smoking in their own homes (and for the foreseeable future won't). It has also been proved that parents who smoke will have children who start the habit. Charity begins at home but so does good health education, it seems.

Making the decision to stop smoking is probably one of the best ideas you'll ever have, but unfortunately it is also one of most difficult to accomplish. Don't try to stop smoking on your own. Nine out of ten times you will fail. Go to see your doctor who will be more than happy to advise you on the best course of action. These days there are plenty of methods available, from patches to chewing gum, and with a little sacrifice and a lot of patience you can be able to beat nicotine. Thousands already have, so why should you be any different?

Make sure that there is plenty of fresh air circulating in your home, but take care you're not living near any points of dense pollution. Make your house a smoke free zone by not allowing any guests to smoke. Offer them some sweets or even a nicotine patch instead. Remember that children are much more susceptible to cigarette smoke than adults. Be informed about asthma and how new approaches can protect them in a smoky environment, and even make their asthma to disappear!

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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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