

## NATURAL Rx

**PROBLEM:** Asthma • **SOLUTION:** Boswellia

**THE SCOOP:** Asthma sufferers may find a gift of relief in the Indian frankincense tree. Boswellia, the gummy white resin extracted from the tree, contains boswellic acid, a powerful anti-inflammatory that may help keep bronchial tubes open and breathing free and clear. Breathing eased and the frequency of attacks decreased in 70 percent of asthma patients who took daily doses of boswellia for six weeks, according to a study in the *European Journal of Medical Research*. Honolulu-based naturopath Laurie Steelsmith cautions against relying on boswellia for acute asthma attacks, though she says supplementing with it over time could help reduce the allergic response in airways.



**WHAT TO LOOK FOR:** Steelsmith recommends that asthmatics take 300 to 400 milligrams of boswellia three times a day. Boswellia is safe, so you can continue taking it as long as necessary to quell symptoms. Choose a standardized extract containing at least 60 percent boswellic acid.

—RACHEL DOWD

**Try:** Solgar Boswellia Resin Extract, \$12.78/60 veggie caps; solgar.com



## goodie bag

Children ages 1 to 13, here's your chance to design a reusable (and magically shrinkable) trick-or-treat ChicoBag. Until

November 5, "eek"-o-inspired drawings will compete for the No. 1 spot in a contest hosted by ChicoBag and Green Halloween, a grassroots nonprofit promoting Earth-friendly holiday celebrations. The top two designs win cash awards, with the first-prize winner appearing on bags available in 2012. Bags decorated with last year's winner [shown], by Karlie Winhoven of Kettering, Ohio, are on sale now; 10 percent of proceeds help support Green Halloween. To learn more, visit [chicobag.com](http://chicobag.com).

... and Out!

Dr. Ohhira's Probiotic  
**Kampuku**  
BEAUTY BAR  
Promotes skin's natural  
radiant-looking skin

**BEST OF NATURAL BEAUTY AWARDS WINNER**  
Efficacy

**Probiotic skin care products also revitalize and harmonize your body on the outside!**  
Certified Vegan and crafted from 14 natural plant extracts, Dr. Ohhira's Probiotic Kampuku Beauty Bar™ provides chemical-free moisturizing, natural deodorant benefits and probiotic support for supple, radiant-looking skin. This award-winning beauty bar is suitable for daily use on all skin types while providing a robust lather perfect for shaving.

**Found in fine health stores everywhere.**

[www.EssentialFormulas.com](http://www.EssentialFormulas.com)  
872-255-3818

**ESSENTIAL FORMULAS™**

Become a friend of Dr. Ohhira on facebook.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Circle reply #19 on Info Center card