

## SUMMARY: NATURAL ASTHMA MANAGEMENT

- Eat a healthy diet, high in nutrients and essential fatty acids. Your Practitioner may recommend that you avoid certain foods or chemicals.
- Avoid or limit exposure to triggers (inhaled allergens, food preservatives, flavourings, colourings and chemicals).

# EASING ASTHMA



- Manage stress and anxiety.
- Take a natural medicine to balance the immune system response.
- Use a natural supplement to reduce inflammation.
- Make sure that your digestive system is healthy, free from toxicity and harmful bacteria.

**Warning:** Asthma is a potentially life threatening illness and you should not change any prescription medications that have been recommended for you without a discussion with your doctor.

References available upon request.



## NATURAL MANAGEMENT OF ASTHMA AND RESPIRATORY ALLERGY

For more information ask your Practitioner about Easing Asthma.



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## WHAT CAUSES ASTHMA?

Asthma is an allergic condition that affects the lungs and respiratory tract. In asthma, the immune system responds inappropriately to harmless substances such as pollens, dust mite particles and cold air. This response is associated with production of excessive mucus and swelling of the lining of the lungs and lower respiratory tract. This restricts the flow of air in and/or out of the lungs causing wheezing, coughing and tightness in the chest.

### ASTHMA TRIGGERS

Different people are allergic or sensitive to different substances, therefore a wide range of substances have the potential to trigger asthma symptoms. The most common are:

- Respiratory infections (e.g. colds and 'flu)
- Exercise (especially in cold air)
- Inhaled allergens (pollens, moulds, animal hair and skin, dust mite droppings, airborne chemicals, pesticides and cigarette smoke)
- Changes in temperature and weather (hot, cold, or dry air)
- Some foods and food preservatives, flavourings and colourings
- Bowel toxicity / digestive problems
- Stress and anxiety

### DIETARY AND LIFESTYLE FACTORS

Studies have shown that many asthmatics can have food sensitivities to dairy, egg, fish, shellfish, nuts, milk, chocolate, wheat, citrus fruit and food colourings. Your Practitioner may recommend you avoid certain foods, or even undergo an elimination diet to identify what foods you may be reacting to.

Exercise can be a trigger for some asthmatics, but it is also beneficial for lung strength over time, and can help to improve stress management.

Many patients find that reducing triggers in the environment by using mattress and pillow covers, keeping pets outside, avoiding cigarette smoke and keeping carpets very clean can make a significant difference to their symptoms.

### RESTORING BALANCE TO THE IMMUNE SYSTEM

Asthma is associated with an unbalanced immune system. This means that an aspect of the immune system becomes overactive and leads to unwarranted immune attacks on harmless substances. Fortunately, there are a range of natural substances that have been shown to reduce this immune excess and bring the system back into balance.

A Chinese herbal combination, including ganoderma, sophora and licorice has been demonstrated to be a very potent combination. Studies of patients suffering asthma and other allergic conditions have shown this formula to very effectively control asthma symptoms, without any of the side-effects normally seen by steroidal asthma medications. Your Practitioner may also recommend another Chinese herb called perilla, which has a long history of use for seasonal allergies, including hay fever, sinusitis and asthma.

### MANAGING INFLAMMATION

Apart from the immune imbalance, another critical process to control is the inflammation that is present

as effective as the most popular pharmaceutical anti-inflammatory drugs, without any of the possible side-effects. Several other herbs and nutrients are also recommended for the control of inflammation, including quercetin, vitamin A, vitamin C, ginger, turmeric, zinc and fish oils. Your Practitioner will recommend the best anti-inflammatory solution for your particular circumstances.

### THE ROOT OF ALL EVIL – THE DIGESTIVE SYSTEM

Modern science is starting to uncover what the great traditional medicine systems have always taught; that the digestive system is the seat of health and disease. A healthy digestive system allows the effective absorption of nutrients and the elimination of toxic wastes. Few people are aware however that 70% of the total immune system of their body is present in the digestive system. This immune presence helps the body to determine the difference between healthy foods, beneficial bacteria and toxic substances and harmful organisms – and to then respond appropriately. If the digestive system is full of harmful bacteria and toxic foods, then the immune system will respond by sounding the alarm and producing inflammation. Eventually this inflammation can lead to allergic problems such as asthma.

A healthy diet is therefore crucial for a healthy digestive system. Your Practitioner may also recommend a detoxification program as part of your treatment to improve your immune health. This could include the use of herbs to remove harmful bacteria, yeasts and parasites from your digestion, and probiotics (beneficial bacteria) to reinoculate the digestive



Foods that are usually beneficial for asthmatics include ginger, garlic, onion and other aromatic herbs such as fenugreek which can be taken as a tea or in some curries. Your diet should be high in fresh vegetables which provide antioxidants and magnesium and also nuts and fish which are good sources of essential fatty acids. You should avoid sugar, sweets, cold drinks, margarine, artificial colours, flavours and preservatives.

in all cases of asthma. Inflammation is responsible for the tissues of the lungs swelling and producing excessive mucous, which leads to restricted airways. Through a new scientific process, (the ExpresSyn™ process), the most potent natural anti-inflammatory combination has been identified. A blend of olive leaf, hops and rosemary has been shown to be

system with beneficial bacteria. These beneficial bacteria send calming messages to the immune system and help to reduce the inflammatory and allergic responses that have been generated.