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THIS Asthma Solution Costs No Money...

Posted By [Dr. Mercola](#) | July 13 2010 | 116,088 views

Asthmatic children with low blood vitamin D levels may have a greater risk of suffering severe asthma attacks.

A study followed more than 1,000 children with asthma for four years, and found those with vitamin-D insufficiency at the outset were more likely to have an asthma attack that required a trip to the hospital.

Reuters reports:

"When the researchers considered other factors -- including the severity of the children's asthma at the study's start, their weight and their family income -- vitamin D insufficiency itself was linked to a 50 percent increase in the risk of severe asthma attacks."



Sources:

- » [Reuters June 23, 2010](#)
- » [Journal of Allergy and Clinical Immunology June 8, 2010 \[Epub ahead of print\]](#)
- » [Eurekalert June 25, 2010](#)
- » [Eurekalert June 23, 2010](#)
- » [Phytotherapy Research June 14, 2010 \[Epub ahead of print\]](#)

Dr. Mercola's Comments:

Vitamin D never ceases to amaze, and research into its impact on non-bone related diseases continues to yield positive results.

Vitamin D deficiency has been linked to a variety of health conditions, from depression to autoimmune disorders, to colds and flu, to cancer, and now asthma, and even cognitive

This is good news.

Asthma has increased by more than 300 percent over the last two decades, now affecting vitamin D is even partially responsible for this meteoric rise in prevalence, then the answer

Millions of people are needlessly exposing themselves to the dangers inherent with the : Advair, for example, contains the long-acting beta-agonist (LABA) salmeterol, which can trigger an asthma attack.

Researchers estimate that salmeterol may contribute to as many as 5,000 asthma-related deaths. Conventional asthma treatments can also increase your risk of heart disease and osteoporosis

This is why it's so important to start focusing our attention on simple, effective, and infinite ways to raise our vitamin D levels, to combat the underlying cause of this growing health problem.

Vitamin D Deficiency and Asthma at All Time Highs

Right now, only 5 to 37 percent of American infants meet the standard for vitamin D set by the American Academy of Pediatrics, which will make them prime candidates for a slew of future health problems related to vitamin D deficiency and asthma.

At the end of 2008, the American Academy of Pediatrics doubled its recommended dose for adolescents, raising it from 200 to 400 units per day. But research published earlier that year found that amount in order to receive the health benefits that optimal vitamin D levels have

Many mothers also are vitamin D-deficient, which is another contributor to asthma. A 2007 study found that low vitamin D during pregnancy were the determining factors in whether their children suffer from asthma.

In addition, this latest study published in the *Journal of Allergy and Clinical Immunology* found that asthmatic children with low blood vitamin D levels also have an increased risk of suffering from asthma.

According to this study, vitamin D insufficiency itself was linked to a **50 percent increase** in asthma attacks.

This makes sense, as a number of other studies have confirmed that there's an inverse relationship between and vitamin D levels in children. This is likely because vitamin D upregulates a specific group of peptides, some of which work like a broad-spectrum antibiotic.

In addition, optimizing your overall immune function is an essential part of treating asthma. Vitamin D is an incredibly powerful immune modulator, which is why optimizing your vitamin D levels is so important.

Beware: Conventional Vitamin D Recommendations are Still Too Low

Based on the latest research, many experts now agree you need about **35 IU's of vitamin D** per day. This recommendation also includes children, the elderly and pregnant women.

This is a far cry from the 200-600 IU's currently recommended by our health agencies.

Remember, however, that vitamin D requirements are *highly individual*.

Your vitamin D status is dependent on several factors, such as the color of your skin, you exposed to on a regular basis. So, although these recommendations may put you closer to need, it is virtually impossible to make a blanket recommendation that will cover everyone.

The only accurate way to determine your optimal dose is to get your blood tested. Ideal is of at least 50ng/ml and perhaps as high as 80-90 ng/ml year-round.

For in-depth information about safe sun exposure, dosing and other recommendations to raise your vitamin D levels, please review this previous article.

Additional Safe and Effective Strategies to Treat Asthma

Although asthma is a serious disease, safely treating your asthma is not complicated.

Optimizing your vitamin D levels is the first step, but there are other simple strategies that work well.

In my experience, the following strategies are highly effective when treating asthma:

- Increase your intake of animal-based omega 3 fats and reduce your intake of processed foods.
- Consider the hygiene hypothesis – There's a tendency in our modern culture to be too clean, and not be as healthy as initially thought. It appears that being exposed to common bacteria is instrumental in providing the stimulus to your immune system to prevent asthma flare-ups.
- Get regular exercise – Exercise (especially out in fresh air if you're an asthmatic) is highly beneficial. It increases your insulin receptor sensitivity, and as a result your body can better utilize insulin to optimize it.
- Purify your indoor air
- Avoid all commercial milk products. They are notorious for making asthma worse. If you must have milk, choose products from grass-fed cows, but even then be careful and take note of whether a product is better or worse.
- Eat foods rich in vitamin E. Much like vitamin D, higher vitamin E intake has also been associated with higher concentrations and a lower frequency of allergen sensitization.
- Hydrate well. You will want to make sure you drink enough clean pure water to turn off dehydration will clearly worsen asthma.
- Try some Butterbur (*Petasites hybridus*). This perennial shrub has been used since ancient times for various conditions. As far back as the 17th century, butterbur was used to treat coughs, and since then it has been identified the compounds in butterbur that help reduce symptoms in asthma that are responsible for symptom aggravation in asthma. In one study, 40 percent of patients were able to reduce their intake of traditional asthma medications.
- Build your immune system with allergy testing. In my experience, conventional testing is a fair amount of risk. A far better intradermal skin test is the provocation neutralization test. Environmental Medicine (AAEM) has a list of physicians who are trained in this high-level testing.

The Link Between Asthma and Allergies

In addition to the 20 million Americans suffering from asthma, another 60 million are affected.

The hidden link between asthma and allergies?

Again, vitamin D deficiency!

So whether you're an asthmatic or suffer from allergies, optimizing your vitamin D levels

For natural allergy relief, another recent study found that Pycnogenol®, an antioxidant from French maritime pine tree can offer significant relief.

Although it won't treat the root cause of the problem, it may be worth a try to get relief from debilitating for some, such as itchy rashes, swelling, hives, and excessive mucous.

Vitamin D is Important for Thinking Clearly Too

As I mentioned at the beginning, scientists have also found more evidence linking vitamin D to seniors receiving home care. Cognitive function is the level at which your brain is able to perform daily activities.

As I've mentioned in previous articles, vitamin D receptors have been identified throughout the brain. It has been shown that vitamin D influences at least 3,000 different genes. So it is no surprise that vitamin D is important in your brain. In this case, researchers located pathways in the hippocampus and cerebellum.

These are the areas of your brain that are involved in planning, processing of information, and memory.

Of the 1,000 participants, only 35 percent had sufficient vitamin D levels.

Keep in mind that "sufficient levels" in this case are based on the conventional recommendation for bone- and overall health.

We now know this is woefully inadequate for most.

Experts now believe the optimal level for general health lies between 50-70 ng/ml.

Still, participants with higher vitamin D levels performed better on cognitive tests than those with lower levels.

Other studies have also provided evidence that vitamin D is involved in brain function by protecting against oxidative stress and heavy metals. One such study showed that vitamin D helps remove mercury by radically reducing its levels in the brain.

As you can see, there's plenty of reasons to check your vitamin D levels, if you haven't checked them in the optimal range.

For more information about the numerous health benefits of vitamin D, please review the

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