

Lost Temple Fitness

Asthma	Best Foods	Worse Foods	Vitamins / Minerals	Supplements, Herbs, Spices or Foods containing	Avoid
<p>Chronic lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.</p>	<p>Apples Avocado Caffeine Cantaloupe Carrots Cold water fish including cod, salmon, mackerel, herring and halibut Extra virgin olive oil Flax Seed Garlic Kale Kiwi Onions Spinach Sweet potatoes Tomatoes</p>	<p>Most common for food allergies: Dairy Eggs Peanuts Salt Shellfish Soy beans Tree nuts Wheat</p>	<p>Beta-carotene Magnesium Selenium Vitamin C Vitamin E <i>Worlds Healthiest Foods</i></p>	<p>Echinacea Ginger Glycyrriza (licorice) Lobelia Omega-3 fatty acid Oregano Peppermint Quercitin Reishi mushroom Rosemary Sage Turmeric</p>	<p>MSG Omega-6 fatty acids Salt Tartrazine, or yellow dye #5</p>