

# COPD

## **Recommendation**

Stop smoking

High antioxidant diet (e.g. more fruit/veg, berries, herbs/spices)

Avoid processed/cured meat

Vitamin C (e.g. strawberries, kiwi, orange, bell pepper)

Vitamin D supplement (e.g. 1000IU daily with main meal)

Exercise (build up gradually)

Try a salt inhaler (e.g. 5mins twice daily)

**Results:** one study showed that adding just one more daily portion of fruit/veg was able to halt progression over the next few years. Imagine what doing more than one of the above could do.

**How it works:** reduces inflammation and improves lung capacity..

**Side-benefits:** improvements in diet/exercise may lower risk of other diseases and increase life expectancy.

**References:** [healGB.com/copd](http://healGB.com/copd)

**Feedback:** if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

**Disclaimer:** the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.