

EDITORIAL

Can You Find Freedom From Asthma?

D. S. Nambudripad, M.D., Ph.D., D.C., L.Ac.

National Asthma and Allergy Awareness Month

The month of May is Asthma Awareness Month. Asthma is one of the world's most common health problems. According to the Global Initiative for Asthma (GINA), as many as 300 million people suffer from asthma around the world. The latest statistical report by the Asthma and Allergy Foundation of America (AAFA) reports that Asthma has reached epidemic proportions in the United States, affecting approximately 20 million people of all ages, particularly children. Asthma accounts for millions of dollars in health care costs and lost work days every year and it is the most common chronic illness in children. The burden of this disease is increasingly affecting governments, health care systems, families, and patients.

World Asthma Day (May 2, 2006), sponsored by the Global Initiative for Asthma (GINA) falls on the first Tuesday in May of each year. This day was established to raise awareness about asthma and improve asthma care throughout the world.

Although asthma is widespread, public awareness of common asthma triggers and ways to manage asthma remains limited. Within that understanding, in 1999, the Global Initiative for Asthma, a joint project of the World Health Organization and the National Heart, Lung, Blood Institute at the National Institutes of Health, established World Asthma Day and Asthma Awareness Month and selected the month of MAY for that purpose.

Although the whole month of May is set aside to draw attention to asthma and allergy awareness, certain days are selected by different organizations in different communities to hold asthma events in schools, hospitals, libraries, state capitol buildings, or other community settings so that events

in all locations will not fall on the same day. This way, people will have options to attend more than one function if they choose to.

To encourage organizations in the U.S. to hold local events during Asthma Awareness Month, the Environmental Protection Agency (EPA) has developed an Asthma Awareness Month Webpage and an Event Planning Kit. The Kit provides ideas for planning asthma events in different locations in the nation. The Kit also provides tips to the activity directors to organize asthma awareness meeting in schools and other settings. Activity ideas for schools listed in the Kit include, but are not limited to: offering asthma screenings and education on environmental asthma triggers and management; reading children's books on asthma to young children to educate them about asthma from an early age; offering asthma education for parents at a local Parent-Teacher meetings, arrange a school-wide assembly with guest speakers from other children who suffered or recovered from asthma; kids presently suffering from asthma; parents of the children with asthma; alumni of the schools with experiences in dealing with asthma; local celebrities; TV personalities, local doctors, and politicians. In addition, the Kit lists ways to manage asthma in the school environment. This list includes ten key points:

- (1). use the IAQ Tools for Schools Kit;
- (2). control animal allergens;
- (3). control cockroach allergens;
- (4). clean up mold and control moisture;
- (5). eliminate secondhand smoke exposure;
- (6). reduce dust and dust mite exposure;
- (7). develop an asthma management plan;
- (8). provide school-based asthma education programs;
- (9). reduce school bus diesel exhaust; and
- (10). gather additional asthma information and resources.

The Kit also includes a sample proclamation, a sample press release, and other resources to make it easy for schools and other organizations to organize outreach events. An order form with descriptions of EPA's asthma outreach products and resources which are available at no cost is provided. Furthermore, the Asthma Awareness Month webpage lists events happening in different states around the country. For additional information, please contact: U.S. EPA/Office of Radiation and Indoor Air Environments Division, 1200 Pennsylvania Avenue, NW Mail Code 6609J Washington, DC 20460, Phone: (202) 343-9370 Fax: (202) 343-2394 or (202) 343-2392.

The AAFA establishes a different theme each year to help draw attention to the importance of National Asthma and Allergy Awareness Month. The theme for the year 2006 is "Indoor Allergies and Allergen Avoidance," which fits right in with the NAET theory. AAFA also stresses that our indoor environment is an important aspect for both allergies and asthma. They also recognize that it is important for allergy and asthma sufferers to recognize which indoor allergens may be causing their symptoms and also learn how to avoid or minimize exposure. If the sufferers could only learn about NAET and NAET testing procedures, it would be very easy for them to identify and avoid the triggers from their indoor or outdoor environments.

Many asthma-related deaths are preventable. There are a number of things asthmatics can do to manage asthma at home, such as avoiding things that trigger asthma attacks, recognizing the early warning signs of an attack, taking medications as prescribed, using NAET testing procedures to screen out the harmful substances in their foods, and surroundings (Nambudripad, 1999, 2002, 2003, 2005, *Journal of NAET Energetics and Complementary medicine* Vol (1) (3); and Vol (1) (4), 2005), and desensitizing using NAET for the items that are unavoidable.

NAET testing procedures which detect possible asthma triggers are described in the book, "Say Goodbye to Asthma" by Devi Nambudripad (available at www.amazon.com.) NAET testing procedures can be learned with a little practice and can screen all possible triggers from your diet and environment before you consume or come in direct contact with them. Once you identify the allergens, you can easily avoid them since there are many alternative products available on the market. If you must use the item that is causing a problem, find a medical professional with NAET training who can work with you to eliminate your allergy to that particular item. Yes, you can find freedom from asthma when you eliminate your allergies to the asthma triggers through NAET. You can find a medical professional with NAET training, by visiting the practitioner locator section at www.naet.com

Asthmatics should always carry life-saving medications wherever they go. Even if asthma is controlled by different

therapies and medications, a strange allergen can trigger an attack at any time, often quite unexpectedly.

If you or a family member have been diagnosed with asthma and would like to learn how to better control it, contact your health care provider for the necessary medications and an NAET practitioner to desensitize towards most allergy triggers.

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NAET website: www.naet.com.

NAET Research Foundation Website: www.narfnet.org.
www.amazon.com

Reprint request:

NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621
narfoundation@yahoo.com