

# Self Help - Dealing With Asthma

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Dealing With Asthma..... I know you would not be on this page with me if you werent suffering from acute asthma or its persistent breath stealing cousin - chronic asthma. If you are exasperated with this frustrating condition that leaves you breathless, fearful and anxiety ridden then you need to read this eBook. Is Asthma affecting your life in these ways? Do you avoid going to fairs, zoos and other public events where there might be animals for fear of having an asthma attack? Do you avoid going to gardens or outside because of a fear that you cant breathe? Have you heard other people complaining about how high maintenance you are because of your asthma behind your back? Are you constantly vacuuming to try and get rid of the triggers for your asthma? Are you spending hundreds or even thousands of dollars on air cleaners hoping to remove airborne triggers for your asthma? Do you avoid public places because you need to avoid smokers? Are you terrified of trying any new foods or experiences because you dont know if they will trigger an attack? Do you avoid taking any fun risks in your life in general, such as going on an amusement park ride, for fear you will have an attack? Do you avoid necessary emotional confrontations because you are afraid the stress from extreme emotions will trigger an attack? Do you avoid being around air conditioners because they make you feel even worse? Do you fear that the corticosteroid inhalant you are taking is going to eventually cost you your eyesight or weaken your bones? Is your face puffy from taking corticosteroid inhalants? Does your heart race every time you use your asthma inhaler? Are you smoking to try and self-medicate and quell your fears about asthma? Have you been passed over for a job promotion because your asthmatic condition has had the effect of your boss seeing you as sickly? Are you losing sleep because you are tortured by thoughts of not being able to breathe? Are you gaining weight because running or jogging or any kind of exercise makes you huff and puff and triggers an attack? Do you suffer from anxiety and panic attacks that are about the fear of having an asthma attack? Do you live in fear that your asthma can kill you? Pay attention to your intuition- this is not an unreasonable fear - asthma can be lethal! In fact, I stress the importance of taking every single symptom that you do have very seriously. It is a condition that is at best debilitating and scary and what is worse -- it really can cause an emergency that is life threatening. I learned the hard way that I was just

not suffering from a panic attack or a short term attack when my spouse had to call 911 and paramedics when I became short of breath and nothing would revive me - not a pink Benadryl pill and not a puff from any of the two inhalers that I usually carried around with me. I literally stood in the hot shower gasping for breath until rescue workers arrived, gave me shots of adrenalin and put me in an oxygen tent overnight. That is when I hit rock bottom and realized that I was going to have to do something about my problem. Inhalers and medications worked sometimes, but they did not work every single time when it came to controlling my symptoms. It was terrifying to me to realize that I could not always get an asthma attack under control. I realized I had to do something ...I had to find a way to prevent having an attack in the first place This Product Comes With Full Master Resale Rights Tags: how

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