

Causes of a Low Peak Flow Reading

Recent respiratory infection
After just eating a heavy meal
Overweight
Lack of exercise
Poor posture
Improper breathing
Smoking
History of smoking
Emphysema
Marijuana use
Asthma
Living or working in poor air quality
Recent major illness
Recent surgery
Constrictive clothing

Ways to Improve Your Peak Flow

Reach and maintain your ideal weight (108 lbs for first 5 feet, 4 lbs for each additional inch)
Consistent exercise 3-5x per week for minimum of ½ hour, work up a sweat, and breathe deep
Stand and sit straight with shoulders back
Breathe from diaphragm, not shallow chest breathing
Stop smoking
Do not use drugs
Asthma is helped by omitting dairy products and decreasing sugar in the diet
Improve your living or working environment
Plants inside
Open window
Avoid chemicals
No smoking area
Loosen tight clothing, especially around waist and chest
Stay healthy
Get regular sleep before midnight

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