How to Have Healthy Lungs

The very best thing you can do to have healthy lungs is to quit smoking or never start! Smoking damages lungs and impairs getting oxygen to all parts of the body. That’s trouble for all your organs! But there are other, very basic guidelines to follow to keep your lungs healthy:

✦ Drink plenty of water and eat lots of fruits and veggies. Lungs need moisture to work their best, and fruits and vegetables provide antioxidants to keep the organs working properly.

✦ Exercise. It helps circulation which in turn helps all your organs – especially your lungs.

✦ Breathe the best air you can. That means not only not smoking but also avoiding pollution and second-hand smoke which can increase your risk of lung diseases by 20 percent.

✦ Take deep breaths. Enjoy this refreshing gift from God. Regenerate yourself with every breathe. It can do wonders!

Perhaps you suspect you already have problems with your lungs. A chronic cough, a lot of mucus, shortness of breath, wheezing, a tightness in your chest – these may be symptoms of COPD (chronic obstructive pulmonary disease). If so, the earlier you know you have it, the earlier you and your doctor can work to minimize the damage. A simple test, done in your doctor’s office and taking only a few minutes, will tell you.

If you do have COPD, the single most important thing you can do is quit smoking. When you do, the damage to the lungs may improve in time. Everyone – regardless of age – can have healthier lungs by not smoking.

October Is Healthy Lung Month

Prayer: God of earth and air, I thank you for all the blessings you have given me. Keep me mindful of your generosity with every breath I take. Amen.