

# Vitamin & Mineral Supplementation for Respiratory Disorders & Allergies

## **Asthma**

According to Mayo Clinic, Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.

- **Beta-carotene**  
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Calcium**  
Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds
- **Magnesium**  
Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**  
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B12**  
Cremini mushrooms, nori, leafy greens, cereal, nuts
- **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

## Bronchitis

According to Mayo Clinic, Bronchitis is an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs. People who have bronchitis often cough up thickened mucus, which can be discolored. Bronchitis may be either acute or chronic.

Often developing from a cold or other respiratory infection, acute bronchitis is quite common. Chronic bronchitis, a more serious condition, is a constant irritation or inflammation of the lining of the bronchial tubes, often due to smoking.

Acute bronchitis, also called a chest cold, usually improves within a week to 10 days without lasting effects, although the cough may linger for weeks.

- **Beta-carotene**  
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**  
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Zinc Lozenges**  
Elderberry

## Chemical Allergies

According to Hopkins Medicine,

### What is IEI?

Idiopathic environmental intolerance (IEI) is a set of symptoms caused by contact with some kinds of substances. It used to be known as multiple chemical sensitivity (MCS). People with IEI

have symptoms when exposed to low levels of common substances. Symptoms can include fast heart rate, sweating, and feeling dizzy.

### **What causes IEL?**

Researchers are doing studies to learn the causes of IEL. It is not an allergic reaction. It does not cause the release of chemicals by the immune system. The physical cause is hard to find. Because of this, some studies suggest IEL may be linked to psychiatric disorders. These include somatoform disorders, depression, and anxiety. IEL occurs more in women than in men. IEL happens more often in people in their 30s or 40s.

### **Triggers**

Substances that because symptoms are called triggers. These may be synthetic or natural substances. Triggers can include:

- Caffeine
- Food additives
- Carpet and furniture
- Plastics
- Perfumes and other scented products
- Paint
- Cigarette smoke
- Smoke from wood-burning stoves
- Inhaled ozone and nitrogen dioxide
- Inhaled sulfur dioxide
- Dust storms, forest fires, volcano ash
- Vehicle exhaust, petroleum refining, fossil fuel combustion
- Cleaning fluids
- Pesticides and herbicides

### **Symptoms**

People with IEL may have symptoms such as:

- Increased heart rate
- Chest pain

- Sweating
  - Shortness of breath
  - Fatigue
  - Dizziness
  - Warmth and redness of the face and neck (flushing)
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- **Copper**  
Dried apricots, mushrooms, cocoa, sesame seeds, chickpeas, avocados, walnuts, prunes, brazil nuts
  - **Magnesium**  
Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds
  - **Selenium**  
Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches
  - **Chromium**  
Tomatoes, apples, burros, grapes, mushrooms, green peppers, avocados, basil, onions, romaine lettuce
  - **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
  - **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
  - **Vitamin E**  
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
  - **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
  - **Vitamin B6**  
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
  - **Molybdenum**  
Leafy green vegetables, tomatoes, wild rice, garbanzo beans, cloves, cucumbers, watercress, scallion, wakame, strawberry, baby bananas, burros, zucchini, figs, bell

peppers, figs, melons, okra, avocado, ginger, oyster mushrooms, peaches, blueberries, apricot, onions

## Common Cold

According to Mayo Clinic, the common cold is a viral infection of your nose and throat (upper respiratory tract). It is usually harmless, although it might not feel that way. Many types of viruses can cause a common cold.

- **Beta-carotene**  
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Zinc Lozenges**  
Elderberry

## Cystic Fibrosis

According to Mayo Clinic, Cystic fibrosis (CF) is an inherited disorder that causes severe damage to the lungs, digestive system, and other organs in the body.

Cystic fibrosis affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery. But in people with CF, a defective gene causes the secretions to become sticky and thick. Instead of acting as lubricants, the secretions plug up tubes, ducts, and passageways, especially in the lungs and pancreas.

