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*Just  
Breathe...*

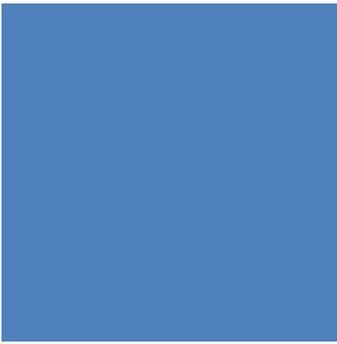


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## 10 WAYS TO BREATHE EASIER!

**Discover Simple Solutions to Breathe Easier After Being  
Diagnosed with Asthma, COPD, or other Lung Diseases...**

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# 10 Ways To Breathe Easier...

## Introduction

I want to share with you some simple things you can do to breathe easier with Asthma, COPD, and Interstitial Lung Diseases. As a Registered Respiratory Therapist, I have over 30 years experience in critical care and emergency medicine.

Over my decades of experience I have seen far too many people diagnosed with COPD, Asthma, Interstitial Lung Disease like IPF, Pulmonary Fibrosis or other restrictive diseases and live a life of pain, limitations and discomfort.

Every day is spent struggling to get that crucial next breath of air.

And I've dedicated my life to helping people with these conditions. I have developed simple programs that you can easily follow...and have been teaching these programs for over 20 years with a *100% success rate!*

It all begins with this guide.

10 Ways to Breathe Easier will take you through 10 simple things you can start doing *today* to feel relief.



## Asthma, COPD and Interstitial Lung Diseases...

Asthma can be a very puzzling disease. Some kids have it, and then outgrow it. Some people get it later in life. Some people have a very mild version of it, while others end up in the hospital with life-threatening episodes of exacerbation.

Although COPD is an 'umbrella' term that covers asthma, emphysema, and chronic bronchitis, asthma has specific markers.

The symptoms, and most of the treatment, are the same. The scariness factor, and severity of the situation when you cannot get your breath is true across the board for all lung disease...obstructive (such as asthma) or restrictive (such as Interstitial Lung Disease, Idiopathic Pulmonary Fibrosis, or Pulmonary Veno-occlusive disease).

So what can you do when you've been diagnosed with one of these?

Let's go through the 10 Ways to Breathe Easier...

### *1. Watch What You Eat...*

One thing you can do each day, starting today, is being mindful of what you eat.

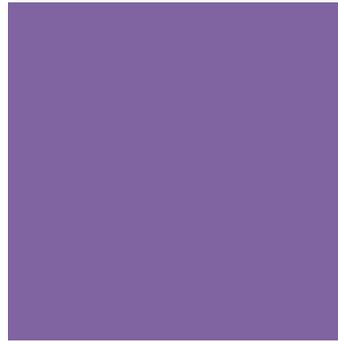
Metabisulfites are chemicals used to keep greens green and pretty, and keep other vegetables from wilting and losing their color.

If you notice your breathing gets more difficult after eating restaurant salads (especially at a salad bar), you likely have a sensitivity to metabisulfites.

Check labels on packaged salads and slaws, and even berries and fruits to remove this chemical from your diet!

### *2. Watch What You Drink...*

Artificial colors can trigger an asthma attack, and make breathing feel tight in those with COPD and ILD. Beware things like sports drinks that look pretty in the bottle, but wreak havoc on your breathing. Choose clear drinks or natural teas instead.



## *Watch the Drugs!!*

Your medication may be making you WORSE...

### **3. Watch What You Take...**

Most medications are identified by their color and a company imprint. Many different dosages of the same medication (thyroid medication, for example) are different colors.

Medications may also contain preservatives, and many are colored for no real reason except appeal.

Think cherry flavored cough syrup...which is FULL of red dye, which has NO health benefit. It's only there to make it as red as possible.

The very medication you are taking to get you well may be making you sick!

Take time to write the manufacturers and ask them to please remove the dyes and preservatives from their products.

One mom I know did this for her very allergy-sensitive kids, who were always taking Benadryl for one thing or another...

...she was very persistent, and, voila! You can now get a Benadryl Dye-Free Allergy formula with the dyes removed 😊

## 4. Watch What You Breathe...

I know...I know...that sounds like a no-brainer given the topic right?!

