

What are some common and safe alternative medicines or therapies?

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Below is a list of helpful and safe dietary supplements.

These can help your child's immune response:

- Plant lipids with sterol or sterolins
- Anti-oxidant nutrients
- Vitamins C and E, magnesium and zinc

These can help decrease swelling in airways:

- Vitamins B6 and B12
- Omega-3 fatty acids in fish, canola oil, and an additive in some eggs
- Flavonoid, such as quercetin
- Botanicals: Tylophora asthmatica, Boswellia serrata, and Petasites hybridus

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