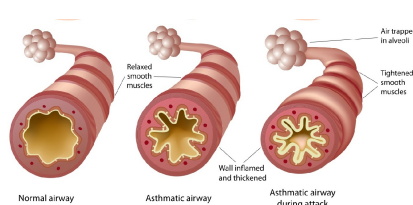


Asthma

Patient Information Sheet

Causes & Mechanism of the Disease

The word asthma comes from the Greek word for “panting.” It is a disease in which constriction of the bronchi causes difficulty breathing, chest tightness, wheezing, and coughing.



Endocrine imbalances such as adrenal insufficiency and neurovegetative parasympathetic hyperfunction are implicated in the disease. Factors such as genetic predisposition, stress on the immune system due to environmental chemical pollution, earlier weaning of babies and early introduction of solid foods can lead to food allergies, food additives, and a diet low in antioxidants may also be to blame.

Attacks may be triggered by stress, environmental or food allergens, environmental pollutants, cigarette smoke, and exercise. Asthma medications such as inhaled steroids, bronchodilators, and beta 2 agonists may be useful in a respiratory crisis, however they do not address the underlying cause of the disease and long term use may cause serious side effects.

Suggested Dietary & Lifestyle Modifications

- Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains and legumes.
- Organically grown fish or poultry eaten in moderation is preferable to red meat. Salmon is especially rich in Omega 3 fatty acids which are useful in the management of inflammation.
- Drink plenty of fluids (mostly purified water with fresh squeezed lemon juice added if desired).
- Limit dairy consumption (substitute rice or almond milk).
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (Nutrasweet/aspartame, Sweet N’ Low/saccharine, Splenda/sucralose). Stevia is O.K.
- Strictly limit **refined** carbohydrates (sugar, white flour, white rice).
- Limit foods high in saturated fat (butter, cream, cheese, fatty meats).
- Identify and eliminate food allergies (common offenders include dairy products, soy, citrus fruits, peanuts, wheat, fish, eggs, corn and tomatoes). A rotation diet in which the same food is not eaten more than once every four days may reduce food sensitivities.
- Reduce exposure to environmental allergens and chemicals(dust, mold, pollen, pet dander, dust mites, smoke, herbicides, pesticides, household and workplace chemicals, etc.)
- Exercise at least 20 minutes three times per week. For those suffering from exercise induced asthma, proper conditioning, warm up, short burst exercise, and cool down is essential. Avoid types of exercise which are known to provoke attacks until proper conditioning and disease management has been achieved.



Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamins & minerals)
- Phytobiotic (L-Lysine, house leek, knotweed, black currant, thyme, savory, lavender)
- Hepacleanse (milk thistle, plantain & yarrow)
- Ultra Adrenal Complex (Rhodiola, Eleuthero, Ginseng, Ashwaganda)
- Ultra Omega-Linic (salmon oil, black currant oil, vitamin E)
- Ultra Cal-Mag Chelate*
- Ultra 4x6 Probiotic
- Ultra Monolaurin *as needed for respiratory infections*
- Custom tincture and tea blends as recommended by a qualified health professional



**Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial



- *ImmuBoost Extra* or *Breathe Easy* Essential Oil Combination (one or more of the following methods)

- place 10 drops on a handkerchief and inhale as needed
- use in an essential oil diffuser
- dilute several drops in a vegetable carrier or natural lotion and massage on chest and back
- place several drops in a bowl of steaming water, drape a towel over head and inhale

- Massage Therapy
- Chiropractic Care
- Acupuncture or Acupressure
- Relaxation and breathing exercises.
- Yoga
- Mind/body medicine

Note: An acute asthma attack is a medical emergency. Refer patient to emergency room immediately.

Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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Pizzorno, J.E. and M.T. Rolfes. *Textbook of Natural Medicine*. pp 1095-1104, Churchill Livingstone, 1999.

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