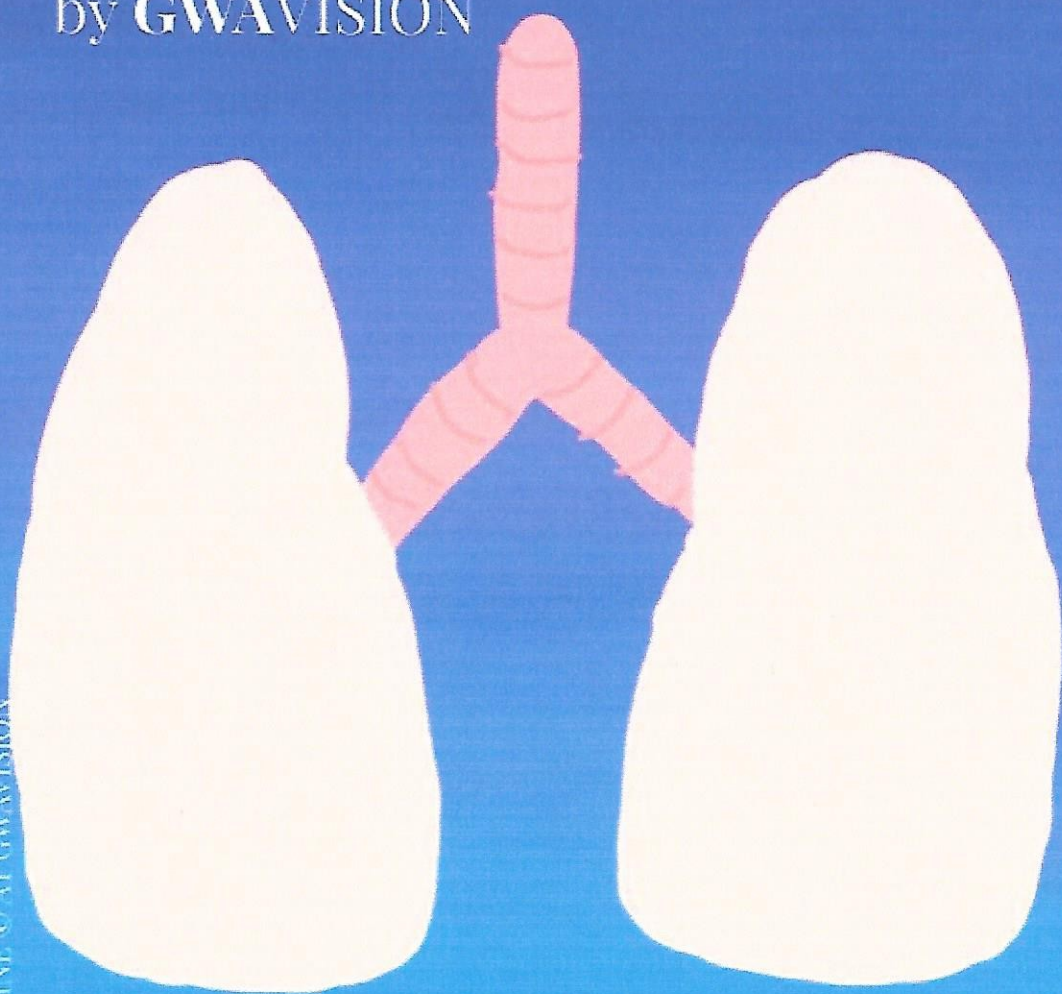


Respiratory Health

Breathing Without Discomfort
by **GWAVISION**





GWAVISION

HEALTH AND WELLNESS CENTER

RESPIRATORY HEALTH

Optimal respiratory health is a very Important aspect of proper functioning Of the respiratory system. This process greatly depends on the proper and Healthy breathing with no discomfort Of overworking the respiratory Muscles.

There are several factors that can result in Respiratory diseases, which can in turn Produce many pathological dysfunctions, Affecting the process of healthy breathing

Some common risk factors resulting in respiratory diseases include:

- Smoking tobacco
- Covid 19
- Occupation
- COPD
- Sleep Apnea
- Air pollution
- Allergens
- Asthma
- Lung cancer

Regardless of the cause of any respiratory Disease, the primary underlying risk factor Must be addressed and treated in order To achieve respiratory health.

Some important preventive measures that Can lead to optimal respiratory health are:

- Lifestyle changes (stop smoking)
- Clean and well ventilate household
- Respiratory hygiene practices
- Breathing physical therapy

Please visit: <https://www.vollara.com/greathealth> for product related to FRESH AIR/WATER

References

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