

JANUARY NEWSLETTER

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Make a New Years Resolution that is Easy to Keep. Resolve to Breath Cleaner Air and Stop Asthma!

Since asthma has a genetic origin and is a disease you are born with, passed down from generation to generation, the question isn't really "what causes asthma," but rather "what causes asthma symptoms to appear?" People with asthma have inflamed airways which are super sensitive to things which do not bother other people. These things are called "triggers". Although asthma triggers vary from person to person based on if you have allergic asthma or non-allergic asthma, some of the most common include:

- Substances that cause allergies (allergens) such as dust mites, pollens, molds, pet dander, and even cockroach droppings.- Irritants in the air, including smoke from cigarettes, wood fires, or charcoal grills. Also, strong fumes or odors like household sprays, paint, gasoline, perfumes, and scented soaps.- Respiratory infections such as colds, flu, sore throats, and sinus infections. These are the number one asthma trigger in children.

- Exercise and other activities that make you breathe harder. Exercise—especially in cold air—is a frequent asthma trigger. A form of asthma called exercise-induced asthma is triggered by physical activity.

- Weather such as dry wind, cold air, or sudden changes in weather can sometimes bring on an asthma episode.- Expressing strong emotions like anger, fear or excitement. When you experience strong emotions, your breathing changes -- even if you don't have asthma.

-Some medications like aspirin can also be related to episodes in adults who are sensitive to aspirin.

- Irritants in the environment can also bring on an asthma episode. These irritants may include paint fumes, smog, aerosol sprays and even perfume.

Some people get asthma symptoms only when they are exposed to more than one factor or trigger at the same time. Others have more severe episodes in response to multiple factors or triggers. In addition, asthma episodes do not always occur right after a person is exposed to a trigger. Depending on the type of trigger and how sensitive a person is to it, asthma episodes may be delayed. Each case of asthma is unique. If you have asthma, it is important to keep track of the factors or triggers that you know provoke asthma episodes. Because the symptoms do not always occur right after exposure, this may take

asthma episodes. Because the symptoms do not always occur right after exposure, this may take a bit of detective work.

The National Heart, Lung, and Blood Institute (NHLBI) estimates that asthma affects around 15 million Americans, of whom nearly 5 million are under age 18. Asthma attacks can be relatively mild or so severe they leave a person struggling for the very air needed to sustain life.

In 2008 do what you can for yourself and your loved ones to keep them from suffering the effects of asthma.

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