



Support Your Body Systems for Better Health

Respiratory System

The System functions:

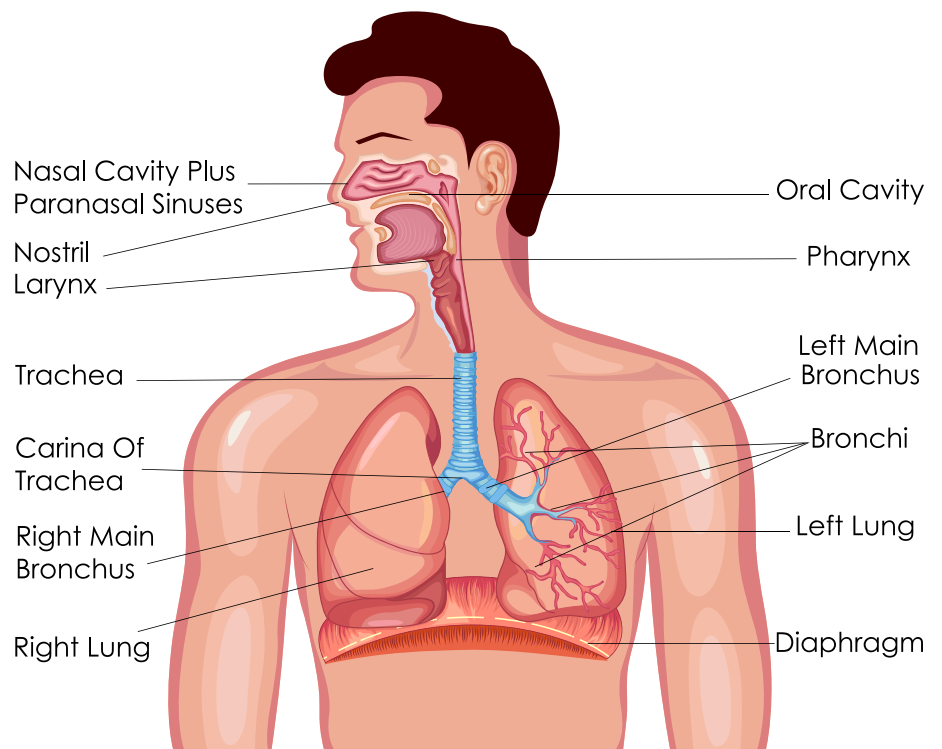
The human body requires a constant stream of oxygen to stay alive. The respiratory system is responsible for providing oxygen to the body's cells while removing carbon dioxide, a waste product that can be lethal if allowed to accumulate. There are three major parts of the respiratory system: the airway, the lungs and the muscles of respiration.

- 1 **Airway** - This includes the nose, mouth, pharynx, larynx, trachea, bronchi and bronchioles. The airway carries air between the lungs and the body's exterior.
- 2 **Lungs** - Lungs act as the functional units of the respiratory system by passing oxygen into the body and carbon dioxide out of the body.
- 3 **Muscles of Respiration** - These include the diaphragm and intercostal muscles, which work together to act as a pump, pushing air into and out of the lungs during breathing.

Associated organs:

Nasal cavities, sinuses, oropharynx, pharynx, larynx, trachea, right and left bronchus, and lungs.

Respiratory System at a Glance





What you can do to support a healthy Respiratory System:

Recommended Dietary Supplements: VitaDaily™, Vital C.™

Amazon Herb Supplements: Aqua Algae, Enviro Defense.

Essential Vitamins & Minerals: Vitamin A, Vitamin B9 (Folic Acid), Vitamin C, Vitamin E.

Foods to Include:

Fruit	Vegetables	Protein /Dairy	Nut & Seeds	Miscellaneous
Papaya	Kale	Wild Caught Salmon	Brazil Nuts	Black Beans
Kiwi	Spinach	Mackerel	Almonds	Herbal Tea
Cantaloupe	Collard Greens	Herring	Walnuts	Olive Oil
Watermelon	Carrots	Oysters	Cashews	Ginger
Citrus Fruits	Celery	Kefir	Hemp Seeds	Garlic
Prickly Pear	Onions	Eggs	Chia Seeds	Kimchi

Note: Be sure to do your best to shop organic, grass-fed, free-range, unprocessed and low sodium.





What you can do to support a healthy Respiratory System (continued):

Daily morning cleanse: 8-12oz of lemon water

Foods you should avoid or limit:

Do your best to read the labels on packaged food. If the names are too hard to pronounce, they are likely chemical based ingredients and not very good for you.

- Processed and high-sodium foods such as cured ham, bacon, sausage and potato chips
- Foods that contain all-purpose flour such as pizza, bagels, pretzels, white bread, and flour tortillas
- Artificial sweeteners containing Sucralose such as yogurt, cereal, whole grain muffins and breads and microwave popcorn
- Beware of "reduced sugar" labels which are usually loaded with **artificial sweeteners** such as fruit juice, ketchup, jams, jelly, syrup, soda, sports drinks, ice cream and salad dressings. Below is a list of artificial sweeteners you should try to avoid:

- | | | | |
|------------------------|--------------|-----------------|----------------|
| ■ Aspartame | ■ Equal | ■ NutraSweet | ■ Sorbitol |
| ■ Acesulfame potassium | ■ Glucin | ■ Nutrinova | ■ Sucralose |
| ■ Alitame | ■ Kaltame | ■ Phenylalanine | ■ Twinsweet |
| ■ Cyclamate | ■ Mogrosides | ■ Saccharin | ■ Sweet 'N Low |
| ■ Dulcin | ■ Neotame | ■ Splenda | ■ Xylitol |

Recommended Activities:

Physical activity is essential for good health. New studies show even 15 minutes of elevated heart rate from activity has numerous benefits. Find activities you enjoy doing and aim for at least 15 minutes 4 to 5 times per week.

CARDIO: Biking, Hiking, Walking, Running, Swimming, Dancing, Zumba

STRENGTH: Weight Training, Pilates, Vigorous Yoga, P90X, Crossfit, Barre

FLEXIBILITY: Yoga and Stretching





Additional Information:

Common Symptoms: Common signs and symptoms associated with the respiratory system include shortness of breath, wheezing, congestion, cough, phlegm and nasal drainage.

Common Disorders:

- **Asthma** - Lung disease that causes narrowing and swelling of the airways.
- **Chronic Bronchitis** - Recurrent lung infections usually caused by a virus resulting in wheezing, cough or shortness of breath.
- **Emphysema (COPD)** - Long-term chronic lung disease.
- **Hay Fever** - Allergic symptoms such as a runny nose, itchy eyes, congestion, sneezing and sinus pressure.
- **Pleurisy** - Inflammation of the lining around the lungs.
- **Pneumonia** - A viral or bacterial infection that inflames air sacs in one or both lungs, which may fill with fluid.
- **Pneumothorax (Collapsed Lung)** - Loss of lung space.
- **Pulmonary Edema** - Abnormal collection of fluid in lung tissue.
- **Pulmonary Fibrosis** - A chronic disease where lungs become scarred and stiff.
- **Pulmonary Vascular Disease** - Disease affecting lungs and cardiac systems.
- **Sinus Infection** - Condition in which the cavities around the nasal passages become inflamed.
- **Sleep Apnea** - Disorder in which breathing repeatedly stops and starts during sleep.
- **Tuberculosis** - Infection of the lungs caused by mycobacterium.