- **Beta-carotene**  
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Vitamin K**

Romaine, green pears, strawberries, avocados, kiwi, cucumbers, honeydew, arugula, key limes, prunes, swiss chard, olive oil, peppers, squash, tomato, apricots, onions, okra, blueberries

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin B12**

Cremini mushrooms, nori, leafy greens, cereal, nuts

- **Vitamin B2**

Mushrooms, Sea Vegetables, Red Peppers, raspberries, squash, sesame seeds, apples, grapes

## Emphysema

According to Mayo Clinic, Emphysema is a lung condition that causes shortness of breath. In people with emphysema, the air sacs in the lungs (alveoli) are damaged. Over time, the inner walls of the air sacs weaken and rupture — creating larger air spaces instead of many small ones. This reduces the surface area of the lungs and, in turn, the amount of oxygen that reaches your bloodstream.

When you exhale, the damaged alveoli do not work properly and old air becomes trapped, leaving no room for fresh, oxygen-rich air to enter.

Most people with emphysema also have chronic bronchitis. Chronic bronchitis is inflammation of the tubes that carry air to your lungs (bronchial tubes), which leads to a persistent cough.

Emphysema and chronic bronchitis are two conditions that make up chronic obstructive pulmonary disease (COPD). Smoking is the leading cause of COPD. Treatment may slow the progression of COPD, but it cannot reverse the damage.

- **Beta-carotene**

Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

## Hay Fever

According to Mayo Clinic, Hay fever, also called allergic rhinitis, causes cold-like signs and symptoms, such as a runny nose, itchy eyes, congestion, sneezing and sinus pressure. But unlike a cold, hay fever is not caused by a virus. Hay fever is caused by an allergic response to outdoor or indoor allergens, such as pollen, dust mites, or tiny flecks of skin and saliva shed by cats, dogs, and other animals with fur or feathers (pet dander).

Besides making you miserable, hay fever can affect your performance at work or school and generally interfere with your life. But you do not have to put up with annoying symptoms. You can learn to avoid triggers and find the right treatment.

## Symptoms

Hay fever signs and symptoms can include:

- Runny nose and nasal congestion
- Watery, itchy, red eyes (allergic conjunctivitis)
- Sneezing
- Cough
- Itchy nose, roof of mouth or throat
- Swollen, blue-colored skin under the eyes (allergic shiners)
- Postnasal drip
- Fatigue

- **Coenzyme Q10**  
Walnuts, berries, black currants, sweet peppers, sesame seeds, chickpeas, amaranth, teff, quinoa
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B6**  
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B5**  
Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas
- **Zinc**  
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

## Sinusitis

According to Mayo Clinic,

### What Is Sinusitis?

- Acute vs. Chronic Sinusitis
- Sinusitis Headaches
- Sinusitis and a Cold
- Stuffy Ears & Sinusitis

Sinusitis is an inflammation or swelling of the tissue lining the sinuses. Healthy sinuses are filled with air. But when they become blocked and filled with fluid, germs can grow and cause an infection.

### Conditions that can cause sinus blockage include:

- The common cold
- Allergic rhinitis, which is swelling of the lining of the nose caused by allergens



- Small growths in the lining of the nose called nasal polyps
- A deviated septum, which is a shift in the nasal cavity
- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**  
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin B Complex**  
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B6**  
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B5**  
Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas
- **Beta-carotene**  
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin E**  
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

## Smoking Dependency (Nicotine Dependence)

Nicotine dependence occurs when you need nicotine and can't stop using it. Nicotine is the chemical in tobacco that makes it hard to quit. Nicotine produces pleasing effects in your brain, but these effects are temporary. So you reach for another cigarette.

The more you smoke, the more nicotine you need to feel good. When you try to stop, you experience unpleasant mental and physical changes. These are symptoms of nicotine withdrawal.

- **Vitamin A**  
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

- **Beta-carotene**

Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Folic Acid (Folate)**

Rye, walnuts, avocados, chickpeas, guava, strawberries, burros, tahini, cantaloupe, mangoes, papaya, okra, bell peppers, leafy greens, quinoa, arugula, romaine lettuce

- **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

## Tuberculosis

According to Mayo Clinic, Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs. The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes.

Once rare in developed countries, tuberculosis infections began increasing in 1985, partly because of the emergence of HIV, the virus that causes AIDS. HIV weakens a person's immune system so it can't fight the TB germs. In the United States, because of stronger control programs, tuberculosis began to decrease again in 1993, but remains a concern.

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

- **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

- **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Vitamin D**

Sunlight, mushrooms, dried figs

- **Selenium**

Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches