



# DYSPNEA (SHORTNESS OF BREATH)

A sensation of not getting enough air or needing to work harder to breathe. It may occur at rest, after eating, with exertion, or during stress.



## Possible Contributing Factors

- Low iron or impaired oxygen transport (with or without anemia)
- Mitochondrial dysfunction (low B vitamins, CoQ10, omega-3s)
- Thyroid imbalance affecting metabolic rate and oxygen demand
- Nervous system dysregulation (anxiety, dysautonomia, stress response)
- Histamine or mast cell activation (often food or environment triggered)
- Gut dysfunction causing bloating, diaphragm pressure, or inflammatory byproducts
- Liver stress contributing to oxidative burden and reduced metabolic efficiency
- Post-viral patterns affecting cellular energy and oxygen utilization

## Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables, and healthy fats
- Consume iron-rich foods regularly (grass-fed red meat, liver, sardines) paired with vitamin C-rich foods to support absorption
- Ensure adequate intake of B vitamins and omega-3-rich foods (wild fish, pastured eggs, leafy greens) to support oxygen utilization
- Eliminate processed foods, refined sugars, seed oils, and inflammatory fried foods
- Consider temporary removal of dairy and high-histamine foods (aged cheeses, fermented foods, alcohol) if symptoms worsen after meals
- Eat smaller, slower meals to reduce bloating and diaphragm pressure
- Avoid overeating in the evening to reduce reflux-related breathlessness
- Stay well hydrated with clean, filtered water throughout the day
- Practice daily diaphragmatic breathing exercises to improve oxygen exchange
- Incorporate gentle cardiovascular movement (walking, light strength training) to improve respiratory efficiency
- Focus on stress regulation: breathwork, grounding, time outdoors, nervous system downshifting
- Prioritize sleep hygiene: consistent bedtime, dark and cool room, screen reduction, morning sunlight

## Supplement Considerations

- Iron (if deficient; test before supplementing)
- Methylated B complex (especially B12, B6, folate)
- CoQ10 (ubiquinone form)
- Omega-3 fatty acids
- Magnesium glycinate or threonate
- Vitamin C
- NAC
- Quercetin or DAO (if histamine-related)
- Electrolytes (if lightheadedness present)