Magnesium

- Low magnesium levels have been linked with asthma\(^1,2\)

- Patients with asthma who reported a high dietary intake of magnesium had better lung function and a reduction in the relative risk of wheezing\(^3,4\)

- Intravenous infusion of magnesium produces a rapid and marked bronchodilation in both mild and severe asthma and may be a unique bronchodilating agent\(^5,6\)

- Signs of low magnesium:
  - Chest Tightness
  - Muscle cramps
  - Weakness
  - Insomnia
  - Kidney stones
  - Osteoporosis
  - Nervousness
  - Restlessness
  - Irritability
  - Depression
  - Anxiety
  - Confusion

References:
**Vitamin D**

- More time spent indoors as a society has led to less sunlight exposure and more vitamin D deficiency\(^1\)

- Asthma is widely thought to be an “over immune response” in the airways and vitamin D has been shown to be an immune system regulator\(^2,3\)

- Vitamin D in the fetus is responsible for the development of the bone, immune system, brain and lungs\(^4\)

- Vitamin D helps the immune system function more correctly and may help to reduce asthma exacerbations and upper respiratory tract infections\(^1\)

- Illnesses associated with low Vitamin D:
  - Rickets
  - Osteomalacia
  - Osteoporosis
  - Heart disease
  - Hypertension
  - Autoimmune diseases
  - Certain cancers
  - Depression
  - Chronic fatigue
  - Chronic pain

References:

Yeast Overgrowth

- Antibiotic therapy, diets that contain refined sugars and processed ingredients, and weakened immune systems can make you prone to yeast overgrowth\(^1\)

- Asthma is widely thought to be an “over immune response” in the airways

References:
1.