Obviously you don't want to be breathing in smoke and other emissions and pollution.

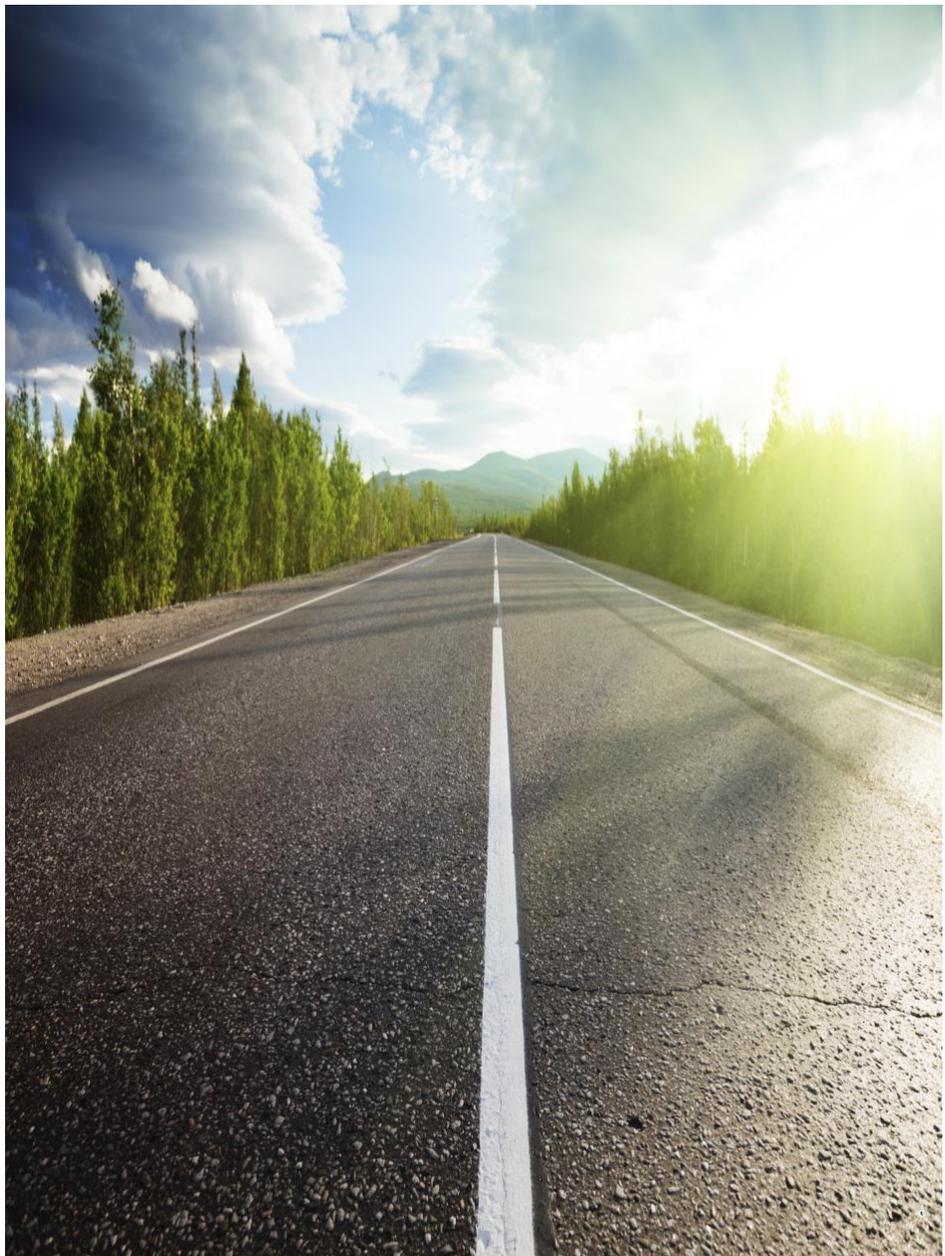
But indoor air can be polluted too. At home, change HVAC filters and filters on air cleaners often.

