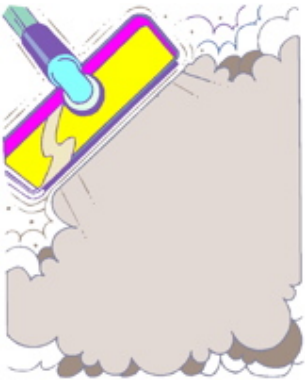
House Dust Stirs up Problems For Asthma



The first nationwide sampling of house dust has revealed that exposure to household endotoxin levels poses a definite risk for asthma. Indoor sources of endotoxins include dust, pets, humidifiers, pests, and outdoor air. Past studies have shown that exposure to endotoxins can cause inflammation of the lungs.

Roughly 2,500 residents were evaluated in the study, which took house dust samples from bedroom floors, bedding, family room floors, sofa surfaces, and kitchen floors. The study demonstrated a clear relationship between household endotoxins and diagnosed asthma, asthma symptoms, current use of asthma medication, and wheezing.

The strongest indicator of asthma, asthma medications, and wheezing came from endotoxins in bedroom floors and bedding dust. However, endotoxin concentrations were highest in kitchen and living room floor dust. The survey also demonstrated that U.S. household endotoxin exposure levels were higher than those in Europe.

About **23% of homes have high levels of dust mite allergen in bedding,** and **6% of homes have bedding that contain high levels of cockroach allergen,** another allergy-inducing irritant. Older homes, those that are damp or musty, and low-income households, are at greatest risk for having high levels of the allergens, according to a survey from the National Institute of Environmental Health Sciences.

The researchers estimate that dust mite allergen at levels associated with asthma and allergy are present in **23.2 million homes in the United States.** The researchers collected vacuumed dust samples, environmental and demographic data, and health information from surveyed homes and their residents.

Source: Annual American Thoracic Society Meeting San Francisco, CA May 22, 2001

Synthetic pillows are much more popular than feather ones. However, this study investigated the levels of pet allergens in feather and synthetic pillows and found that synthetic pillows may not be the best choice for those with allergies.

To summarize the findings of this study:

- The use of non-feather pillows has increased over the last few decades.
- Researchers have previously found significantly higher levels of dust mite allergens in synthetic pillows than in feather ones.
- Dust samples were collected from 14 pairs of pillows (consisting of one synthetic fibre-filled and one feather-filled). Each pair of pillows had been on the same bed for at least 2 years.
- Samples were extracted, and cat and dog allergens were determined using monoclonal antibody-based enzyme-linked immune-sorbent assay (ELISA).
- Total levels of pet allergens were significantly higher in the synthetic pillows (cat - 6.7-fold difference; dog - 8-fold difference)

Researchers state that the tightly woven encasements surrounding feather pillows act as a barrier for allergens.

Source: Pediatric Allergy and Immunology July, 2000: 11; 71-73.

Source: **Science Daily** **December 1, 2005**

Source: **American Journal of Respiratory and Critical Care Medicine** **December 1, 2005; 172(11): 1371-1377**

There is no mistaking the fact that indoor air pollution is worse than outdoor air. In fact, some experts estimate indoor air can be up to 10 times dirtier!. Since people spend approximately 80 percent of their days and nights inside their homes, cars, and various other enclosed places, this can be a serious problem. It is extremely important to keep your indoor environment as clean and purified as possible; you should use an excellent air purification unit that is easy to use, safe, cost-effective, and leaves behind no dangerous chemical residues – which are often just as bad as the substances you are trying to eliminate

There are some additional and effective ways to treat asthma safely, inexpensively, and without the need for a potentially toxic drug. One of the most important things a person can do is balance the ratio of Omega-3 fats in their diet by taking a high-quality EFA/Omega 3 product daily.

Omega-3's and Childhood Asthma

Note: The following was in published in Thorax on polyunsaturated fats and asthma:

"Researchers found a high intake of dietary polyunsaturated fats as a risk factor for asthma in preschool children. They then suggest that reducing the consumption of these fats represent an intervention that has great potential for lowering asthma rates. However, this conclusion is in error, as it is not the total polyunsaturated fat content of the diet, but the composition of the polyunsaturated fats, that is likely causing adverse health effects. The problem most likely stems from the ***imbalance of Omega-6 to Omega-3 fatty acids.***

It is estimated that throughout much of human existence, we ate diets that contained Omega-6 and Omega-3 ratios of approximately ***1:1 and 2:1.*** *However, today in the US, the ratio is estimated to be* ***greater than 10:1,*** *although some have estimated that it is actually more like 20:1 to 50:1 (1).*

It is likely that the increased poly intake seen in preschool asthmatics by Haby is actually just a marker for an even greater imbalance in this ratio. In Japan, the Omega-6 to Omega-3 ratio in the typical diet is about 4:1, several-fold better than the US. One epidemiological study found that the childhood asthma rate in Tokyo is 0.7% as compared to a worldwide average of roughly 5%.

And there are confounding factors that could contribute to higher childhood asthma rates in Japan. For example, because a greater percentage of Japanese live in urban settings, the average air quality they are exposed to is lower. In addition, smoking is much more prevalent in Japan, which means more second-hand smoke exposure for children.

Several studies support the assertion that greater consumption of oily fish, which contain high amounts of n-3, may protect against childhood asthma, and can improve lung function.

In addition to a decrease in fish consumption, there is another, less widely acknowledged factor in the large imbalance in the intake of fatty acids today. Modern livestock management techniques, ***which rely heavily on the use of grain feedlots,*** *have caused great reductions in the Omega-3 composition of our commercial meat supply. When cattle are allowed to graze freely in the warmer months, as they have historically always done, their fatty acid composition is favorably enhanced. While improving the fatty acid profile of the meat supply may not fully compensate for the many shortcomings of the modern western diet, it would certainly be a step in the right direction. Considering the fact that it is estimated that a* ***4-fold increase*** *in fish consumption would be required to bring n-3 fatty acid consumption up to recommended levels - any other food sources would be of great value."*

Other things you can do to improve your situation:

- Retool your diet based on your body's unique Metabolic Type. This is an enormously powerful tool to help normalize your body's biochemistry.
- Reduce, with the plan of avoiding, sugar, most grains, fruit juices, and pasteurized dairy products.
- Exercise!!! Amazingly, this simple and inexpensive recommendation can have profound benefits in the treatment of asthma.
- Avoid ALL commercial milk products, as they are notorious for making asthma worse. If you consume milk at all, only use raw milk products from grass-fed cows, but, even then, be careful the raw milk is not worsening the asthma.
- Supplement with the appropriate amount – and products – of Vitamin C and E.

Childhood asthma has increased by over 300% in the last 20 years, even though outdoor air quality has slightly improved. Medical science now suspects a large part of this increase is due to a decline in indoor air quality – much of which can be traced to household cleaning products, mold, fungus, synthetic chemicals in carpet, bedding, bacteria, and vapors that become airborne from shower water.

HealthStyles4URx recommends the **Aranizer™ Air Purifier** to improve indoor air quality and remove chemical gases, vapors, bacteria, viruses, molds, fungus, and other airborne contaminants.

. . . about The Aranizer™ Air Purifier System.

. . . about Omega-3 Essential Fatty Acids