**Vitamin A, E and C –** you could possibly control your asthma with these

vitamins

Marian Shepard Slee wrote a book in 1998 claiming she had kept her asthma under control, without needing drugs or inhalers by taking vitamin supplements A, E and C daily. She was able to beat her asthma for years by taking these supplements.

* **Vitamin A -** The deep yellow pigment in most fruits and vegetables are attributed to Beta-carotene, which is the precursor to Vitamin A. Beta-carotene can be metabolised to vitamin A in the human body but only one sixth of dietary beta-carotene is converted to Vitamin A.

Vitamin A maintains healthy skin and mucous membranes - helping to prevent against Infection of the nose, throat, lungs, urinary tract etc. It’s necessary for strong night vision and a deficiency can cause blindness. It influences proper foetus development in the womb and proper bone development. A deficiency will also lead to increased susceptibility to respiratory tract Infections and skin problems.

Vitamin A is found naturally in foodssuch as milk, cheese (the pr benefits of dairy is in question and shall be investigated further in an upcoming article), egg yolk, liver, oily fish – such as herring, tuna, pilchards and sardines, a rich source of vitamin A because it requires no conversion. Beta-carotene, which is converted by the body into vitamin A, is found in plant foods such as carrots, tomatoes, red peppers, green leafy vegetables, mangoes, apricots, broccoli and sweet potatoes.

The adrenal glands principal hormones are adrenalin and cortisone. Inhalers are supposed to replicate and add adrenalin and cortisone – it’s what the adrenal glands fail to do. When asthma occurs, Cortisone is needed in the lungs to reduce the inflammation. *If we are suffering from asthma, we undoubtedly have insufficient vitamin A to produce enough cortisone.* In her book she names a study using rats, that that were deficient in vitamin A, had lower levels of natural cortisones in their bodies. She surmised that adding vitamin A would ensure our adrenal glands would get the vitamins needed to function correctly, therefore reducing or eliminating asthma symptoms. Also, the use of modern day pesticides effect our vitamin A stores. Our allergies to food are supposed to ‘prevent the absorption of vitamins’ also.

* **Vitamin E** is a fat soluble vitamin that has antioxidant properties - it helps protect fatty cell membranes from becoming oxidized from free radicals. Together with Vitamins C and A they are known as the 'anti-oxidant group'. The combination is also important for prevention of respiratory ailments and asthma. Vitamin E deficiency can cause impairment of the immune system and other bodily functions. Sources of foods high vitamin E levels are: raw sunflower seeds, sunflower, almond, palm, sesame, wheatgerm and safflower oil, almonds and hazelnuts, avocadoes, kiwi-fruit, broccoli, pumpkins, sweet potatoes, mangoes, tomatoes, papayas, high-value green, leafy vegetables: [spinach](http://en.wikipedia.org/wiki/Spinach), [turnip](http://en.wikipedia.org/wiki/Turnip), [beet](http://en.wikipedia.org/wiki/Beet) greens, [collard](http://en.wikipedia.org/wiki/Collard) greens, and [dandelion](http://en.wikipedia.org/wiki/Dandelion#Culinary_use) greens

**Can we find a natural cure if we increase our A and E vitamin intake?**

**An investigation – can we find an asthma cure?** To read my full article titled ***Asthma - Putting the Pieces Together* go to helenamber.com**