

# All Natural Cures for Allergies & Asthma



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## Companion Remedies for Asthma

- [Immunity Plus](#) - For full immune system support
- [Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep
- [Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest
- [KiddieBoost](#) - Support healthy immune functioning in children
- [BronchoSoothe](#) - Natural asthma remedy helps to relax and open airways for normal breathing
- [BioVent Drops](#) - Improve respiratory health with BioVent Drops for natural asthma relief
- [Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

Anyone with allergies fully understands that having allergies and being allergic to things, or living with asthma can make a person's life absolutely miserable!

There are many causes of allergies and asthma. Some of the most common causes are: pollen, dust & dust mites, certain metals (like nickel), cosmetics, lanolin, animal hair & dander, insect venom, some drugs, some foods or food additives, chemicals used in soap or laundry detergent, environmental pollutants, smoke, and mold. This book is not written to describe all the causes of allergies.

This book was written to help provide you with some good advice and relief from all those terrible symptoms in the best and most natural way. I will present here just some of the natural and safe ways to treat allergies and asthma without the use of drugs and all those terrible drug side effects.

Here are Some Herbs that are used in allergy/asthma treatment are:

Ephedra (Ma huang)- this herb is said to be good for relieving nasal and chest congestion Caution: do not use if you suffer from anxiety, glaucoma, heart disease, high blood pressure, insomnia, or depression

Yerba Mate- 2-3 teaspoons in 16 ounces of hot water taken on an empty stomach

Stinging Nettle(Urtica dioica)- May effectively relieve allergic nasal symptoms 2 capsules every 15 minutes during an attack, then 4 times a day as a maintenance dose.

Ginger tea- Mix 2 tsp chopped or grated ginger in 2 cups boiling water and simmer for 20 minutes. Breathe in the steam for 5-7 minutes.

Garlic- Eat in generous amounts or take supplements, helps a lot more than allergies is also excellent for your heart!

Parsley- May help with hay fever. It is thought to work by reducing your body's production of histamine

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



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Some Vitamins and Supplements that are used in the treatment of allergies/asthma are:

Vitamin C- Good old vitamin C! Its good for just about everything and you cant take too much of it.

Take a natural vitamin C supplement preferably one with bioflavonoids. This vitamin helps protect the body from allergens and moderates the inflammatory response. Calcium and magnesium- May help regulate histamine production

CoQ10- May help counter histamine for asthma and allergy sufferers. Lactobacillus acidophilus, bulgaricus and bifidobacteria- found in yogurt. Fix any imbalances in the intestinal flora that are common among allergy sufferers.

## Homeopathy Treatments

Arsenicum album pulsatilla- Can help if your symptoms are thick yellow mucus accompanied by a loss of taste and smell and made worse by warm rooms but better outdoors. Euphrasia- try if you have watery, itchy eyes and a runny but not irritated nose Allum cepa- try if your nose is irritated and your eyes are watery but not itchy.

General Recommendations for your allergies/asthma If you have a food allergy or suspect one. Try rotating your foods. Eat a different group of foods for each of 4 days and then repeat. You can select as many of the foods allowed on a specific day as you like, but it is essential that no type of food be ingested more often than every 4 days.

Avoid the following foods until it is determined you are not allergic to them: bananas, beef products, caffeine, chocolate, citrus fruits, corn, dairy products, eggs, oats, oysters, peanuts, processed and refined foods, salmon, strawberries, tomatoes, wheat and white rice.

Follow a fasting program Avoid any food products that contain artificial colors, vanillin, benzyldehyde, eucalyptol, monosodium glutamate, BHT-BHA, benzoates, annatto, and sulfites

Have your thyroid checked to make sure you dont have an underactive thyroid. Keep your rooms free of dust. Use a dehumidifier in the basement. Do not smoke and avoid second hand smoke. Use mold proof paint.

Stay indoors between 6 and 10 in the morning when pollen count is highest.

Keep windows shut and use an air conditioner. Clean or change the filter on the air conditioner.

Keep your grass cut and low, wear a mask and glasses when doing yard work. Take a shower when you come in.

Purchase an indoor air purifier (not an air filter). What you need is an air purifier using the latest technology. That technology is Radiant Catalytic Ionization, it creates hydro-peroxides, super-oxide ions, and safe oxidizers. It reproduces the way mother nature cleans and purifies the air naturally. It reduces 99.9% of mold and bacteria.

It reduces dust, allergens, odors, and smoke. It makes your home smell thunderstorm fresh. Ecoquest International is the manufacturer of the best air purifiers available today.

OFFER on the FRESH AIR air purifier. These air purifiers are used in space by NASA and were also used to purify the air after 9/11!

Here are some other things you can do for your allergies/asthma are: Avoid aspirin and ibuprofen as well as



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Getting sick (or at least pretending to) was sort of fun back in the old da



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Overall health can often occur naturally if the body receives the proper nu



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foods containing salicylates Avoid alcohol, it swells your bronchial tissues. Clean out your basement and house, and get rid of anything damp. Use a mattress and pillow cover to avoiding dust mites.

You can even kill the dust mites with the Fresh Air air purifier machine by Ecoquest Dont store anything under your bed as this can encourage the accumulation of dust mites.

Better yet, Get rid of your carpet and rugs and install a floor. If that is not possible, then steam clean your rugs and furniture with an allergy free product. Use a vacuum with a HEPA filter.

## Here are MORE TREATMENTS SPECIFICALLY FOR ASTHMA

Try Aromatherapy with eucalyptus globulus, lavender, or rosemary essential oils. Herbal treatment with mullein is recommended for soothing mucous membranes and elecampane is a root that acts as a soothing expectorant that may help clear the body of excess mucus.

Ginkgo biloba has shown good results in many studies. Lobelia extract is helpful during an asthma attack as it is a bronchial smooth muscle relaxant and expectorant. Mullein oil is said to be a powerful remedy for bronchial congestion. Pau d'arco acts as a natural antibiotic and reduces inflammation. Drink 3 cups of the tea daily.

Homeopathy with arsenicum album is good to to calm restlessness and anxiety. Aconite is used for symptoms that worsen at night or during cold weather. Natrum sulphuricum is good for symptoms exacerbated by dampness.

Other forms of natural treatment for asthma include acupuncture, reflexology and yoga. Here are some General recommendations for treatment of asthma: Eat a diet mainly of fruits and vegetables, nuts and seeds, oatmeal, brown rice and whole grains. The

diet should also be high in protein and low in carbohydrates and sugar. Eat a lot of garlic and onions. Drink the Green Drinks such as Kyo-Green from Wakunaga of America. Take fish oil capsules. These are also good for the heart! Do not eat ice cream or drink cold drinks. Cold can shock the bronchial tubes into spasms.

Try a juice fast for 3 days to help purify and cleanse the body of toxins. Eat small meals not large ones, as this will put less pressure on the diaphragm. Use the elimination food diet to see if certain foods aggravate the condition. Be careful with aspirin, ibuprofen and other nonsteroidal anti-inflammatory drugs, and antibiotics.

Some can induce asthma reactions.

Practice meditation and other methods to de-stress.

I hope this small ebook has helped you. May God Bless you and your family with Good Health!

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