

12 Powerful Anti-Asthma Foods



Apples



Avocados



Bananas



Broccoli Sprouts



Ginger



Kale



Mustard Greens



Rosemary



Spinach



Sunflower Seeds



Sweet Potatos



Turmeric

Everything You Want To Know About Diets To Help Asthma And Bronchitis

VM Jensen



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