Don't forget to change vacuum cleaner intake filters too.

Think your car air is clean?

In newer cars, there should be a filter for incoming air. The dealer will charge an arm and a leg to change this, so if you are a 'do-it-yourself' kind of person, I recommend this.

If not, pay the dealer to do it...**YOU AND YOUR FAMILY ARE WORTH IT!**



# 10 Ways to Breathe Easier...

## Managing your Asthma, COPD or Lung Diseases



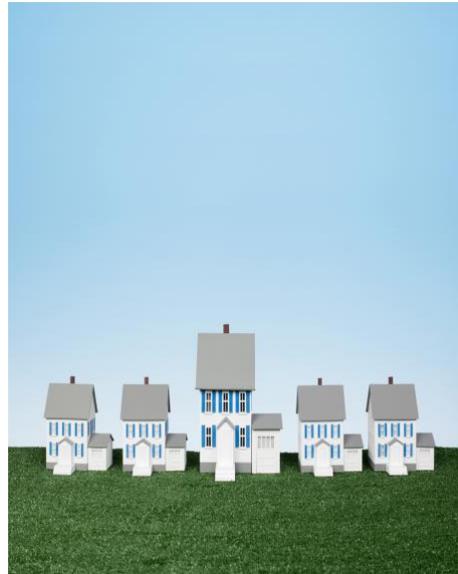
### *5. Watch What You Wear...*

Be mindful of what you WEAR!

Perfumed laundry detergent and dryer sheets can trigger an attack. Fumes from dry cleaning can also set off a coughing fit!

Wearing perfume, or using scented shampoos, lotions, conditioners, hair products, deodorants and body wash can also be a trigger.

Stay away from other people who douse themselves with scented products (don't worry, you'll smell them a mile away!)



### *6. Watch Where You Live...*

We don't always get to live the way we want, but if you have a condition, you should have some control over your environment.

Many people are sensitive to animal dander. It can be very difficult to part with animals we love, but for some, it's a must.

New carpeting gives off fumes and chemicals, and older carpeting holds in dust and dirt. Get rid of both!

Watch for mold in older homes, and keep smokers outside!



### *7. Watch How You Clean...*

Many people with asthma or COPD in the family think they need to keep everything uber-clean.

But using harsh chemicals and bleach to clean can leave dangerous residue behind.

Scouring powders, antibacterial sprays, and air fresheners send more people to ERs than you can imagine!

Try a natural cleaner without perfumes or residues.



# Are you Struggling to Breathe?

These simple strategies can be incorporated into your every-day life leaving you breathing easier with a sigh of relief!



## **8. Watch How You Exercise...**

Going for a walk on a smoggy, foggy, or beautiful spring day can mean different things to people with lung disease. If you have allergies, make sure to take your allergy medications before you go outside. If you exercise indoors, either at home or at a gym or yoga studio, make sure there is good ventilation. Consider joining a mall-walkers group if you live in a smoggy or heavy particulate area.



## **9. Watch Who You Are With...**

Be mindful of who you associate with. Take a good look at who you spend a lot of time with; and how you feel when you are with them, anticipating seeing them, or after you've spent time with them. Not just the common-sense of staying away from smokers while they are smoking; but we also all have crazy-makers in our lives. How much power we give them is up to us – spend some time thinking about this and the extra stress from those people!



## **10. Watch When You Are Outside...or Let the Outside In!**

I had a patient whose asthma was well controlled by day, but 30 minutes after arriving home, she would complain of chest tightness and start using her inhaler. Thinking she was sensitive to something in her home, we went through the list of carpeting, chemicals, pets, etc. Turns out, the minute she arrived home she would open all of her windows to let in fresh air. It was a busy street and at peak traffic that car exhaust was coming into her home!



## **BONUS!**

More tips: Use your inhaler correctly – most work best with a spacer device. I know, they can be big and bulky, but it works. Use your Oxygen correctly if you are on Oxygen – I have a full course just on this alone! Lastly, careful when traveling. Flights mean recycled air; you may need to break up your trip into shorter segments. **For more easy tips and easy-to-follow comprehensive training, please visit <https://COPDSuccess.com>.**