

# Asthma

## Description

### Asthma

Worldwide, the incidence of asthma is increasing rapidly, almost certainly a result of worsening air pollution from cars and industry. Nearly one in five of Chicago's children suffer from asthma. A recent study estimated that 17 percent of students in public and private schools have been diagnosed with asthma. This is one of the highest rates in the nation. It is the #1 cause of school absenteeism across the country. Cases have more than doubled between 1982 and 1994; more than 14 million Americans now experience these frightening—and sometimes fatal—attacks of wheezing and breathlessness. The immediate cause of an asthmatic attack is tightening of the muscular bands that regulate the size of bronchial tubes. Traditional drugs used to treat asthma are often “very toxic, addictive and sadly ineffective” according to Dr. Andrew Weil in *Natural Health, Natural Medicine*. Drugs used for asthma don't cure the disease; they simply stop the symptoms. *I have always said asthma and allergies are signs of a failed immune system.*

The natural approach to asthma involves 1) strengthening the immune system, 2) eliminating toxins in the environment ([Shaklee cleaning products](#)) and 3) adding the following anti-inflammatory nutrients.

### Natural Anti-inflammatories

[OmegaGuard](#) OmegaGuard Complex supplements are the most efficient source of the omega-3 fatty acids that reduce inflammation. Hippocrates discovered this is 450 BC when he found that flax seed oil helped reduce inflammation. Flax seed oil in capsules is more practical than flax-seed oil and keeps better.

[GLA Complex](#) Reduces symptoms of eczema, PMS, menopause, arthritis, diabetic neuropathy, and high blood pressure.

### To Strengthen Immune System

**Sustained Release Vita-C<sup>®</sup>, 500 mg**Helps the body produce white blood cells to fight infection, acts as an antihistamine, anti-oxidant to protect cells from degenerative disease, depleted by stress. Really especially useful in fending off the carcinogenic effects of dirty air, cigarette smoke and other

Dr. Gary E. Hatch of the Environmental Protection Agency recently stated that “a review of the there’s mounting evidence that vitamin C may protect against the wheezing, chest tightness and Dr. Hatch notes that vitamin C is the “main antioxidant in the fluid lining of the lung, thus the natural chemicals, such as air pollutants, that worsen asthma symptoms.”

**Garlic Complex**Natural decongestant and natural antibiotic. The Shaklee Garlic Complex produces raw garlic without the odor. Also increases white cell count, lowers blood pressure and cholesterol, anti-bacterial.

**NutriFeron**This capsule contains a powerful blend of natural plant extracts all found to be essential, excellent for people with allergies and weaker immunity or high stress. This exclusive combination was developed and extensively tested by eminent immunologists in Japan and clinically proven to enhance the immune response process, right at the cellular level.

**Defend & Resist Complex** (Echinacea)This popular herb activates the immune system, promotes white blood cells, promotes wound healing, reduces mucous, relieves boils, gangrene, bites and abscesses, and drink one or two cups every two to four hours as needed.

**Alfalfa Complex**Natural anti-histamine, improves digestion, natural diuretic; often recommended for fever, allergies, gout, body odor, bad breath, stomach ailments, hiatal hernia and gas pains.

**Energizing Soy Protein**Protein is essential for growth and repair of cells. Because milk production is declining, our soy protein drink mix is usually a better choice for children who are prone to upset

**Carotomax**Needed for tissue repair and immunity. Essential for healthy mucosal membranes (throat and lungs), digestive and reproductive tracts. Reduces susceptibility to infection.

**B-Complex**Stimulates the immune system. B vitamins are really the workhorse of the vitamin complex, performing such a variety of critical functions. Other functions include formation of protective antibodies, production of blood cells, normal growth, and they contribute to healthy skin and hair.

**Best Water Perfect Pitcher**, CarafeDrink 8 to 10 glasses of pure water to keep the respiratory system hydrated—dehydration—it causes your body to produce histamine (an asthma-inducing agent) in an effort to protect the lungs. Drinking plenty of water also speeds the process of eliminating irritants and toxins from

**Vita-E 400 IU and Vita-E Complex** Vitamin E may also improve lung function. Over a ten-year Nurses' Health Study who consumed the most vitamin E were less likely to develop asthma than the least. Researchers believe the vitamin helps decrease airway inflammation. Vitamin E helps restore the complex fluid which bathes the alveolar. This fluid, rich in vitamin E, helps neutralize attacks.

**OsteoMatrix and Chewable Cal Mag Plus** A side effect of steroid use for asthma is bone loss of the bones. Researchers believe that lower magnesium uptake or a magnesium deficiency may play a role in asthma. Magnesium may stop the severe asthmatic episode.

## Non-toxic Cleaners and Laundry Products

**Basic H2** This amazing organic cleaner is extremely economical. One quart makes 64 gallons. No toxic fumes—no corrosive chemicals—no phosphates. Use for floors, walls, windows, hard surfaces, diaper changing...and even mosquito repelling!

**Basic G** A highly effective disinfectant. Basic-G both cleans and deodorizes. You need only 1 ounce of cleaning fluid disinfectant to rid home of common household germs...economically. One quart makes 64 gallons with no toxic odors.

**Fresh Laundry Liquid** *No Ammonium Hydroxide, No Phosphates.* Detergent vapors are highly irritating to the respiratory passages. Detergents are found to be responsible for more household poisonings than any other household product. They cause dermatitis, flu-like and asthmatic-like conditions, and severe eye damage.

These products represent a huge change for someone new to the natural approach to asthma and allergies. There are only side benefits and none of the negative side effects from medication. If you have questions and want to discuss any or all of these products and their use to alleviate your symptoms by correcting the root cause, please get in touch.

To your good health, Betsy

Betsy Bell's Health4U  
[www.HiHoHealth.com](http://www.HiHoHealth.com)

206 933 1889

[betsy@HiHoHealth.com](mailto:betsy@HiHoHealth.com)



## **Category**

1. Scientific resources

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## **Author**

betsyjbell