

TABLE 13-8**Alternative Agents That May Worsen Asthma Symptoms or Cause Significant Harm²⁴**

Agent	Risk
Coffee, black tea	Increased risk of hospitalization for acute asthma
Cinnamon, canela (tea), essential oil (from the bark)	Can be neurotoxic if ingested
Eucalyptus	Essential oil can be toxic if ingested, causing respiratory distress and neurologic symptoms
Oregano tea	May contain inhalant allergens
Cayenne, chile (active ingredient is capsaicin)	Single use may aggravate acute asthma episodes; bronchoconstriction possible if powder is inhaled