

BRONCHITIS

Inflammation of the large air passages which carry air from the windpipe to lungs is known as bronchitis.

CAUSES

- 1) Smoking is the main cause.
- 2) Allergy like - such as air pollutant.
- 3) Infection - viral or bacterial.
- 4) Occupation - coal miners, grain handlers, metal molders and people working with dust.
- 5) Pre existing disease as pneumonia, emphysema etc.

DIETARY MANAGEMENT

- 1) Avoid dairy products like milk, butter, cheese because these will increase mucus secretion in the respiratory system.
- 2) Avoid hot spicy and highly seasoned food.
- 3) Avoid cold food, cold drinks, ice, ice-creams and aerated drinks.
- 4) Drink Luke warm water.
- 5) Boil a mixture of Bishops weed (Ajwain), tea leaves and water and inhale the steam, this acts as decongestant. Do this at least 2-3 times a day.
- 6) Gargle with warm water, a pinch of salt and turmeric to sooth your throat.
- 7) Have only fruits for 4-5 days later can have raw salads, vegetables and sweet fruits for next 5-6 days.
- 8) Have hot vegetable soups.
- 9) Have bland and boiled food.
- 10) Include turmeric, garlic, ginger and onions in your diet but avoid if you are on homeopathic medication.
- 11) Consume lots of vitamin C: foods of animal origin are poor in vitamin C.
 - a. Fresh citrus fruits, green vegetables.
- 12) Increase consumption of vitamin B:
 - a. Milk and milk products, eggs, shrimps, crabs and lobsters.
 - b. Lean meat especially pork, fish, dairy products, poultry, egg yolk, Liver, kidney, pancreas, yeast (Brewer's yeast).
 - c. Carrots, bananas, avocado, raspberries, artichoke, cauliflower, soy flour, barley, cereals pasta, whole grains, barn like unpolished rice and wheat germ, dried beans, peas and soybeans.
 - d. Green leafy vegetables, legumes, nuts, whole grain.
- 13) Consume lots of vitamin A; it maintains the integrity of the respiratory mucosa: Liver oils of fish like cod, shark, and halibut are richest source of vitamin A.
 - a. Animal sources: egg, milk and milk products, meat, fish, kidney and liver.
 - b. Yellow orange coloured fruits and vegetables, dark green leafy vegetables.
- 14) Have ginger powder or fresh ginger juice in honey before retiring to bed.
- 15) Every morning, drink boiled mixture of - 1/2 cup water, little ginger, 2-3 leaves of sweet basil (tulsi) and mint leaves, or you can eat the raw leaves, this will boost up you immunity.

NOTE

- 1) Avoid smoking.
- 2) Take rest at home and keep your self warm.
- 3) Change occupation if possible in case of miners, etc. or take precautions to prevent the particles being inhaled.
- 4) Practice yoga, will help by breathing exercise.
- 5) Treat the cause.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .

