

[IMAGE]

Fishing for a Solution to Exercise-Induced Asthma

Proper breathing is a vital component of effective exercise, whether you're running, swimming or lifting weights. Breathe in, breathe out; inhale on the way up, exhale on the way down. Sounds easy, right? Not if you suffer from exercise-induced asthma. It's been estimated that nine out of 10 chronic asthma sufferers, and four of 10 individuals with allergic rhinitis or atopic dermatitis, will feel the effects of exercise-induced asthma. Symptoms can include chest tightness, coughing, shortness of breath, and fatigue.

There is hope for sufferers of this condition, however: Researchers at the University of Indiana have found that fish oil may reduce the severity of exercise-induced asthma in athletes. Subjects who consumed fish oil capsules daily for three weeks (approximately 5.4 grams of fish oil per day) showed improved postexercise pulmonary function and reduced symptoms of exercise-induced asthma compared to control subjects who received no fish oil supplementation.

Good dietary sources of fish oil include herring, albacore tuna, salmon, mackerel, sardines and anchovies. And if you don't have the time (or palate) to fit fish into your regular diet, you can always get the benefits of fish oil from a regular supplement. Ask your chiropractor about the benefits of fish oil, particularly if you suffer from asthma.

For more information on vitamins, minerals and supplements, go to www.chiroweb.com/find/tellmeabout/nutrients.html.

Reference:

Mickleborough TD, Murray RL, Ionescu AA, Lindley MR. Fish oil supplementation reduces severity of exercise-induced bronchoconstriction in elite athletes. *American Journal of Respiratory and Critical Care Medicine* November 2003;168(1):1146-7.

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