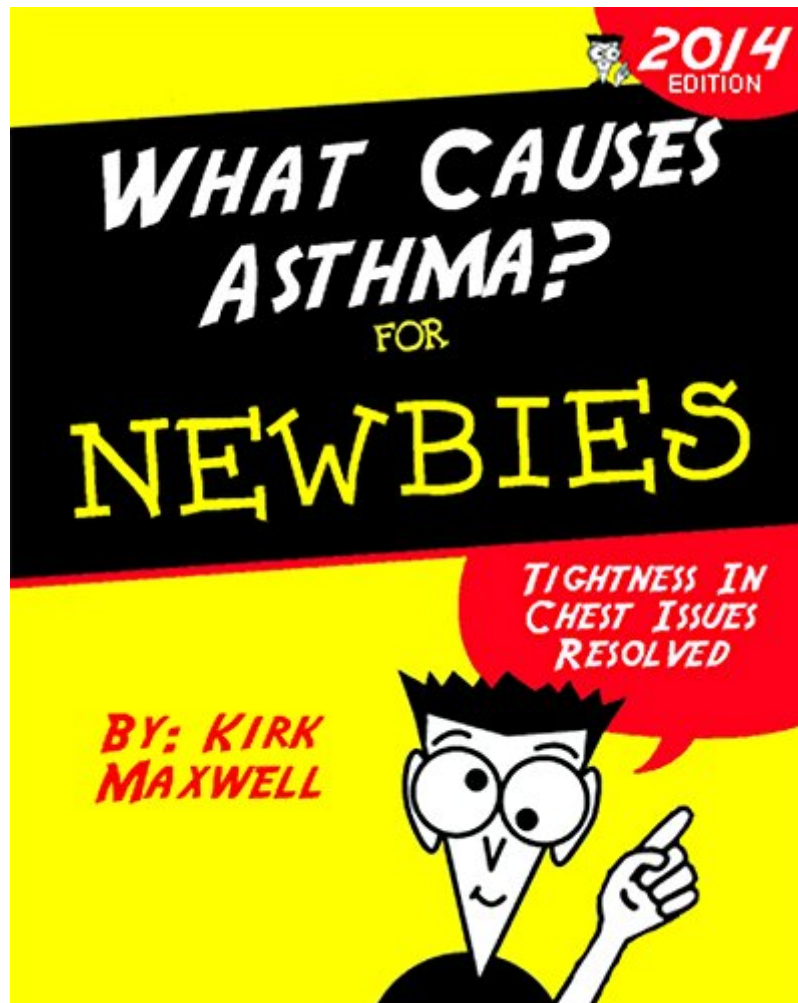


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# What Causes Asthma?: Cure For Tightness In Chest



## Synopsis

If you have asthma, know your triggers. What is it that causes an asthma attack to come on? Many common triggers are allergies and irritants. For some, it is exercise or extreme temperatures. Emotional or anxiety issues can also cause asthma type attacks. Knowing what causes your attack can also be what will help you find a proper treatment. Learn as much as you can about living with your condition. Knowledge is power! Make sure you are well informed about the causes and known natural and prescribed ways to control your symptoms. Living with asthma can be difficult and cause you to have unwanted stress within your personal life.

## Book Information

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