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french researchers say eating lots of cured meat like ham and sausages might make asthma symptoms worse a study in the journal thorax says preservatives could be aggravating people's aways more details from our health reporter michelle roberts it's processed meat has already been linked with cancer heart disease and obesity new research from france which involved a 1000 people suggest could be bad that asthma to having more than 4 portions a week at back 8 slices of ham or for sausages appear to make asthma symptoms worse the investigators believe a preservative called nitrite might be to blame but experts say the link has not been proved