

**Dr. Alan Bonebrake**

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**Subject:** [Chirotxas Yahoo Group] Reduce salt for exercise induced asthma

**Too Much Salt May Worsen Asthma**

Good news! Researchers have discovered an easy solution for asthma, particularly for those who are prone to attacks while exercising: Cutting back on dietary salt.

The study is the first to show that changing salt intake over just two weeks can ease airway inflammation and better facilitate the flow of oxygen to the bloodstream. According to the study's author, high-salt diets have a number of physiological effects, such as increased blood pressure and blood volume that can cause pulmonary swelling that, in turn, results in airway obstruction.

**Salt Study**

Twenty-four patients with asthma and exercised-induced asthma were divided into two groups: Some followed a low-salt diet of some 1,500 mg. of salt, while others were put on a high-salt diet of nearly 10,000 mg. (the usual amount many Americans consume daily).

After two weeks, results showed:

- \* High-salt dieters demonstrated a dramatic decline in lung function after exercise; the standard measure for lung functioning -- forced expiratory volume in one second (FEV1) -- taken 20 minutes after high-salt dieters exercised dropped by 27.4 percent, compared with a 7.9 percent decline experienced by the low-salt group.

- \* Those on the high-salt diet were also found to have more airway cells (another indicator of asthma) and pro-inflammatory mediators that spur airway constriction.

In light of these findings, researchers believe that adjusting one's diet has the potential to adjust a disease state.

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